

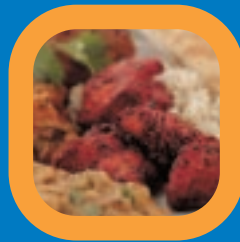
The National Health Service

MENU



The National Health Service

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Welcome to the new NHS Menu

The NHS Plan was published in July 2000 by the Government and sets out how the quality, access and range of health services provided will be substantially improved over a 10 year period.

Better Hospital Food is a key part of the NHS Plan, which means that patients have a right to expect excellent food and good services during their stay in hospital.

The Government has set down acceptable standards for providing patients with meals, snacks and drinks. The full detail of the Better Hospital Food programme can be found on the Internet at www.betterhospitalfood.com

Eating and Drinking are Important

It is not unusual to lose your appetite when you are unwell. This may be due to the illness itself, the treatment or your fears and anxieties. Eating and drinking will help you fight infection, maintain your weight, respond to your treatment and heal more quickly. It is best to keep trying to eat little and often.

How to use this menu

This menu tells you what you can expect from the catering services at this hospital.

We will provide you with breakfast, lunch and evening meal, together with snacks on at least two occasions during the day and regular hot and cold drinks. Food is always available from the Catering Department between 7am - 9pm.

Meal time services

This menu has been divided into the following sections. These are:-

- Main Menu
 - Diet Menu - which comprises of diabetic, enriched, light, soft and puree choices
 - Children's Choices
 - All day availability
- Other therapeutic diets - are provided in consultation with the dietetic department.
- Each section shows the range of meals from which you can choose during the current week. A number of these have been designed specifically for the NHS by a team of leading chefs and dietitians, these are identified by the 'Chef's Hat' symbol.



The All Day Availability

The all hours service is available to patients 24 hours a day and is there to ensure that patients who may have missed a meal (patients may be attending another department for treatment e.g X-ray or you may have been admitted to hospital between meal times) do not go hungry. The service ensures that food items are available from the kitchen or via a snack box. Please ask the ward staff if you require this service. These services are available 'round the clock', although there may be dietary or other medical reasons why this maybe unsuitable. Please also note that the contents of the snack boxes will vary slightly from the illustrations and that different brands of products will be used.

How to Order your Meals

A member of the ward team will give you a daily menu card twice a day which contains all the menu items available for that day. The menu card is designed using a 'tick box' method. The card should be completed in conjunction with this booklet. These

daily menu cards are returned to the catering department and your meal requirements are then sent back to the ward at the requested mealtime.

What you can expect – our commitment to you

To ensure that you get excellent service, all the time, we have set out on the back cover our aims. This is our commitment to you to deliver high quality catering services which will meet your needs and provide enjoyable mealtimes.

Comments, Concerns and Compliments

If you want to let us know what you think about the food or food service then please ask for a leaflet available on the ward. This will be shown to the Catering Manager who will look closely at what you have said. The Catering department also routinely complete questionnaires. If you would like to complete a questionnaire then please ask a member of the ward team so that it can be arranged.

If you would like to see someone from the catering department then please ask one of the ward team – they will make arrangements for one of the catering team to visit you.

If there is anything you think of once you have gone home then please write to the Chief Executive at the hospital and your comments will be looked at and a reply sent to you.

Daily Breakfast

Choice of Fruit Juices
Prunes or Grapefruit Segments
A wide selection of Breakfast Cereals
A choice of White or Wholemeal Roll
Butter or Polyunsaturated Spread
Jam or Marmalade
A Choice of Hot or Cold Beverages

Week 1 Monday

Lunch

Mushroom Soup

- ☺ Lamb Curry or Fisherman's Pie or Vegetable Lasagne or Roast Turkey Salad or Egg & Cress Sandwich

Macedoine of Vegetables, Cabbage Rice or Creamed Potatoes

Slice of White or Wholemeal Bread Butter or Polyunsaturated Margarine

Apple Sponge & Custard or Raspberry Whip, Ice Cream or Sliced Peaches

Supper

Celery Soup

- ☺ Cheese, Leek & Egg Pie or Jacket Potato, Sausage & Beans or Cheddar Cheese Sandwich

Peas
Saute Potatoes

Slice of White or Wholemeal Bread Butter or Polyunsaturated Margarine

Butterscotch Whip or Coffee & Mandarin Gateau or Jelly & Ice Cream or Banana or Cheese Spread & Crackers

Evening Snack

Genoa Cake Slice

Week 1 Tuesday

Lunch

Asparagus Soup

- ☺ Roast Pork & Apple Sauce or Macaroni Cheese or Chicken with Tomato & Basil Sauce or Tuna Salad or Ham Sandwich

Peas, Carrots
Roast Potatoes, Creamed Potatoes

Slice of White or Wholemeal Bread Butter or Polyunsaturated Margarine

Choc Sponge & Choc Sauce or Baked Rice Pudding or Ice Cream or Apple

Supper

Leek Soup

- ☺ Country Vegetable Pie or Cornish Pasty or Corn Beef Sandwich

Baked Beans
Chipped Potatoes



Slice of White or Wholemeal Bread Butter or Polyunsaturated Margarine

Pineapple in Juice or Fruit Yogurt or Strawberry Cheesecake or Jelly & Ice Cream or Cheese Spread & Crackers

Evening Snack

Madeira Cake Slice

Week 1 Wednesday

Lunch

Minestrone Soup

- ☺ Cottage Pie or Liver & Bacon Casserole or Mushroom & Sweetcorn Pasta or Corned Beef Salad or Cheese & Pickle Sandwich

Green Beans, Diced Swede
Boiled Potatoes, Creamed Potatoes

Slice of White or Wholemeal Bread Butter or Polyunsaturated Margarine

Apple Crumble & Custard or Semolina or Ice Cream or Mandarins in Natural Juice

Supper

Spring Vegetable Soup

- ☺ Savoury Bean Hot Pot or Chicken & Leek Pie or Egg Mayonnaise Sandwich

Baked Beans
Saute Potatoes

Slice of White or Wholemeal Bread Butter or Polyunsaturated Margarine

Chocolate Mousse or Jam Doughnut or Jelly & Ice Cream or Orange or Cheese Spread & Crackers


Evening Snack

Shortbread Biscuits

Week 1 Thursday

Lunch

Chicken Soup

 Steak & Kidney Pie or Cod Mornay or Vegetable & Bean Cottage Pie or Roast Pork Salad or Egg & Cress Sandwich Gravy

Brussel Sprouts, Sweetcorn
Saute Potatoes, Creamed Potatoes

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Lemon Sponge & Custard or Custard Tart
or Ice Cream or Orange

Supper

Lentil Soup

Jacket Potato/Chicken/Mushroom or Plain
Omelette or Cheddar Cheese Sandwich

Peas
Chipped Potatoes

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Banana Mousse or Victoria Sandwich or
Jelly & Ice Cream or Apple or
Cheese Spread & Crackers


Evening Snack

Chocolate Biscuit

Week 1 Friday

Lunch

Tomato Soup

 Fish in Batter or
Chicken Fricassee, Mustard & Tarragon or
Cauliflower Cheese or Pork Pie Salad or
Roast Beef Sandwich
Gravy

Peas, Carrots
Chipped Potatoes, Creamed Potatoes, Rice

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Bread Pudding & Custard or Semolina or
Ice Cream or Banana

Supper

Minestrone Soup

 Roast Vegetable Plait or
Beef Bolognaise or
Red Leicester & Pickle Sandwich

Side Salad
Saute Potatoes

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Peaches & Cream or Strawberry Mousse or
Black Forest Gateau or Jelly & Ice Cream or
Cheese Spread & Crackers


Evening Snack

Blueberry Muffin

Week 1 Saturday

Lunch

Mushroom Soup

 Chicken Curry or
Sausage Hot Pot or
Cheese & Onion Pasty or Egg Salad or Ham
Sandwich
Gravy

Baked Beans, Mixed Vegetables
Rice or Creamed Potatoes

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Apple Pie & Custard or Fruit Yogurt or
Ice Cream or Mandarin Cheesecake

Supper

Spring Vegetable Soup

 Macaroni Cheese or
Corned Beef Hash or
Salmon & Cucumber Sandwich

Green Beans
Chipped Potatoes

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Apricots in Natural Juice or Chocolate
Mousse or Lemon Cake or Jelly & Ice Cream
or Cheese Spread & Crackers


Evening Snack

Digestive Biscuits

Week 1 Sunday

Lunch

Tomato Soup

 Roast Lamb or
Chicken Casserole or
Mexican Bean Risotto or Ham Salad or
Cheddar Cheese Sandwich
Gravy

Broccoli, Diced Swede
Roast Potatoes, Creamed Potatoes

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Sultana Sponge & Custard or Rice Pudding or
Ice Cream or Apple

Supper

Thick Vegetable Soup

 Cauliflower & Broccoli Pasta or
Fisherman's Pie or Egg Mayonnaise Sandwich
Peas

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Fruit Cocktail or Chocolate Fudge Cake or
Fruit Yogurt or Jelly & Ice Cream or
Cheese Spread & Crackers

Evening Snack

Shortbread Biscuits

You may also choose items from other menus


Daily Breakfast

Choice of Fruit Juices
Prunes or Grapefruit Segments
A wide selection of Breakfast Cereals
A choice of White or Wholemeal Roll
Butter or Polyunsaturated Spread
Jam or Marmalade
A Choice of Hot or Cold Beverages

Week 2 Monday

Lunch

Leek Soup

-  Beef Casserole or Breaded Cod or Country Vegetable Pie or Ploughmans Salad or Roast Turkey Sandwich Gravy

Peas, Carrots
Saute Potatoes, Creamed Potatoes

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Apple Crumble & Custard or Semolina Pudding
or Ice Cream or Pears in Natural Juice

Supper

Celery Soup

-  Salmon & Dill Potato Bake or Corned Beef & Potato Pasty or Egg & Tomato Sandwich

Side Salad
Chipped Potatoes

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Lemon Mousse or Fruit Scone, Butter & Jam or Jelly & Ice Cream or Orange or Cheese Spread & Crackers


Evening Snack

Chocolate Biscuit

Week 2 Tuesday

Lunch

Vegetable Soup

-  Chicken & Leek Pie or Savoury Mince Casserole or Vegetable Curry or Ham Salad or Cheese & Coleslaw Sandwich Gravy

Sweetcorn, Brussel Sprouts, Rice,
Creamed Potatoes

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Choc Pudding & Choc Sauce or Custard Tart or Ice Cream or Apple

Supper

Leek Soup

-  Cheese, Potato & Onion Pie or Ravioli in Tomato Sauce or Tuna Mayonnaise Sandwich

Green Beans
Saute Potatoes



Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Peaches & Cream or Banana Whip or Strawberry Gateau or Jelly & Ice Cream or Cheese Spread & Crackers

Evening Snack

Chocolate Mini Roll

Week 2 Wednesday


Lunch

Asparagus Soup

Roast Beef & Yorkshire Pudding or Cod Mornay or Spicy Pasta Bean Feast or Egg Salad or Ham & Tomato Sandwich Gravy


Carrots, Cabbage
Roast Potatoes, Creamed Potatoes

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

-  Bread & Butter Pudding or Baked Rice Pudding or Ice Cream or Fruit Cocktail

Supper

Minestrone Soup

-  Vegetable Lasagne or Cornish Pasty or Egg & Crispy Bacon Sandwich

Side Salad
Chipped Potatoes

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Fruit Yogurt or Chocolate Dairy Cream Sponge
or Jelly & Ice Cream or Orange or Cheese Spread & Crackers


Evening Snack

Shortbread Biscuits

Week 2 Thursday

Lunch

Mushroom Soup

-  Cottage Pie or Chicken Curry or Leek, Cheese & Pasta Bake or Smoked Mackerel Salad or Tuna & Mayonnaise Sandwich Gravy


Mixed Vegetables, Rice
Saute Potatoes, Creamed Potatoes

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Spotted Dick & Custard or Strawberry
Mousse or Ice Cream or Banana

Supper

Spring Vegetable Soup

-  Tuna, Tomato & Courgette Pasta or Savoury Pancake or Roast Turkey Sandwich
- Side Salad
Chipped Potatoes

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Mandarins in Natural Juice or Jam Tart or Dairy Cream Sponge or Jelly & Ice Cream or Cheese Spread & Crackers


Evening Snack

Digestive Biscuits

Week 2 Friday

Lunch

Chicken Soup

-  Deep Fried Fish in Batter or Liver & Bacon Casserole or Vegetable Chilli or Corned Beef Salad or Cheese & Cucumber Sandwich Gravy

Peas, Swede
Chipped Potatoes, Creamed Potatoes, Rice

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Spiced Apple & Raisin Pie & Custard or Ground Rice or Ice Cream or Peaches & Cream

Supper

Lentil Soup

-  Cauliflower Cheese or Cottage Pie or Egg & Tomato Sandwich

Baked Beans
Saute Potatoes

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Chocolate Whip or Lemon Meringue Pie or Jelly & Ice Cream or Apple or Cheese Spread & Crackers


Evening Snack

Genoa Cake Slice

Week 2 Saturday

Lunch

Tomato Soup

-  Chicken & Ham Pie or Cod Mornay or Savoury Bean Hot Pot or Cheddar Cheese Salad or Chicken Mayonnaise Sandwich Gravy


Carrots, Green Beans
Parsley Potatoes, Creamed Potatoes

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Mincemeat Pie & Custard or Trifle or Ice
Cream or Orange

Supper

Thick Vegetable Soup

-  Jacket Potato & Mushroom & Leek or Pasta Bolognese or Tuna Mayonnaise Sandwich

Side Salad

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Coffee & Mandarin Gateau or Bakewell Tart or Jelly & Ice Cream or Banana or Cheese Spread & Crackers


Evening Snack

Shortbread Biscuits

Week 2 Sunday

Lunch

Scotch Broth

-  Roast Turkey or Lamb Casserole or Vegetable Risotto or Egg Mayonnaise Salad or Ham Sandwich Gravy

Mixed Vegetables, Brussel Sprouts
Roast Potatoes, Creamed Potatoes

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Jam Sponge & Custard or Crème Caramel or Ice Cream or Banana

Supper

Minestrone Soup

-  Vegetable Curry & Rice or Bacon, Leek & Mushroom Pasta Bake or Cheese & Pickle Sandwich

Side Salad

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Fruit Salad or Fruit Yogurt or Strawberry Cheesecake or Jelly & Ice Cream or Cheese Spread & Crackers

Evening Snack

Digestive Biscuits

Nutrition and Dietetics

This service is provided by an enthusiastic team of State Registered Dietitians who have an in depth knowledge of Human Nutrition and Clinical Dietetics. The Dietetic Service is part of the Multidisciplinary team responsible for your care.

Diet may form an important part of your treatment. Special therapeutic diets are requested by medical staff. The Dietitian will help you understand why your diet has been requested, and how this will be managed in hospital. If you need to continue your diet when you go home the Dietitian responsible for your care will give you and your carers any necessary help and advice. Written information will be provided and follow up appointments may be arranged either at this hospital or at a clinic near you.

Dietitians aim to ensure that all patients in hospital receive a nutritionally adequate diet. Your nursing team liaise closely with the Nutrition and Dietetic Service. There is a Nutrition Link Nurse on your ward who has a particular interest in nutrition.

If necessary one of your nurses will be pleased to help you choose your meals.

EATING AND DRINKING ARE IMPORTANT WHEN YOU ARE IN HOSPITAL
 IT IS ESSENTIAL THAT YOU KNOW HOW TO ORDER YOUR MEAL.
'HINTS TO HELP YOU CHOOSE'.
 ORDER OPTIMISTICALLY!

West Suffolk Hospitals NHS
NHS Trust

Diet Menu Card

BREAKFAST

PATIENT: _____
 BAY NO. _____ WARD _____

Friday Week 2

Please Indicate Diet/Diets Required

LIGHT <input type="checkbox"/> L e.g. Food, Food-On & Progressing SOFT <input type="checkbox"/> S e.g. Weak, Feeding Problems & Mild Swallowing Problems PUREE <input type="checkbox"/> P Severe Swallowing Problems	DIABETIC <input type="checkbox"/> D Dessert, Breakfast Cereal, Pudding Rice & Pasta should be included at each meal. Staples may need to be included especially at bedtime. ENRICHED <input type="checkbox"/> E May contain extra Protein & Calcium
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Please fill in the orange box next to your choices like this Not like this or or

DO NOT USE RED INK

Please choose one item from each section

1	ORANGE JUICE	S P L D E	<input type="checkbox"/>
2	GRAPEFRUIT SEGMENTS	L D E	<input type="checkbox"/>
3	PRUNES	S L D E	<input type="checkbox"/>
4	PUREE PRUNES	S P L D E	<input type="checkbox"/>
5	BRAN FLAKES	D E	<input type="checkbox"/>
6	CORN FLAKES	L D E	<input type="checkbox"/>
7	RICE CRISPIES	L D E	<input type="checkbox"/>
8	WEETABIX	S D E	<input type="checkbox"/>
9	PORRIDGE	S L D E	<input type="checkbox"/>
10	PUREE PORRIDGE	S P L D E	<input type="checkbox"/>

You may choose more than one item from this section. Please mark portion size required (see over):

	STANDARD		<input type="checkbox"/>
11	SOFT WHITE BAP	L D E	<input type="checkbox"/>
12	SLICE OF WHOLEMEAL BREAD	D E	<input type="checkbox"/>
13	MARMALADE	L E	<input type="checkbox"/>
14	JAM	L E	<input type="checkbox"/>
15	BUTTER	L E	<input type="checkbox"/>
16	POLYUNSATURATED MARGARINE	L D E	<input type="checkbox"/>
17	THICK & CREAMY YOGURT	S P L E	<input type="checkbox"/>
18	SUPPLEMENTARY DRINK	S P L E	<input type="checkbox"/>
19	MILK	S P L D E	<input type="checkbox"/>

MID MORNING SNACK

20	BANANA	D	<input type="checkbox"/>
21	2x PLAIN BISCUITS	L D E	<input type="checkbox"/>

FOR OFFICE USE ONLY

THIS BOX NEEDS TO BE FILLED IN TO INDICATE DIET REQUIRED. →

DO NOT USE RED INK.

TO SHOW THE CHOICE YOU REQUIRE, FILL THIS BOX IN. →

IF YOU WANT A LARGER PORTION, FILL IN THE LARGE PORTION BOX. →

IF IN DOUBT, ASK THE STAFF FOR HELP.

KEY

- S = SOFT
- L = LIGHT
- P = PUREE
- D = DIABETIC
- E = ENRICHED

e.g. IF ON SOFT DIET, ONLY SELECT ITEMS MARKED WITH AN 'S'

TO CANCEL YOUR CHOICE, FILL IN THIS BOX. →

Daily Breakfast

Choice of Fruit Juices
Prunes or Grapefruit Segments
A wide selection of Breakfast Cereals
A choice of White or Wholemeal Roll
Butter or Polyunsaturated Spread
Jam or Marmalade
A Choice of Hot or Cold Beverages

Week 1 Monday

Lunch

Mushroom Soup or Puree Mushroom Soup
Lamb Curry or Puree Lamb or Fishermans Pie or
Vegetable Lasagne or
Roast Turkey Salad or Egg & Cress Sandwich
White/Brown

Mixed Vegetables, Puree Mixed Vegetables,
Cabbage, Rice, Creamed Potatoes

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Raspberry Whip or Apple Sponge & Custard or
Puree Peaches & Ice Cream or Stewed Apples &
Custard or Sliced Peaches

Afternoon Snack

2 x Plain Biscuits

Supper

Celery Soup or Puree Celery Soup

Savoury Egg Custard or Jacket Potato, Sausage
& Beans or Cheddar Cheese Sandwich or
Spaghetti in Tomato Sauce or
Cheese, Leek & Egg Pie

Peas
Cream Potatoes, Saute Potatoes

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Butterscotch Whip or Mandarin Gateau or
Puree Mandarin Gateau or Jelly & Ice Cream or
Banana

Evening Snack

2 x Plain Biscuits or Cheese Spread & Crackers

Week 1 Tuesday

Lunch

Asparagus Soup or Puree Asparagus Soup

Roast Pork or Puree Roast Pork or
Meat Ravioli in Tomato Sauce or
Macaroni Cheese or
Chicken with Tomato & Basil Sauce or Tuna
Salad or Ham Sandwich
Gravy

Carrots, Puree Carrots, Peas
Roast Potatoes, Creamed Potatoes

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Baked Rice Pudding or Puree Rice Pudding or
Apple or Puree Apple & Ice Cream

Afternoon Snack

2 x Plain Biscuits

Supper

Leek Soup or Puree Leek Soup



Country Vegetable Pie or Cornish Pasty or
Salmon Mousse or Plain Omelette or Corn
Beef Sandwich

Creamed Potatoes, Baked Beans
Chipped Potatoes

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Pineapple in Natural Juice or Jelly & Ice Cream
or Thick & Creamy Yogurt or Yogurt or
Strawberry Cheesecake or Apricot Fool

Evening Snack

2 x Plain Biscuits or Cheese Spread & Crackers

Week 1 Wednesday

Lunch

Minestrone Soup or Puree Minestrone Soup

Liver & Bacon Casserole or Puree Beef or
Cottage Pie or
Mushroom & Sweetcorn Pasta or Corned Beef
Salad or Cheddar Cheese & Pickle Sandwich
Gravy

Diced Swede, Puree Swede, Green Beans
Boiled Potatoes

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Semolina or Apple Crumble & Custard or
Mandarins in Natural Juice or Puree Apples &
Custard

Afternoon Snack

2 x Plain Biscuits

Supper

Vegetable Soup or Puree Vegetable Soup
Sausage Casserole or Puree Sausage Casserole
or Pasta, Cheese & Mushroom Sauce or
Savoury Bean Hot Pot or
Chicken & Leek Pie or
Egg Sandwich

Baked Beans
Creamed Potatoes, Saute Potatoes

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Chocolate Mousse or Orange or Trifle or Puree
Trifle or Jelly & Ice Cream

Evening Snack

2 x Plain Biscuits or Cheese Spread & Crackers

Week 1 Thursday**Lunch**

Chicken Soup or Puree Chicken Soup

Steak & Kidney Pie or Puree Steak & Kidney Pie or White Fish in Cheese Sauce or Vegetable & Bean Cottage Pie or Roast Pork Salad or Egg & Cress Sandwich Gravy

Sprouts, Sweetcorn, Puree Sprouts Saute Potatoes, Creamed Potatoes

Slice of White or Wholemeal Bread Butter or Polyunsaturated Margarine

Ground Rice or Lemon Sponge & Custard or Puree Peaches & Ice Cream or Jelly & Ice Cream

Afternoon Snack

2 x Plain Biscuits

Supper

Lentil Soup or Puree Lentil Soup

Jacket Potato/Chicken/Mushroom or Plain Omelette or Savoury Cheese Custard or Cheddar Cheese Sandwich

Peas Cream Potatoes, Saute Potatoes

Slice of White or Wholemeal Bread Butter or Polyunsaturated Margarine

Victoria Sandwich or Banana Whip or Jelly & Ice Cream or Apple or Sugar Free Trifle or Puree Sugar Free Trifle

Evening Snack

2 x Plain Biscuits or Cheese Spread & Crackers

Week 1 Friday**Lunch**

Tomato Soup or Puree Tomato Soup

Chicken Fricassee or Puree Chicken or Deep Fried Fish in Batter or Cauliflower Cheese or Flaked Fish in Sauce or Roast Beef Sandwich Gravy

Carrots, Puree Carrots, Peas Chipped Potatoes, Creamed Potatoes

Slice of White or Wholemeal Bread Butter or Polyunsaturated Margarine

Semolina or Bread Pudding & Custard or Banana or Jelly & Ice Cream, Puree Apple & Ice Cream

Afternoon Snack

2 x Plain Biscuits

Supper

Minestrone Soup or Puree Minestrone Soup

Beef Bolognese or Vegetarian Cottage Pie or Puree Ham in Sauce or Red Leicester & Pickle Sandwich

Side Salad or Jacket Potato Creamed Potatoes or Saute Potatoes

Slice of White or Wholemeal Bread Butter or Polyunsaturated Margarine

Black Forest Gateau or Strawberry Mousse or Jelly & Ice Cream or Peaches & Cream or Puree Peaches & Cream

Evening Snack

2 x Plain Biscuits or Cheese Spread & Crackers

Week 1 Saturday**Lunch**

Mushroom Soup or Puree Mushroom Soup

Chicken Curry or Puree Mince Chicken or Savoury Egg Custard or Sausage Hot Pot or Egg Salad or Ham Sandwich, Gravy

Mixed Vegetables, Puree Mixed Vegetables, Baked Beans, Rice, Creamed Potatoes

Slice of White or Wholemeal Bread Butter or Polyunsaturated Margarine

Apple Pie & Custard or Apple Fool or Jelly & Ice Cream or Mandarin Cheesecake

Afternoon Snack

2 x Plain Biscuits

Supper

Spring Vegetable Soup or Puree Spring Vegetable Soup

Corned Beef Hash or Macaroni Cheese or Puree Macaroni Cheese or Salmon & Cucumber Sandwich

Green Beans, Creamed Potatoes, Chipped Potatoes

Slice of White or Wholemeal Bread Butter or Polyunsaturated Margarine

Chocolate Whip or Lemon Sponge Cake or Thick & Creamy Yogurt or Jelly & Ice Cream or Apricots in Natural Juice

Evening Snack

2 x Plain Biscuits or Cheese Spread & Crackers

Week 1 Sunday**Lunch**

Tomato Soup or Puree Tomato Soup

Chicken Casserole or Roast Lamb or Puree Chicken Casserole or Mexican Beans Risotto or Ham Salad or Grated Cheese Sandwich or Plain Omelette, Gravy

Broccoli, Puree Broccoli, Diced Swede, Roast Potatoes, Creamed Potatoes

Slice of White or Wholemeal Bread Butter or Polyunsaturated Margarine

Rice Pudding or Sultana Sponge & Custard or Jelly & Ice Cream or Puree Peaches & Cream or Puree Rice Pudding

Afternoon Snack

2 x Plain Biscuits

Supper

Vegetable Soup or Puree Vegetable Soup

Fisherman's Pie or Cauliflower & Broccoli Pasta or Puree Chicken in Gravy or Egg Mayonnaise Sandwich

Peas Creamed Potatoes

Slice of White or Wholemeal Bread Butter or Polyunsaturated Margarine

Butterscotch Whip or Chocolate Fudge Cake or Thick & Creamy Yogurt or Fruit Cocktail or Jelly & Ice Cream

Evening Snack

2 x Plain Biscuits or Cheese Spread & Crackers

Daily Breakfast

Choice of Fruit Juices
Prunes or Grapefruit Segments
A wide selection of Breakfast Cereals
A choice of White or Wholemeal Roll
Butter or Polyunsaturated Spread
Jam or Marmalade
A Choice of Hot or Cold Beverages

Week 2 Monday

Lunch

Leek Soup or Puree Leek Soup
Beef Casserole or Puree Beef or Breaded Cod
or Flaked Fish in Sauce or Ploughmans Salad
or Roast Turkey Sandwich or
Country Vegetable Pie
Gravy

Peas, Carrots, Puree Carrots, Saute Potatoes,
Creamed Potatoes

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine
Semolina Pudding or Apple Crumble &
Custard or Pears in Natural Juice or Puree
Pears & Cream or Puree Apple & Custard

Afternoon Snack

2 x Plain Biscuits

Supper

Celery Soup or Puree Celery Soup
Salmon & Dill Potato Bake or
Corned Beef & Potato Pasty or Plain Omelette
or Puree Ham in Sauce or Egg & Tomato
Sandwich

Side Salad
Creamed Potatoes, Chipped Potatoes
Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine
Lemon Mousse or Fruit Scone & Butter or
Fruit Scone, Butter & Jam or Orange or Jelly &
Ice Cream or Thick & Creamy Yogurt

Evening Snack

2 x Plain Biscuits or Cheese Spread & Crackers

Week 2 Tuesday

Lunch

Vegetable Soup or Puree Vegetable Soup
Chicken & Leek Pie or
Puree Chicken or Savoury Mince or Vegetable
Curry or Ham Salad or Cheese & Coleslaw
Sandwich
Gravy

Sweetcorn, Sprouts, Puree Sprouts, Rice,
Creamed Potatoes
Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine
Choc Pudding & Choc Sauce or Jelly & Ice
Cream or Fruit Fool or Apple

Afternoon Snack

2 x Plain Biscuits

Supper

Leek Soup or Puree Leek Soup



Cheese, Potato & Onion Pie or
Ravioli in Tomato Sauce or Cheese Custard or
Tuna Mayonnaise Sandwich

Green Beans
Jacket Potato, Creamed Potatoes, Saute
Potatoes

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine
Strawberry Gateau or Banana Whip or
Peaches & Cream or Puree Peaches & Cream
or Jelly & Ice Cream

Evening Snack

2 x Plain Biscuits or Cheese Spread & Crackers

Week 2 Wednesday

Lunch

Asparagus Soup or Puree Asparagus Soup
Roast Beef & Yorkshire Pudding or Puree
Roast Beef or Cod Mornay or Spicy Pasta
Bean Feast or Ham & Tomato Sandwich or
Egg Salad
Gravy

Carrots, Puree Carrots, Cabbage,
Roast Potatoes, Creamed Potatoes

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine
Baked Rice Pudding or Puree Rice Pudding or
Bread & Butter Pudding or Fruit Cocktail or
Jelly & Ice Cream

Afternoon Snack

2 x Plain Biscuits

Supper

Minestrone Soup or Puree Minestrone Soup
Vegetable Lasagne or
Puree Minced Beef or Pasta & Ham in White
Sauce or Egg & Crispy Bacon Sandwich

Side Salad
Creamed Potatoes, Chipped Potatoes

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine
Chocolate Dairy Cream Sponge or Thick &
Creamy Yogurt or Jelly & Ice Cream or Fruit
Fool or Orange

Evening Snack

2 x Plain Biscuits or Cheese Spread & Crackers

Week 2 Thursday**Lunch**

Mushroom Soup or Puree Mushroom Soup

Chicken Curry or Puree Chicken Curry or Cottage Pie or Leek, Cheese & Pasta Bake or Smoked Mackerel Salad or Tuna Mayonnaise Sandwich
Gravy

Mixed Vegetables, Puree Mixed Vegetables, Rice, Saute Potatoes, Creamed Potatoes

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Semolina or Spotted Dick & Custard or Strawberry Mousse or Jelly & Ice Cream or Banana

Afternoon Snack

2 x Plain Biscuits

Supper

Spring Vegetable Soup or Puree Spring Vegetable Soup



Tuna, Tomato & Courgette Pasta or Pasta in Cheese Sauce or Puree Pasta in Cheese Sauce or Plain Omelette or Roast Turkey Sandwich

Side Salad
Creamed Potatoes, Chipped PotatoesSlice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Jam Tart or Dairy Cream Sponge or Thick & Creamy Yogurt or Mandarins in Natural Juice or Puree of Apricots & Cream or Jelly & Ice Cream

Evening Snack

2 x Plain Biscuits or Cheese Spread & Crackers

Week 2 Friday**Lunch**

Chicken Soup or Puree Chicken Soup

Liver & Bacon Casserole or Puree Liver Casserole or Deep Fried Fish in Batter or Flaked Fish in Parsley Sauce or Puree Fish in Sauce or Cheese & Cucumber Sandwich or Corned Beef Salad
GravyPeas, Puree Swede, Swede
Chipped Potatoes, Creamed PotatoesSlice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Ground Rice or Spiced Apple & Raisin Pie or Puree Spiced Apple & Custard or Peaches & Cream or Jelly & Ice Cream

Afternoon Snack

2 x Plain Biscuits

Supper

Lentil Soup or Puree Lentil Soup

Cottage Pie or Cauliflower Cheese or Egg Sandwich
Baked Beans
Creamed Potatoes, Saute PotatoesSlice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Lemon Meringue Pie or Chocolate Whip or Jelly & Ice Cream or Apple

Evening Snack

2 x Plain Biscuits or Cheese Spread & Crackers

Week 2 Saturday**Lunch**

Tomato Soup or Puree Tomato Soup

Chicken & Ham Pie or Cod Mornay or Savoury Bean Hot Pot or Puree Cod Mornay or Cheese Salad or Chicken Mayonnaise Sandwich
GravyCarrots, Puree Carrots, Green Beans
Parsley Potatoes, Creamed PotatoesSlice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Semolina Pudding or Mincemeat Pie & Custard or Jelly & Ice Cream or Trifle or Puree Trifle

Afternoon Snack

2 x Plain Biscuits

Supper

Thick Vegetable Soup or Puree Thick Vegetable Soup



Jacket Potato, Mushroom, Leek, Cheese or Beef Bolognese or Savoury Egg Custard or Tuna Mayonnaise Sandwich

Side Salad
Creamed PotatoesSlice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Coffee & Mandarin Gateau or Puree Coffee & Mandarin Gateau or Bakewell Tart or Banana or Jelly & Ice Cream or Puree Apricots & Ice Cream

Evening Snack

2 x Plain Biscuits or Cheese Spread & Crackers

Week 2 Sunday**Lunch**

Scotch Broth or Puree Scotch Broth

Roast Turkey or Lamb Casserole or Puree Lamb Casserole or Egg Mayonnaise Salad or Ham Sandwich or Poached Fish in Tomato Sauce
Gravy

Mixed Vegetables, Puree Mixed Vegetables, Brussel Sprouts, Roast Potatoes, Creamed Potatoes

Slice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Jam Sponge & Custard or Crème Caramel or Apricot Fool or Jelly & Ice Cream or Yogurt

Afternoon Snack

2 x Plain Biscuits

Supper

Minestrone Soup or Puree Minestrone Soup



Bacon, Leek & Mushroom Pasta Bake or Vegetable Curry & Rice or Salmon Mousse or Cheese & Pickle Sandwich

Side Salad
Creamed PotatoesSlice of White or Wholemeal Bread
Butter or Polyunsaturated Margarine

Strawberry Cheesecake or Fruit Salad or Jelly & Ice Cream or Thick & Creamy Yogurt or Puree Fruit Salad & Cream

Evening Snack

2 x Plain Biscuits or Cheese Spread & Crackers

Dietary Advice for Children Newly Diagnosed with Diabetes

The diet is based on Healthy Eating rather than a strict and rigid regimen

Please note the following points:

- Regular meals and snacks between meals are very important and should not be missed
- Starchy foods must be included at each meal, these are bread, potato, rice, pasta and unsweetened cereals, (these will not be restricted)
- We do not advise the use of special “diabetic” products
- Sugar free fizzy drinks can be taken in moderation
Sugar free squashes can be taken freely
- Sweeteners can be used but **not** encouraged

Please see below for guidance to choose from the menu.

MENU GUIDE FOR CHILDREN WITH DIABETES

Using the appropriate orange diet menu, please mark your choice as shown on the sample menu in the adult section of this folder

- You can choose any main course.
- Puddings must have the symbol D at the side of the choice.
- One or more of the following should be included at each meal.
Bread, potatoes, pasta, rice and breakfast cereals.
- If there is nothing on the menu that you like, Jacket potato will always be available with the following fillings: Cheese, Coleslaw, Tuna, Baked Beans. Fill out this choice on a blank space on the menu, if no blank space, use space where gravy is marked.
- You can also choose from the Children’s Special Menu writing your choice on the normal menu.

You must always choose a between meal snack You can chose:

- 1) from the list below and write your choice in the spaces on the menu headed Mid-morning, Mid-afternoon or Evening snack or alternatively
- 2) bread and butter, toast, breakfast cereal and milk are always available on the ward

*Between Meal Snacks (available on the menu)

Apple, Orange, Banana	Packet of crisps
Small fruit scone	1 x Crunchy cereal snack bar
Small cheese scone	2 x Digestive biscuits

The menus will be collected in the normal way.



Children's Special Menu

Fish Fingers

Chicken Burger

Chicken Burger in a Bun

Sausages

Chicken Nuggets

Cheese & Tomato Pizza

Jacket Potato

Grated Cheese

Baked Beans

Spaghetti

Chips

Jelly

Ice Cream

Fruit Yogurt

**The above items can be ordered in place of food from the main menu.
Please inform a member of the ward team of your requirements.**

Sandwich Snack Box

- Sandwich
(White or Wholemeal Bread)
- Yogurt
- Fresh Fruit
- Biscuit
- Crisps
- Fruit Juice



The contents of Snack Boxes will differ slightly at different hospitals

Our Aims

To give you a wide choice of meals, delivered to you at the right time and served in a friendly and efficient manner.

To have menus designed so that you can easily find suitable and interesting dishes.

To provide all foods at the appropriate temperatures.

To serve your meals to you as soon as possible after their arrival on the ward.

To have a ward team always on hand to help you with ordering, eating and any other needs that you may have with the mealtime service.

That our menus will always be checked by qualified dietitians so that you receive the correct foods for your needs.

To ensure that any concerns that you may have about a special diet that has been prescribed by your doctor or dietician are clearly answered.

To Provide availability of foods which have been prepared in ways that respect your cultural needs and religious beliefs.

To try and make meal times as comfortable for you as possible.

To genuinely provide our All Day Availability service 24 hours per day.

To always improve our service by welcoming your comments.

