

## Patient Menus

### Monday Lunch

On this page we have details of the patient menu along with dietary information.

If you would like help with any aspects of the service, menu content etc, please ask a member of staff who will be happy to help you, or get someone to come and see you.

Chef's Dish	Dish	Veg	Soft	Healthy Heart	Gluten Free	Diabetic	High Protein
✓	Chicken a la Forno				✓		
	Beef in Stout Casserole		✓	✓			
	Plain Omelette	✓	✓		✓		
	Roast Chicken Salad			✓	✓		

	Gravy				✓		
✓	Creamed Potatoes	✓	✓		✓		
	Parmentier Potatoes	✓	✓		✓		
	Broccoli	✓	✓				
	Carrots	✓	✓				

	Fruits of the Forest Sponge		✓				
✓	Rice Pudding with Sultanas		✓		✓	✓	
	Stewed Apples	✓	✓		✓	✓	
	Ice Cream		✓				

### Special Diets

If for any reason you are unable to accept the dish allocated for a certain mealtime, please choose an alternative from the second list and advise a member of staff in advance of your alternative dish request.

#### Diabetics

If you have diabetes, you may choose any main course item, but we recommend desserts with a tick in the "Diabetic" column.

For "Diabetic Yoghurts" please ask for a "Light" Yoghurt".

#### Healthy Eating

If you have been advised to follow a "Healthy Eating Diet", please ask for the main courses marked in this column. These are lower in fat, and suitable for Diabetes, Weight Control and Healthy Hearts diets.

#### Energy Dense

These courses are suitable for High Protein Diets and usually have more than 300 Kilocalories. We have also used this code for vegetables and potatoes with added fat. Desserts with more than 150 Kilocalories would also be included in this category.

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## Soft / Moist / Easy Chew Diets

The courses in this category contain soft, moist, bite size pieces or those that can be easily broken down with a fork. They do not represent dishes that are suitable for patients with swallowing difficulties. All dishes with this indicator can be served with creamed potatoes at all meal times.

- A “Timbale” is an egg-based mousse that is high in protein, usually served with a sauce or gravy and requires very little chewing.

Main meal choices include:

- Cod
- Beef
- Smoked Ham
- Chicken
- Meatballs

Main vegetable choices include:

- Peas
- Carrots
- Broccoli
- Sweetcorn
- Mixed Vegetables

- A “Puree” has a thick, smooth consistency and no chewing is necessary.

### Fresh Fruit

The choice of fresh fruit available on the menu is subject to availability but usually:

- Orange
- Apple
- Pear
- Banana

### Sandwiches

Sandwiches can be made at lunchtime if requested. All are available in wholemeal or white and we use Flora margarine spread.

### Chef's Dish

Items marked “Chef's Dish” represent a “Leading Chef's Dish”.

### Children's Menu / Items

Some of the items available may be more suitable for younger patients. A member of staff will be able to assist you or provide more information.

### Cultural and Religious Meals

We can provide foods that have been prepared in ways that respect your cultural and religious beliefs including:

- Halal
- Ethnic Vegetarian
- Kosher meals

If you have specific needs, then please ask a member of staff who will ensure that your wishes are accommodated.

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## **All Hours' Provisions**

If you have missed a meal for any reason, then the snack pack is available to you 24 hours a day. It is also available if you should want a lighter alternative to the menu.

Snack packs typically include:

- Sandwich
- Chocolate Bar
- Yoghurt
- Juice drink
- Fruit

Ask a member of staff for more details.