



About this menu

Nutrition and hydration

Eating and drinking enough while you are in hospital is vital to support recovery after illness.

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 you have any food allergies and let your catering team member know when ordering your 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.



Sustainability

In our journey to become more sustainable and reduce our carbon footprint, we have included more vegan options on our menu.

Missed a meal?

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

Snacks and drinks

Fresh water, hot and cold 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.

More seasoning? Please ask if you'd like extra salt or pepper to add to your meal.

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 – 5.30pm to 6.30pm

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.

♥ **Healthier Eating** choices are lower in fat, salt and added sugar, suitable if you have been advised to follow a 'healthier diet' to help manage your diabetes or heart health.

↑ **Higher Energy** choices are suitable if you have a poor appetite or need a higher amount of calories due to your illness and weight loss.

★ **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 <20ppm of gluten, 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.

LP **Lower Potassium** choices are suitable if you have been advised to control high blood potassium.

✦ **Higher Protein** choices are suitable if you are trying to increase your protein intake, which can help to maintain muscle mass, support your immune system and improve wound healing and recovery.

Got feedback? If you have any feedback about our food or drink service you can scan the QR code to complete a survey.



Menu continued overleaf...

Breakfast

Orange Juice	GF VG
Apple Juice	GF VG
Corn Flakes	V LP
Crisped Rice Cereal	V LP
Bran Flakes	♥ VG LP
Wholewheat Biscuit Cereal	♥ ★ VG LP
Porridge	♥ ★ V LP
GF Corn Flakes	GF VG LP
Served with a choice of Semi-skimmed Milk	♥ V
Whole Milk	↑ V
Soya Milk	VG LP
Croissant	↑ V
White Bread	VG LP
Wholemeal Bread	VG LP
GF Bread	GF V LP
Butter	V LP
Sunflower Spread	VG LP
Selection of Fruit Preserves	VG LP
Fresh Fruit	♥ GF VG

Lunch & dinner

Lighter options

The following lighter options are available every day if you do not wish to choose from our hot selection (over page).

Sandwiches

Available on White or Malted Bread unless stated.

Ham	+
Tuna Mayonnaise	
Cheddar Cheese	V
Egg Mayonnaise on White Bread	V
Cheese Savoury on Gluten Free Bread	↑ GF V
Chicken & Sweetcorn (Halal) on White Bread	♥ +
Onion Bhaji on Malted Bread	♥ VG

Jacket potatoes

Plain	♥ GF VG
with Butter	V
or Sunflower Spread	VG
and Tuna Mayonnaise	
or Baked Beans	♥ GF VG
or Cheddar Cheese	↑ V

Salads

Falafel & Bean with Hummus	♥ VG
Moroccan Style Cous Cous with Chicken	♥ +
The following options contain cucumber, lettuce, cherry tomatoes and potato salad:	
Cheddar Cheese	GF V
Boiled Egg	♥ GF V
Tuna & Sweetcorn	♥ GF

All salads are served with:

Bread Roll	VG
or GF Bread	GF V LP
Butter	V LP
Sunflower Spread	VG LP





MENU
SPRING/SUMMER 2026



Lunch & dinner

Starters

Soup of the Day
Sliced Wholemeal Bread
Sliced White Bread
GF Bread
Butter
Sunflower Spread

V
VG LP
VG LP
GF V LP
V LP
VG LP

Main meals

Sweet & Sour Chicken
Served with rice, red pepper and peas.

GF LP +

Tomato, Lentil & Sweet Potato Casserole
Served with roast potatoes, carrots and romano beans.

GF VG

Battered Fish
Served with chips and mushy peas.

+

Mushroom Stroganoff
Served with rice, peas and parsley.

GF V LP

Roast Chicken Breast in Gravy
Served with roast potatoes, carrots, sprouts and a stuffing ball.

LP +

Mediterranean Style Vegetable Pasta
Penne pasta with red onion, peppers and courgette in a tomato and basil sauce.

VG LP

Cheesy Garlic Chicken Bake
Served with diced potatoes, carrots and broccoli.

GF LP +

Chicken Chow Mein
Egg noodles with chicken and vegetables in a soy, garlic and ginger sauce.

LP +

Cheese & Tomato Omelette
Served with fried diced potatoes and mixed vegetables.

GF V LP +

Meatballs & Pasta
Penne pasta with pork meatballs in a tomato, garlic and basil sauce.

LP +

Chilli Con Carne
Served with rice and a salsa of sweetcorn, peppers, coriander and chilli in lime juice.

GF LP +

Sweet Potato & Bean Chilli
Served with coriander seasoned white rice.

VG LP +

Salmon & Broccoli Pasta
Broccoli, salmon pieces and penne pasta in a cheddar cheese sauce.

LP +

Cottage Pie
Served with carrot and swede seasoned with parsley.

GF LP

Sausage & Mash
Served in gravy with peas.

LP

Smaller appetite

These meals are smaller, but are higher in energy and protein, so ideal if you're not feeling very hungry.

Macaroni Cheese
Macaroni pasta in a cheese sauce.

V LP +

Tuscan-Style Chicken Pasta
Chicken, grilled peppers, red onion and penne pasta in a creamy tomato and pesto sauce.

LP +

Salmon Bake
Salmon and peas in a cheese sauce, topped with diced potatoes.

GF LP +

Chicken Soup

GF LP

Tomato & Lentil Soup

GF V

All soups are served with:

Bread Roll
or GF Bread
Butter
Sunflower Spread

VG

GF V LP

V LP

VG LP

Halal

Chicken Biryani
Basmati rice layered with spiced chicken and herbs.

LP +

Mutton Channa Dal
Mutton and chickpeas served with red lentils and rice.

LP +

Keema Peas
Minced lamb, aromatic spices with peas served with red lentils and rice.

LP +

Chicken Masala
Chicken curry served with red lentils and rice.

LP +

Chicken Nuggets
Served with roast potatoes and mixed vegetables.

LP +

Spaghetti Bolognaise
Served with roast potatoes and mixed vegetables.

LP

Chicken Pasta
Chicken and penne pasta in tomato sauce.

LP +

Asian vegetarian

Saag Aloo
Served with red lentils and rice.

VG LP

Aubergine, Peas & Potato
Served with red lentils and rice.

VG LP

Black Eye Beans
Served with mixed vegetables and rice.

VG LP

African & Caribbean

Jerk Chicken
Served with steamed cabbage and jollof rice.

LP +

Curried Chicken
Served with steamed cabbage and rice.

LP

Ackee & Saltfish
Served with steamed cabbage and rice.

LP

All of the meals listed above will be served in their original packaging.

All meat used is certified Halal.

Some of these meals are mild or medium spicy.

Desserts

Hot desserts

Jam Sponge
Apple Crumble
Bakewell Tart & Custard
Stewed Apple & Custard
Rice Pudding
Custard

GF V LP
VG LP
V LP
GF V LP
GF V LP
V LP

Cold desserts

Lemon Cake
Sugar-free Orange Jelly
Raspberry Jelly
Apple Puree
Cheese & Crackers
Thick & Creamy Yoghurt
Healthy Balance Yoghurt
Chocolate Dessert
Alpro Soya Vanilla Dessert
Fresh Fruit

V
GF VG LP
GF VG LP
GF VG LP
V LP +
GF V LP +
GF V LP +
GF V LP
GF VG
GF VG



Menu codes: ♥ Healthier Eating ↑ Higher Energy ★ Level 7 Easy to Chew GF Gluten Free V Vegetarian VG Vegan LP Lower Potassium + Higher Protein