



MAIN MENU



SPRING & SUMMER 2026 (WEEK 1 & 2)



OUR CARBON REDUCTION PLEDGE

The NHS has pledged to become the world's first carbon net-zero national health system by 2040. Mitie are proud to support St George's Hospital with our Plan Zero initiative.

Our new carbon reduction menu is designed not only to provide tasty, nutritious dishes but also to do our bit to help tackle the worldwide problem of climate change. This menu has been curated to reflect a growing demand to be more environmentally sympathetic. Reducing impact on the world around us and to protect the planet for future generations.

Our dedicated team of Dietitians have worked closely with Mitie and our supplier Apetito, to create a delicious menu filled with popular choices that are most importantly nutritionally balanced for you, our patients to aid in the best recovery possible. Whilst also considerate to the environmental impact.

Our new hot main meal options across lunch and supper have an

11%

lower carbon footprint than our previous menu...



The dietetic team have kept patient favourites on the menu! There is a variety of food on offer catering for meat-based meals and also vegetarian or plant based. The menu has been compiled whilst carefully maintaining compliance with core energy and protein targets for both nutritionally well and nutritionally vulnerable patients.



OUR CARBON REDUCTION PLEDGE



This saves an amount of carbon equivalent to planting over 140 TREES every year or sending over 3 BILLION text messages!

WHAT YOU CAN EXPECT FROM THE NEW MENU

Beef and lamb dishes have the largest carbon footprint on the menu, so whilst we haven't removed these options from the menu, we have reduced their frequency a little. However, they will still feature on 13 days out of a 14 day cycle for at least one meal per day. Our dietitians have sought other nutritious protein sources such as chicken, pork, lentils and soya.

Our new menu – supporting both your recovery and that of our planet.





WELCOME TO ST GEORGE'S HOSPITAL MENU

CHOICE

Please select your meal choice from this menu and your ward host will come and take your order. They will ask what size portion you would like - normal or large.

Let us you know if you will be off the ward at the mealtime and we can offer alternatives.

SPECIAL DIETS

Please tell us if you are on a special diet.

This menu includes;

GF Gluten Free – Meals have no gluten containing ingredients.

E Energy Dense – These are suitable for patients with a poor appetite or increased energy requirements.

★ Easy to Chew – These dishes are easy to cut and do not require much chewing. Modified texture menus are available if you have swallowing difficulties

V Vegetarian – These meals do not contain meat.

Ⓥ Vegan – These meals do not contain meat or animal by-product.

♥ Healthier Choice – Meals have less fat and salt and desserts have a lower sugar content.

We also have special diet alternative menus and these include:-

Allergy Aware

Main meals free from all 14 main allergens.

Modified Texture

Cultural & Religious

Renal

Low Fibre

Finger Food

Snack Menu

Please ask your host for a copy.

MEAL TIMES

- Early morning drink
- Breakfast 7.30-8.30am
- Mid morning drink and snack
- Lunch 12.00-1.00pm
- Afternoon drink and snack
- Supper 5.00-6.00pm
- Bedtime drink and snack

Meal times may vary dependent on the ward.

DRINKS

Drinks are important to keep you hydrated. We offer a selection of hot and cold drinks including tea and coffee. To promote sleep and reduce the incidence of falls, decaffeinated is offered as standard.

We also offer a selection of fruit and herbal teas, hot or cold milk, hot chocolate, malted milk drinks, squash and water.

If you miss a drink, please ask a member of ward staff to get you one. You have a water jug beside your bed. Please have glasses of water throughout the day unless advised by your medical team.

SNACKS

Snacks will be offered with your drinks throughout the day. These will include;

Selection of biscuits and cakes

Fresh Fruit

Snacks are available for those on special diets, please ask your host.

NUTRITIONAL & ALLERGEN INFORMATION

Please scan this QR code to access the full nutritional and allergen information for our menus.



WELCOME TO ST GEORGE'S HOSPITAL MENU

TALK TO US

Please make your mealtime host and nurse aware of any food allergies or special requirements or cultural preferences.

DIETETIC TEAM

If you are unwell or in hospital, you may struggle to eat and drink enough, which can lead to unintentional weight loss, may slow your recovery, increase your risk of infection and lead to increased length of stay in hospital.

When you are unwell or recovering from illness, your body needs more energy and protein, even if you are less active. You may experience a loss of appetite or taste changes which can make it difficult to meet all your nutritional needs. It may be helpful to have small regular energy dense meals and snacks throughout the day, choose the Energy Dense (E) options on the menu and consume nourishing drinks like milk/fortified milkshakes/fortified soups or hot chocolate. Mealtimes are important and should be kept free from unnecessary interruptions or therapy.

If you are concerned you are not eating enough or that you have lost weight unintentionally (this may be before you are admitted), please discuss with your nurse. If there are concerns with your intake, it will be important to monitor and record your food and fluid consumption, as well as your weight. You may be referred to a Dietitian who can work with you for an individual nutrition care plan. If you have difficulty swallowing or find yourself coughing when attempting to swallow please let your nurse know as you might require a referral for a swallowing assessment with a speech and language therapist.

If you need any help with menu choices, require assistance at mealtimes, have any concerns about your nutrition or noticed significant changes to bowel patterns/colour of stool, abdominal discomfort or nausea/vomiting, please do raise this with your nurse and or medical team.

Ask the Mitie dietitian...

For any patient catering or menu related queries scan this QR code to email the Mitie dietetic team, who will respond to your email within 48 hours. If you don't have access to QR scanning, then the email address is dietitian@mitie.com.

SPEECH & LANGUAGE TEAM

SLTs have an important role in supporting patients with swallowing difficulties, known as 'dysphagia'. Dysphagia can arise from several conditions and symptoms include coughing/ choking with oral intake, a wet voice quality after drinking or food sticking in the throat. This can lead to reduced enjoyment at mealtimes, difficulties meeting your hydration and nutrition needs and increase the risk of chest infections. If you are experiencing any of the above, please discuss with your nurse or medical team to request referral to SLT.

One intervention that SLTs may suggest is food or fluid modification, reflected by the different consistencies on this menu. Consistencies are classified by different levels in line with the 'International Dysphagia Diet Standardisation Initiative' (IDDSI). Your SLT will recommend a specific level of food and drink which corresponds to menu options on here. Modifications are made in line with your preferences to support swallowing safety or efficiency and may change over time. Your SLT can provide education and handouts on the IDDSI levels to further ensure appropriate knowledge of the correct level that you have been recommended.

Alongside the above, SLTs can introduce swallowing exercises, suggest postural changes during mealtimes and support with complex decisions regarding your dysphagia. We work closely with the multidisciplinary team to ensure your dysphagia is suitably managed.





BREAKFAST MENU

A Continental Breakfast is served each day, please choose from cereal, bread, yoghurt and fruit.

CEREAL & MILK

Ready Brek
Corn Flakes
Rice Krispies



Weetabix
Bran Flakes
Gluten Free Cornflakes



Available Milks - please ask
Skimmed
Semi Skimmed



Whole
Soya
Oat



BREAD OR TOAST

Served with Butter or Spread and a selection of Jams, Marmalade and Honey.

Wholemeal Bread (V, V, ♥) or White Bread (V, V) (toast available on request)

Butter
Sunflower Spread
Assorted Jams



Marmalade
Honey
Marmite



JUICES

Orange Juice
Apple Juice



BEVERAGES

Available throughout the day, along with sugar and sweetener.

Coffee
Decaffeinated Coffee
Tea
Decaffeinated Tea
Drinking Chocolate
Green Tea
Peppermint Tea
Chamomile Tea
Malted Milk
Fruit Cordial (No added sugar)



YOGHURT

Thick & Creamy Fruit Yoghurt
Low Fat Fruit Yoghurt
Alpro Soya Yoghurt



FRUIT

Available throughout the day.
Apple
Satsuma
Banana



AVAILABLE DAILY

SALADS

Mixed leaves with cucumber and cherry tomatoes.

Please choose a side (potatoes) from the main options of the day.

Cheese Salad



Chicken Salad



Egg Salad



Avocado, Sweet Potato & Tomato Salad



SANDWICHES

(available on white or brown bread)

Just Ham



Just Cheese



Tuna Mayonnaise



Egg Mayonnaise



Chicken Mayonnaise



Humous & Chickpea



Gluten Free Egg



JACKET POTATOES

Plain



With Cheese Portion



With Tuna Mayonnaise Portion



With Beans



LUNCH ONLY SOUP & SANDWICH

Please choose a sandwich from the list above

Cream of Chicken Soup



Tomato Soup



CONDIMENTS

Salt

Pepper

Vinegar

Tomato Sauce

Salad Cream

Brown Sauce

Mayonnaise



MAIN MENU

Dates below indicate if it the Week 1 or Week 2 menu cycle.

WEEK 1 Week Commencing

- 13/04/2026
- 27/04/2026
- 11/05/2026
- 25/05/2026
- 08/06/2026
- 22/06/2026
- 06/07/2026
- 20/07/2026
- 03/08/2026
- 17/08/2026
- 31/08/2026
- 14/09/2026
- 28/09/2026
- 12/10/2026
- 26/10/2026

WEEK 2 Week Commencing

- 20/04/2026
- 04/05/2026
- 18/05/2026
- 01/06/2026
- 15/06/2026
- 29/06/2026
- 13/07/2026
- 27/07/2026
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- 21/09/2026
- 05/10/2026
- 19/10/2026
- 02/11/2026



MONDAY LUNCH

MAIN COURSES

- Vegetable Lasagne
- Breaded Chicken Fillet
- Minced Beef Hotpot



HOT DESSERTS

- Syrup Sponge
- Clotted Cream Rice Pudding
- Custard



SIDES & VEGETABLES

- Mashed Potato
- Potato Wedges
- Mixed Vegetables
- Green Beans
- Gravy



COLD DESSERTS

- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers



MONDAY SUPPER

MAIN COURSES

- Potato, Cheese & Leek Bake
- Chilli Con Carne
- Chicken Korma



HOT DESSERTS

- Apple Sponge
- Coconut Rice Pudding
- Custard



SIDES & VEGETABLES

- Mashed Potato
- White Rice
- Vegetable Medley
- Sweetcorn
- Gravy



COLD DESSERTS

- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers



Available Daily: jacket potato, sandwiches & salads – please see page 7 for choices.

Please ask your ward host if you would like to change your portion size.

Have you asked about our cultural menu?



TUESDAY LUNCH

MAIN COURSES

- Cheese & Onion Pie
- Chicken Chasseur
- Sausage in Onion Gravy

HOT DESSERTS

- Spotted Dick
- Rice Pudding
- Custard

SIDES & VEGETABLES

- Mashed Potato
- Sauté Potatoes
- Garden Peas
- Mixed Vegetables
- Gravy

- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers



WEDNESDAY LUNCH

MAIN COURSES

- Cauliflower, Spinach & Lentil Curry
- Shepherd's Pie
- Cheesy Garlic Chicken

HOT DESSERTS

- Apple Pie
- Rice Pudding
- Custard

SIDES & VEGETABLES

- Mashed Potato
- White Rice
- Vegetable Medley
- Sliced Carrots
- Gravy

- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers



TUESDAY SUPPER

MAIN COURSES

- Tomato & Chickpea Gratin
- Beef Casserole
- Tuna Pasta Bake

HOT DESSERTS

- Rhubarb Crumble
- Rice Pudding
- Custard

SIDES & VEGETABLES

- Mashed Potato
- Potato Wedges
- Mashed Swede
- Sliced Carrots
- Gravy

- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers

WEDNESDAY SUPPER

MAIN COURSES

- Tomato, Lentil & Sweet Potato Crumble
- Chicken & Vegetable Casserole
- Steak & Mushroom Pie

HOT DESSERTS

- Lemon Sponge
- Coconut Rice Pudding
- Custard

SIDES & VEGETABLES

- Mashed Potato
- Boiled Potatoes
- Sliced Green Beans
- Mashed Swede
- Gravy

- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers

Available Daily: jacket potato, sandwiches & salads – please see page 7 for choices.

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Have you asked about our cultural menu?



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THURSDAY LUNCH

MAIN COURSES

- Lentil & Vegetable Flaky Topped Pie (V, V, E)
- Beef Lasagne (E)
- Potato Topped Chicken Pie (E)

HOT DESSERTS

- Chocolate Chip Sponge (V, E)
- Coconut Rice Pudding (GF, V, V, E)
- Custard (GF, V, E)

SIDES & VEGETABLES

- Mashed Potato (GF, V, E)
- Sauté Potatoes (GF, V, V)
- Mixed Vegetables (GF, V, V, E)
- Cauliflower (GF, V, V, E)
- Gravy (V, E)

COLD DESSERTS

- Ginger Cake (V, E)
- Thick & Creamy Yoghurt (GF, V, V, E)
- Fruit Cocktail (GF, V, V, E)
- Selection of Fresh Fruit (GF, V, V, E)
- Cheese & Crackers (V, E)

THURSDAY SUPPER

MAIN COURSES

- Penne Pasta in Tomato Sauce (V, V, E)
- Beef Lasagne (E)
- Shepherd's Pie (GF, E)

HOT DESSERTS

- Pineapple Sponge (V, E)
- Clotted Cream Rice Pudding (GF, V, E)
- Custard (GF, V, E)

SIDES & VEGETABLES

- Mashed Potato (GF, V, E)
- Sauté Potato (GF, V, V)
- Peas (GF, V, V, E)
- Carrots (GF, V, V, E)
- Gravy (V, E)

COLD DESSERTS

- Ginger Cake (V, E)
- Thick & Creamy Yoghurt (GF, V, V, E)
- Fruit Cocktail (GF, V, V, E)
- Selection of Fresh Fruit (GF, V, V, E)
- Cheese & Crackers (V, E)

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FRIDAY LUNCH

MAIN COURSES

- Lentil Bolognaise (GF, V, V, E)
- Quiche Lorraine (E)
- Battered Cod (E)

HOT DESSERTS

- Ginger pudding with Orange Sauce (V, E)
- Rice Pudding (GF, V, E)
- Custard (GF, V, E)

SIDES & VEGETABLES

- Mashed Potato (GF, V, E)
- Oven Chips (GF, V, V)
- Baked Beans (GF, V, V, E)
- Peas (GF, V, V, E)
- Gravy (V, E)

COLD DESSERTS

- Ginger Cake (V, E)
- Thick & Creamy Yoghurt (GF, V, V, E)
- Fruit Cocktail (GF, V, V, E)
- Selection of Fresh Fruit (GF, V, V, E)
- Cheese & Crackers (V, E)

FRIDAY SUPPER

MAIN COURSES

- Cheese & Onion Pie (V, E)
- Chicken Fajita (E)
- Pork & Apple Casserole (GF, E)

HOT DESSERTS

- Fruit Crumble (V, E)
- Rice Pudding (GF, V, E)
- Custard (GF, V, E)

SIDES & VEGETABLES

- Mashed Potato (GF, V, E)
- Potato Wedges (GF, V, V)
- Sweetcorn (GF, V, V, E)
- Sliced Carrots (GF, V, V, E)
- Gravy (V, E)

COLD DESSERTS

- Ginger Cake (V, E)
- Thick & Creamy Yoghurt (GF, V, V, E)
- Fruit Cocktail (GF, V, V, E)
- Selection of Fresh Fruit (GF, V, V, E)
- Cheese & Crackers (V, E)

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SATURDAY LUNCH

MAIN COURSES

- Bean Chilli
- Baked Chicken & Vegetable Pie
- Savoury Minced Beef



HOT DESSERTS

- Bakewell Tart
- Rice Pudding
- Custard



SIDES & VEGETABLES

- Mashed Potato
- Jacket Potato
- Cut Green Beans
- Sliced Carrots
- Gravy



COLD DESSERTS

- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers



SATURDAY SUPPER

MAIN COURSES

- Vegetable Quiche
- Thai Green Chicken Curry
- Fish Cakes



HOT DESSERTS

- Mixed Fruit Pie
- Coconut Rice Pudding
- Custard



SIDES & VEGETABLES

- Mashed Potato
- White Rice
- Vegetable Medley
- Sweetcorn
- Gravy



COLD DESSERTS

- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers



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SUNDAY LUNCH

MAIN COURSES

- Cheese & Onion Quiche
- Salmon Crumble
- Sliced Roast Chicken in Gravy



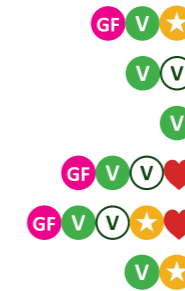
HOT DESSERTS

- Apple Crumble
- Clotted Cream Rice Pudding
- Custard



SIDES & VEGETABLES

- Mashed Potato
- Roast Potatoes
- Yorkshire Pudding
- Cabbage
- Carrots
- Gravy



COLD DESSERTS

- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers



SUNDAY SUPPER

MAIN COURSES

- Moroccan Bean Casserole
- Chicken, Cheese & Bacon Bake
- Cottage pie



HOT DESSERTS

- Vanilla Sponge
- Coconut Rice Pudding
- Custard



SIDES & VEGETABLES

- Mashed Potato
- Potato Wedges
- Mixed Vegetables
- Cauliflower
- Gravy



COLD DESSERTS

- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers



Available Daily: jacket potato, sandwiches & salads – please see page 7 for choices.

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Have you asked about our cultural menu?





MAIN MENU

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MONDAY LUNCH

MAIN COURSES

- Vegetable Cottage Pie
- Fish Pie
- Beef Lasagne



HOT DESSERTS

- Chocolate Chip Sponge
- Rice Pudding
- Custard



SIDES & VEGETABLES

- Mashed Potato
- Potato Wedges
- Green Beans
- Mashed Swede
- Gravy



COLD DESSERTS

- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers



MONDAY SUPPER

MAIN COURSES

- Creamy Vegetable & Cheese Bake
- Sausages in Onion Gravy
- Chicken Pasta with Tomato & Herbs



HOT DESSERTS

- Jam Sponge
- Coconut Rice Pudding
- Custard



SIDES & VEGETABLES

- Mashed Potato
- Potato Wedges
- Mixed Vegetables
- Peas
- Gravy



COLD DESSERTS

- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers



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TUESDAY LUNCH

MAIN COURSES

Lentil Bolognaise



Chicken, Cheese & Bacon Bake



Beef Bolognaise



HOT DESSERTS

Mixed Fruit Pie



Rice Pudding



Custard



SIDES & VEGETABLES

Mashed Potato



Penne Pasta



Carrots



Cauliflower



Gravy



COLD DESSERTS

Ginger Cake



Thick & Creamy Yoghurt



Fruit Cocktail



Selection of Fresh Fruit



Cheese & Crackers



WEDNESDAY LUNCH

MAIN COURSES

Cheese & Tomato Omelette



Potato Topped Chicken Pie



Tuna Pasta Bake



HOT DESSERTS

Sticky Toffee Pudding



Rice Pudding



Custard



SIDES & VEGETABLES

Mashed Potato



Sauté Potatoes



Peas



Mashed Root Vegetables



Gravy



COLD DESSERTS

Ginger Cake



Thick & Creamy Yoghurt



Fruit Cocktail



Selection of Fresh Fruit



Cheese & Crackers



TUESDAY SUPPER

MAIN COURSES

Cauliflower Cheese



Chicken Breast in Tomato & Basil Sauce



Corned Beef Hash



HOT DESSERTS

Rhubarb Crumble



Rice Pudding



Custard



SIDES & VEGETABLES

Mashed Potato



Baby Potatoes



Sliced Green Beans



Sliced Carrots



Gravy



COLD DESSERTS

Ginger Cake



Thick & Creamy Yoghurt



Fruit Cocktail



Selection of Fresh Fruit



Cheese & Crackers



WEDNESDAY SUPPER

MAIN COURSES

Macaroni Cheese



Sliced Chicken in Gravy



Cottage Pie



HOT DESSERTS

Lemon Sponge



Coconut Rice Pudding



Custard



SIDES & VEGETABLES

Mashed Potato



Roast Potatoes



Carrots



Vegetable Medley



Gravy



COLD DESSERTS

Ginger Cake



Thick & Creamy Yoghurt



Fruit Cocktail



Selection of Fresh Fruit



Cheese & Crackers



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THURSDAY LUNCH

MAIN COURSES

- Baked Vegetable Pie
- Smoked Haddock & Spinach Crumble
- Chicken Tikka Masala



HOT DESSERTS

- Jam Sponge
- Clotted Cream Rice Pudding
- Custard



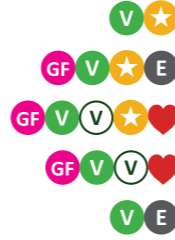
SIDES & VEGETABLES

- Mashed Potato
- White Rice
- Green Beans
- Sweetcorn
- Gravy



COLD DESSERTS

- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers



FRIDAY LUNCH

MAIN COURSES

- Potato, Cheese & Leek Bake
- Sausages
- Battered Cod



HOT DESSERTS

- Fruit Crumble
- Coconut Rice Pudding
- Custard



SIDES & VEGETABLES

- White Rice
- Oven Chips
- Mixed Vegetables
- Peas
- Gravy



COLD DESSERTS

- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers



THURSDAY SUPPER

MAIN COURSES

- Tortellini in Tomato & Basil Sauce
- Shepherd's Pie
- Steak & Potato Pie



HOT DESSERTS

- Bakewell Tart
- Clotted Cream Rice Pudding
- Custard



SIDES & VEGETABLES

- Mashed Potato
- Oven Chips
- Peas
- Carrots
- Gravy



COLD DESSERTS

- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers



FRIDAY SUPPER

MAIN COURSES

- Cheese & Onion Pie
- Breaded Chicken Fillet & Katsu Sauce
- Pork & Apple Casserole



HOT DESSERTS

- Lemon Sponge
- Rice Pudding
- Custard



SIDES & VEGETABLES

- Mashed Potato
- Potato Wedges
- Broccoli
- Sliced Carrots
- Gravy



COLD DESSERTS

- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers



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SATURDAY LUNCH

MAIN COURSES

- Lentil & Vegetable Flaky Topped Pie
- Salmon Crumble
- Orange & Ginger Chicken

HOT DESSERTS

- Jam Sponge
- Coconut Rice Pudding
- Custard

SIDES & VEGETABLES

- Mashed Potato
- Sauté Potatoes
- Broccoli
- Green Beans
- Gravy

COLD DESSERTS

- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers

SATURDAY SUPPER

MAIN COURSES

- Lentil & Vegetable Flaky Topped Pie
- Sausage in Onion Gravy
- Beef Lasagne

HOT DESSERTS

- Mixed Fruit Pie
- Rice Pudding
- Custard

SIDES & VEGETABLES

- Mashed Potato
- Potato Wedges
- Peas
- Mashed Swede
- Gravy

COLD DESSERTS

- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers

Available Daily: jacket potato, sandwiches & salads – please see page 7 for choices.

Please ask your ward host if you would like to change your portion size.

Have you asked about our cultural menu?



SUNDAY LUNCH

MAIN COURSES

- Tomato, Lentil & Sweet Potato Crumble
- Fish Pie
- Roast Pork in Gravy

HOT DESSERTS

- Apple Crumble
- Clotted Cream Rice Pudding
- Custard

SIDES & VEGETABLES

- Mashed Potato
- Roast Potatoes
- Yorkshire Pudding
- Cabbage
- Mashed Root Vegetables
- Gravy

COLD DESSERTS

- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers

SUNDAY SUPPER

MAIN COURSES

- Vegetable Lasagne
- Beef Bolognese & Pasta
- Chicken Chasseur

HOT DESSERTS

- Pineapple Sponge
- Coconut Rice Pudding
- Custard

SIDES & VEGETABLES

- Mashed Potato
- Sauté Potatoes
- Sliced Green Beans
- Sliced Carrots
- Gravy

COLD DESSERTS

- Ginger Cake
- Thick & Creamy Yoghurt
- Fruit Cocktail
- Selection of Fresh Fruit
- Cheese & Crackers

Available Daily: jacket potato, sandwiches & salads – please see page 7 for choices.

Please ask your ward host if you would like to change your portion size.

Have you asked about our cultural menu?





TEXTURE MODIFIED MENUS

This menu is intended for patients who have been advised to have a modified textured diet by a Speech and Language Therapist or the Medical team. If this selection does not meet your dietary requirements please inform a member of the ward staff.



4 PUREE MENU

BREAKFAST

A Continental Breakfast is served each day, please choose from the below.

Ready Brek (smooth texture) V ♥

Weetabix - made with hot milk to a smooth texture

AVAILABLE MILKS - PLEASE ASK

Semi-Skimmed Milk GF V

Whole Milk GF V E

Soya Milk GF V V

Oat Milk GF V V

YOGHURT

Thick & Creamy Fruit Yoghurt GF V E

MAIN COURSE

Chicken & Potato Pie GF E

Roast Beef with Mustard Mash E

Fisherman's Pie GF E

Macaroni Cheese V E

Lentil Bolognese V E

CULTURAL (HALAL)

Sweet & Sour Chicken E

Beef Curry GF

ALLERGY AWARE

(Allergen-free dishes do not contain: gluten, milk, egg, celery, mustard, nuts, sesame, lupin, soya, fish, crustacea, mollusc or sulphites).

Roast Lamb GF

Chicken Casserole GF

Bean Stew GF V V ♥

DESSERTS

Chocolate Sponge V E

Rice Pudding GF V

Summer Fruits & Vanilla Puree V E

Strawberry Mousse GF V E

Thick & Creamy Yoghurt GF V E

SNACKS

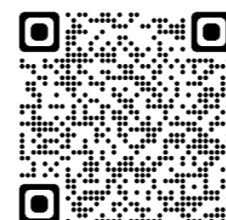
Chocolate Mousse V E

Custard Pot GF V

Thick & Creamy Yoghurt GF V E

Custard Cream & Tea (hot) V

Beans on Toast V



NUTRITIONAL & ALLERGEN INFORMATION
Please scan this QR code to access the full nutritional and allergen information for our menus.

4 PUREE



5 MINCED & MOIST MENU

BREAKFAST

A Continental Breakfast is served each day, please choose from the below.

Ready Brek (smooth texture)



Weetabix - made with hot milk to a smooth texture



AVAILABLE MILKS - PLEASE ASK

Semi-Skimmed Milk



Whole Milk



Soya Milk



Oat Milk



YOGHURT

Thick & Creamy Fruit Yoghurt



MAIN COURSE

Cottage Pie



Chicken & Stuffing

Fish Pie



Vegetable Lasagne



CULTURAL (HALAL)

Chicken Curry



Vegetable Tikka Masala



ALLERGY AWARE

(Allergen-free dishes do not contain: gluten, milk, egg, celery, mustard, nuts, sesame, lupin, soya, fish, crustacea, mollusc or sulphites).

Chicken Casserole



Lentil Bolognese



DESSERTS

Chocolate Sponge



Rice Pudding



Summer Fruits & Vanilla Puree



Thick & Creamy Yoghurt



Strawberry Mousse



SNACKS

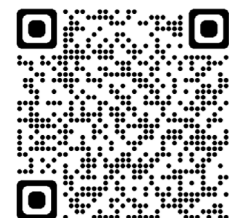
Chocolate Mousse



Custard Pot



Thick & Creamy Yoghurt



NUTRITIONAL & ALLERGEN INFORMATION Please scan this QR code to access the full nutritional and allergen information for our menus.

5 MINCED & MOIST

6 SOFT & BITE-SIZED MENU

BREAKFAST

A Continental Breakfast is served each day, please choose from the below.

Ready Brek (smooth texture)



Weetabix - made with hot milk to a smooth texture



Banana



AVAILABLE MILKS - PLEASE ASK

Semi-Skimmed Milk



Whole Milk



Soya Milk



Oat Milk



YOGHURT

Thick & Creamy Fruit Yoghurt



MAIN COURSE

Cottage Pie



Chicken Casserole



Fish in Cheese Sauce



Vegetable Lasagne



Macaroni Cheese



CULTURAL (HALAL)

Chicken Curry



Vegetable Tikka Masala



ALLERGY AWARE

(Allergen-free dishes do not contain: gluten, milk, egg, celery, mustard, nuts, sesame, lupin, soya, fish, crustacea, mollusc or sulphites).

Chicken in Tomato & Basil Sauce



Vegetable Bake



DESSERTS

Jam Sponge



Rice Pudding



Summer Fruits & Vanilla Puree



Thick & Creamy Yoghurt



Chocolate Mousse



SNACKS

Soft Sponge Cake



Chocolate Mousse



Custard Pot



Thick & Creamy Yoghurt



Banana



NUTRITIONAL & ALLERGEN INFORMATION Please scan this QR code to access the full nutritional and allergen information for our menus.

6 SOFT & BITE-SIZED



PATIENT FEEDBACK

Patients are invited to share their experience by scanning the QR code provided. Simply use your smartphone camera to access a short feedback survey, where you can quickly and securely tell us about your meal service.

Your input helps us understand what we're doing well and where we can improve, ensuring we continue to provide the best possible care.