



Children's Menu Spring/Summer 2026

Hi Children

It is important that you eat and drink the best you can while you are in hospital. The food and drinks will help you to feel better.

Hello Parent/Carer

The following information will help you to understand the food and drink on offer. It is important that your child eats and drinks regularly to aid their recovery.

Our menus

We have a variety of menus available to cater to different dietary requirements including

Cultural and Modified Texture.

Please speak with your catering team member if you need an alternative menu. A pictorial version of this menu is also available.

Any questions? Need advice? Our catering team and ward staff are happy to help.

Allergen and nutrition information

Please tell your nurse if your child has any food allergies and let your catering team member know when ordering their meals. We have an **Allergen Free Menu** available. Further information about nutrition and food allergens is available;

please ask your catering team or scan the QR code.



Missed a meal?

If your child has missed a meal, please ask a member of staff to show you the all day menu options.

Snacks and drinks

Fresh water, drinks and a selection of snacks will be offered throughout the day.

Meal ordering

Simply ask for any breakfast options during service time. Lunch and dinner meal orders will be taken by staff before the meal service.

Meal times

Speak to your catering team about the exact mealtimes for your ward. Meals are usually served between the following times.

Breakfast – 8am to 9am

Lunch – 12 midday to 1pm

Dinner – 5pm to 6pm

Menu coding

If you have been told to follow a specific diet, look for the symbol or code on the menu next to the item for guidance. An explanation of the codes is provided below.

★ IDDSI Level 7 Easy to Chew (L7EC)

choices are **regular texture** foods that are easier to chew. They may sometimes be recommended by your Speech & Language Therapist to increase comfort with eating, but are not specifically designed for people with swallowing difficulty.

GF Gluten Free choices are naturally gluten free or contain <20 parts per million of gluten and are suitable for people with coeliac disease.

V Vegetarian choices do not contain meat, poultry, fish or any of their by-products.

VG Vegan choices do not contain any animal products, including dairy products or honey, also suitable for anyone following a vegetarian diet.

Made Without Milk choices are suitable if you have an intolerance to dairy products. Please double check with catering staff if you have a milk allergy.

Breakfast

Breakfast is available each morning. Please choose from the selection below:

Apple Juice **GF VG**

Orange Juice **GF VG**

Fresh Fruit **GF VG**

Corn Flakes **V**

Crisped Rice Cereal **V**

Cheerios **V**

Wholewheat Biscuit Cereal **★ VG**

Porridge **★ V**

GF Corn Flakes **GF VG**

Cereals are served with a choice of:

Semi-skimmed Milk **V**

Whole Milk **V**

Soya Milk **VG**

GF Bread **GF V**

Wholemeal Bread **VG**

White Bread **VG**

Butter **V**

Sunflower Spread **VG**

Selection of **VG**

Fruit Preserves **VG**



Lighter Options

Jacket potatoes **GF VG**

Plain **GF VG**

with Butter **V**

or Sunflower Spread **VG**

and Tuna Mayonnaise **V**

or Baked Beans **GF VG**

or Cheddar Cheese **V**

Main meal soup

Chicken **★ GF**

Tomato & Lentil **★ GF V**

Salads

Falafel & Bean with **VG**

Hummus **V**

Moroccan Style Cous Cous **V**

with Chicken **V**

The following options contain cucumber, lettuce, cherry tomatoes and potato salad:

Tuna & Sweetcorn **GF**

Boiled Egg **GF V**

Cheddar Cheese **GF V**

All soups & salads are served with:

Bread Roll **VG**

or GF Bread **GF V**

Butter **V**

Sunflower Spread **VG**

Sandwiches

Available on White or Malted bread unless stated.

Ham **V**

Tuna Mayonnaise **V**

Cheddar Cheese **V**

Egg Mayonnaise **V**

on White Bread **V**

Cheese Savoury on **GF V**

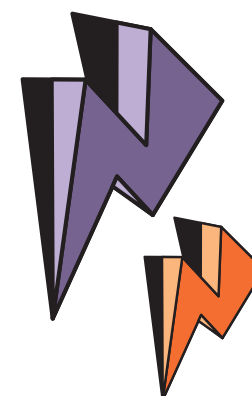
Gluten Free Bread **V**

Chicken & Sweetcorn on **V**

White Bread (Halal) **V**

Onion Bhaji on **VG**

Malted Bread **V**



Got feedback? We want to make sure you get the right type of food and drink during your stay. Our catering staff may ask you what you think about the food and drink or to fill in a survey.



Menu continued overleaf...



At Lunch and Dinner you can choose a main meal and sides from the options below or a lighter option (over page). Then choose a hot or cold dessert.

Main meals

Please choose a main meal:

- Veggie Burger **VG** 
- Veggie Sausages **VG** 
- Plain Omelette ★ **GF** **V**
- Macaroni Cheese ★ **V**
- Cheese Pizza **V**
- Fish Goujons ★ 
- Roast Chicken Breast in Gravy **GF** 
- Chicken Curry ★ **GF** 
- Chicken Goujons (Halal) 
- Pork Sausages 
- Chilli Con Carne (Beef) **GF** 
- Beef Bolognese with Pasta 

Sides

Please choose 1 or 2 vegetable sides to go with your main meal:

- Peas **GF** **VG** 
- Carrots ★ **GF** **VG** 
- Sweetcorn **GF** **VG** 
- Broccoli ★ **GF** **VG** 
- Baked Beans ★ **GF** **VG** 
- Side Salad **GF** **VG** 

If you'd like a carbohydrate side with your main meal, please choose 1 option:

- Mashed Potato ★ **GF** **V**
- Oven Chips **GF** **VG** 
- White Rice ★ **GF** **VG** 
- Penne Pasta **VG** 
- Bread Roll **VG** 

Desserts

Please choose a hot or cold dessert:

Hot desserts

- Stewed Apple & Custard ★ **GF** **V**
- Apple Crumble ★ **VG** 
- Chocolate Chip Sponge ★ **GF** **V**
- Coconut Rice Pudding ★ **GF** **VG** 

Cold desserts

- Vanilla Ice Cream ★ **V**
- Lemon Cake **V**
- Sugar-free Orange Jelly ★ **GF** **VG** 
- Raspberry Jelly ★ **GF** **VG** 
- Apple Puree ★ **GF** **VG** 
- Cheese & Crackers **V**
- Thick & Creamy Yoghurt ★ **GF** **V**
- Healthy Balance Yoghurt ★ **GF** **V**
- Chocolate Dessert ★ **GF** **V**
- Alpro Soya Vanilla Dessert ★ **GF** **VG** 
- Fruity Pot **GF** **VG** 
- Fresh Fruit **GF** **VG** 