Please remember your family, friends and other visitors are welcome to use the hospital restaurant between 7.30am and 6.00pm, Monday to Friday.

The dishes on the alternative menu are available daily as individual items.

Halal and Kosher meals strictly conform to requirements.

All Halal meals are served with Basmati Rice.

Any special diets not appearing here will be catered for as requested by the Dietician.

For details of all catering services can be found in the Catering Charter available upon request from your nurse or ward hostess.

If you experience any difficulties with the Catering Service please ask your nurse or ward hostess to contact the following.

Hotel Service Manager Patient & Retail Service

Denise Carr
Head of Catering Services

Susan Shields
Deputy Catering Manager

Catering Management/Supervisors Team
Tel: 0191 5656256 exts: 42154, 42035, 42036 Bleep: 51300

Dieticians
Tel: 01915656256 ext: 49013

NHS

The National Health Service

MENU

Week 1

To make your stay more pleasant and to assist your recovery, our Catering Department would like to offer you a wide range of services, which we hope you will enjoy.

We want to cater for your needs and meet your expectations. Please tell us if we are not achieving this, we would like to know.

Catering Standards

Our Standards Will Mean

- You will have a choice of dishes suitable to your dietary needs.
- You can choose your meal when you require it.
- You can have a choice of portion size.
- You are given the name of a Catering Manager.
- You will have help if you need it to read the menu. (This includes menus in larger print and other languages on request.)
- **Lite Bite Menu available 24/7, consisting of Snacks, Sandwiches, Salads & Jacket Potatoes with various fillings.**
- You may be asked to give your views of the Catering Service provided.

The Menu

- Rotates weekly.
- Alternative menus available.
- Fresh fruit, yoghurts, cheeses available daily.
- Wholemeal bread available daily.
- Formed around healthy eating principles.

How To Order Meals

- Choose your meal direct from the trolley.
- Ask the nurse or ward hostess for advice and give your requirements in advance.
- Understand the diet coding as follows:
  - **D – Suitable for diabetics**
  - **H – Healthy Choice**
  - **S – Suitable for Soft Diets**
  - **– Chefs Choice**
  - **– Vegetarian Society Approved**

Healthy Eating

We encourage you to consider the comments below when choosing your meal:

- **Have regular meals.**
- **Eat less fried foods and pastry.**
- **Avoid sugar and sugary foods.**
- **Leave salt until you taste the meal.**
- **Take more high fibre foods.**
- **Have more fresh fruit and vegetables.**
- **You choose healthier foods for a speedier recovery.**

Week 1

Breakfast

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Branflakes	DH	Branflakes	DH	Branflakes	DH	Branflakes	DH	Branflakes	DH	Branflakes	DH	Branflakes	DH
Cornflakes	DH	Cornflakes	DH	Cornflakes	DH	Cornflakes	DH	Cornflakes	DH	Cornflakes	DH	Cornflakes	DH
Weetabix	DH	Weetabix	DH	Weetabix	DH	Weetabix	DH	Weetabix	DH	Weetabix	DH	Weetabix	DH
Porridge	DH	Porridge	DH	Porridge	DH	Porridge	DH	Porridge	DH	Porridge	DH	Porridge	DH
Sausage		Bacon	D	Sausage		Bacon	D	Sausage		Sausage		Bacon	D
Baked Beans	DH	Tomatoes	DH	Baked Beans	DH	Baked Beans	DH	Tomatoes	DH	Baked Beans	DH	Tomatoes	DH
Toast	DH	Toast	DH	Toast	DH	Toast	DH	Toast	DH	Toast	DH	Toast	DH
Roll (& Preserve)	DH	Roll (& Preserve)	DH	Roll (& Preserve)	DH	Roll (& Preserve)	DH	Roll (& Preserve)	DH	Roll (& Preserve)	DH	Roll (& Preserve)	DH

Lunch

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Soup		**Soup**		**Soup**		**Soup**		**Soup**		**Soup**		Roast Turkey	DH
Scotch Broth		Minestrone		Vegetable		Tomato		Vegetable & Herb		Potato & Leek		Roast Beef	DH
												Minced Beef	DH
Choice of Sandwich		**Choice of Sandwich**		**Choice of Sandwich**		**Choice of Sandwich**		**Choice of Sandwich**		**Choice of Sandwich**		Yorkshire Pudding	
Turkey Salad Wrap	DH	Cheese & Tomato	DH	Egg & Tomato	DH	Chicken Salad Wrap	DH	Tuna & Cucumber	DH	Cheese & Onion		Harvester Casserole	DH
Egg Mayonnaise		Tuna Mayonnaise		Ham Salad	DH	Cheese Savoury		Roast Beef & Tomato	DH	Ham & Tomato	DH		
Corned Beef & Tomato	DH	Roast Pork & Sage/Onion Stuffing	DH	Cheese Savoury		Corned Beef & Tomato	DH	Cheese & Onion		Turkey Salad Wrap	DH	Creamed Turnip	DH
												Carrots	DH
												Sprouts	DH
												Roast Potatoes	
												Creamed Potatoes	DH
Jacket Potato with a choice of fillings		**Jacket Potato with a choice of fillings**		**Jacket Potato with a choice of fillings**		**Jacket Potato with a choice of fillings**		**Jacket Potato with a choice of fillings**		**Jacket Potato with a choice of fillings**		Ginger Sponge with Custard	
Tuna		Tuna		Tuna		Tuna		Tuna		Tuna		Pear Halves	DH
Cheese		Cheese		Cheese		Cheese		Cheese		Cheese			
Coleslaw		Coleslaw		Coleslaw		Coleslaw		Coleslaw		Coleslaw			
Baked Beans		Baked Beans		Baked Beans		Baked Beans		Baked Beans		Baked Beans			

Supper

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Braised Steak & Mushrooms	DH	Roast Pork	DH	Hungarian Beef Goulash	DH	Lamb Casserole		Loin of Pork with Sage & Apple Gravy	DH	Minced Turkey	SDH	**Soup**	
Cauliflower Cheese	S	Savoury Minced Beef	SDH	Roast Turkey	DH	Cheese, Leek & Egg Pie		Corned Beef Hash	SDH	Mince Pie		Spring Vegetable	
Savoury Minced Beef	SDH	Vegetable Pasta	DH	Fish Pie	SDH	Savoury Bean Casserole	SDH	Battered Fish		Beef Lasagne	DH		
Shepherds Pie		Chicken Casserole	DH	Cheese and Tomato Omelette		Roast Chicken	DH	Vegetable Curry & Patna Rice	DH	Bean & Vegetable Casserole	DH	**Choice of Sandwich**	
		Herbie Dumplings	D					Cod in Parsley Sauce	SDH			Corned Beef & Tomato	DH
												Egg Mayonnaise	
Mixed Vegetables	DH	Cauliflower	DH	Green Beans	DH	Medley of Vegetables	DH			Creamed Turnip	DH	Simply Tuna	DH
Creamed Turnip	DH	Peas	DH	Carrots	DH	Baked Beans	DH	Peas	DH	Broccoli	DH		
Creamed Potato	DH	Noisette Potatoes		Jacket Wedges		Creamed Potato	DH	Cauliflower	DH	Creamed Potato	DH		
Jacket Potato	DH	Creamed Potato	DH	Creamed Potato	DH	Baby Jacket Potatoes	DH	Chipped Potatoes		Noisette Potatoes		**Jacket Potato with a choice of fillings**	
								Creamed Potato	DH			Tuna	
												Cheese	
Apple & Blackberry Pie with Custard		Chocolate Sponge with Custard		Rhubarb Crumble with Custard		Jam Sponge with Custard	DH	Apple Crumble with Custard		Lemon Sponge with Custard		Coleslaw	
Fruit Cocktail	DH	Mandarin Oranges	DH	Sliced Peaches	DH	Pear Halves	DH	Fruit Cocktail	DH	Apricot Halves	DH	Baked Beans	

Alternative Menus

Halal

- Meat & Daal
- Chicken Curry
- Keema & Peas
- Aloo Gobi & Peas
- Cauliflower & Aubergine Masala
- Moong Bean Curry
- Meat & Potatoes
- Chicken Korma
- Yellow Lentil Curry
- Chick Pea Daal

Kosher

- Roast Chicken
- Chicken Casserole
- Braised Steak
- Steak Pie
- Fish Pie
- Plaice in Parsley Sauce
- Vegetable Lasagne
- Vegetable Pie

Childrens

- Chicken Burgers
- Beef Burgers
- Chicken Goujons
- Fish Fingers
- Ravioli
- Hot Dogs
- Spaghetti
- Vegetable Burgers
- Scrambled Eggs

Vegetarian

- Nut Cutlet
- Vegetable Casserole
- Macaroni Cheese
- Quorn Sausage
- Vegetable Curry
- Vegetable Chilli
- Harvester Casserole
- Cauliflower Cheese
- Vegetable Bolognaise
- Vegetable Quiche
- Cheese & Onion Quiche
- Vegetable Lasagne
- Vegetable Pasta

Sandwiches/Salads

Tossed Salad	DH
Low Fat Cheese Salad	DH
Ham Salad	DH
Egg Salad	DH
Chicken Salad	DH
Turkey Salad	DH
Salad Sandwich	DH
Low Fat Cheese Sandwich	DH
Turkey Sandwich	DH
Corned Beef Sandwich	DH
Ham Sandwich	DH
Cottage Cheese Sandwich	DH

Lite Bite

- Snacks
- Sandwiches
- Salads

Available 24 hours a day

Lite Bite Menu

12.00 midnight to 6.00am

Available daily

Please ask your nurse for details

**Some choices on the menu may be subject to availability or seasonal trends*