

# Menu



Roast Chicken Breast & Stuffing  
with roast potatoes, carrots,  
green beans and gravy

## Snacks

Snacks will be served 3 times a day. If you are not hungry when the snacks are offered, you can take a snack for later.

### Snack List

**Fruit** V GF V

Banana or satsuma

**Cheese and Crackers** V HC

Hard cheese portion with cream crackers or gluten free crackers

**Crisps** GF V HC

Ready salted

**Vanilla Ice Cream** GF V

**Thick and creamy smooth yoghurts** GF V

**Jelly** GF V

Selection of flavours

**Cake** GF V

Fruit or Madeira sponge

**Biscuits** V

Digestives, Ginger Snaps, Custard Cream, Bourbon Cream, Shortbread or gluten free biscuits

**Ice Lollies** GF V V

Fruit flavoured ice lollies available on request

If you would like to pass on any comments regarding the food or food service please ask the housekeeper or ward staff for a comment form.

## Drinks

A selection of hot and cold drinks will be served throughout the day:

- Tea/Decaf Tea
- Fruit/Herbal Tea
- Coffee/Decaf Coffee
- Hot Chocolate
- Ovaltine
- Bovril
- Fruit Juices
- Squash

## Supper

A Selection of sandwiches and a choice of soups will be offered to you at suppertime.

- Cream of Tomato
- or
- Soup of the Day

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Please let your ward housekeeper or member of the ward team know if you have any special dietary requirements. We have the following alternative menus available should you require them:

- Picture Menu
- Thick Puree Texture C (Level 4 Pureed)
- Pre Mashed Texture D (Level 5 Minced & Moist)
- Soft/Fork Mashable Texture E (Level 6 Soft & Bitesized)
- Halal
- Kosher
- Finger Foods
- Renal
- Children's Menu



Spotted Dick

# Main





# Eat Better, Feel Better.

Food is an important part of your care and treatment. If the portions are too large smaller portions can be provided. If the meals don't fill you up, please ask for more. A hot or cold meal is available until 8:30pm if you have missed a meal.

After 8:30pm a sandwich box is available.

Meal times are:

**Breakfast 07:30am to 08:30am**

**Lunch 12:00pm to 1:30pm**

**Supper 5:30pm to 6:30pm**

## Breakfast

A selection of fruit juice, yoghurts, porridge, fresh fruit, cereal and bread with butter, marmalade or jam.

## Lunch

Your lunch order will be taken after breakfast. We can help you with your meal choices if required. Fruit juice will also be offered to accompany your lunch.

Our meals are made with ingredients that may have the unintentional presence of nuts, if you have concerns about this or any other allergy, please speak to your housekeeper or nurse.

**If you have any questions about the food or the menu please ask us or go to our website at [www.ekhft.nhs.uk](http://www.ekhft.nhs.uk)**

Mild Chicken Curry  
with white rice



## DIET CODES



## Beef Dishes

### Minced Beef and Onion Pie **HC**

with mashed potato, sweetcorn and green beans

### Savoury Minced Beef **GF**

with mashed potato, carrots and peas

### Beef Lasagne **HC**

with garlic bread

### Chilli Con Carne **GF** **V**

with white rice

## Chicken Dishes

### Roast Chicken Breast & Stuffing

with roast potatoes, green beans, carrots, gravy and Yorkshire pudding

### Chicken in Mushroom Sauce

with potatoes, green beans and carrots

### Mild Chicken Curry **HC** **GF**

with white rice

### Sweet and Sour Chicken **GF** **V**

with white rice, red pepper and peas

## Fish Dishes

### Breaded Fish and Chips **HC**

with mushy peas or baked beans

### Poached Cod in Parsley Sauce **GF** **V**

with new potatoes, green beans and carrots

### Fish Pie **GF**

with mashed potato and carrots

## Lamb Dishes

### Shepherd's Pie **GF**

with carrots and green beans

### Lamb Rogan Josh **GF**

with white rice

## Pork Dishes

### Sausages in Onion Gravy

with mashed potato and green beans

### All Day Breakfast **HC**

bacon, sausage, baked beans and omelette

## Omelette Dishes

### Plain or Cheese Omelette **HC** **V** **GF**

with baked beans and diced potatoes

### Plain or Cheese Omelette **V** **GF**

served with salad

## Vegetarian Dishes

### Cheese and Onion Quiche **HC** **V**

with diced potatoes and coleslaw

### Vegetable Curry **HC** **V**

with white rice, peppers, peas and an onion bhaji

### Three Cheese Pasta **V**

with garlic bread

### Vegetable Lasagne **HC** **V**

with garlic bread

## Jacket Potato

plain or with a choice of toppings:

Butter or Margarine **GF** **V** **V**

Cheese **GF** **V**

Baked Beans **GF** **V** **V**

Cheese and Baked Beans **HC** **GF** **V**

Tuna Mayonnaise **GF**

Coleslaw **GF** **V** **V**

## Salads

with a white or brown roll

Ham salad

Cheese salad **V**

Tuna Mayonnaise Salad

Chicken salad **V**

Egg Salad **V**

\*Gluten free bread is available

## Hot Desserts

Spotted Dick **HC** **V**

Rice Pudding **V** **GF**

Syrup Sponge **HC** **V**

Chocolate Sponge **HC** **V**

Rhubarb Crumble **V**

Sticky Toffee Pudding **HC** **V**

All hot puddings can be served with custard or ice cream. (**V** **GF**)

## Cold Desserts

Jelly **V** **GF**

Thick and creamy smooth yoghurts **V** **GF**

Ice Cream **V** **GF**

Fresh Fruit **V** **GF** **V**

Fruit Cocktail in Juice **V** **GF** **V**

Cheese and Crackers\* **V**

\*Gluten free crackers are available

Breaded Fish & Chips  
with mushy peas

