

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 do not fill you up, please ask for more

After 8.30pm a sandwich box is available

Meal times are:

Breakfast 7.30am to 8.30am

Lunch 12.00pm to 1.30pm

Supper 5.30pm to 6.30pm

Continental Breakfast

A selection of bread, cereals, porridge, fromage frais and suitable fresh fruit

Cooked Breakfast

Offering a selection of scrambled egg, bacon, sausage and toast

Lunch Menu

Your lunch order will be taken each morning just after the breakfast service. We can also help you with your meal choices if required

DIETARY CODE

GF Gluten Free

V Vegetarian

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 contact your housekeeper or ward staff

Beef Dishes

Traditional Beef and Onion Pie
with mashed potato, sweetcorn and green beans

Beef Lasagne
with garlic bread

Chilli con Carne **GF**
with white rice

Lamb Dishes

Shepherds Pie **GF**
with carrots and green beans

Lamb Rogan Josh **GF**
with white rice

Pork Dishes

All Day Breakfast
bacon, sausage, baked beans and omelette

Sausages in Onion Gravy
with mashed potato and green beans

Omelette Dishes

Plain Omelette **V** **GF**
with a fresh salad

Cheese Omelette **V** **GF**
with a fresh salad

Chicken Dishes

Chicken Curry **GF**
with white rice

Sweet and Sour Chicken **GF**
with white rice, red pepper and peas

Roast Chicken Dinner
with roast potatoes, green beans, carrots
Yorkshire pudding and gravy

Fish Dishes

Breaded Fish and Chips
with mushy peas

Fish Pie **GF**
with mashed potato and carrots

Poached Cod in Parsley Sauce **GF**
with new potatoes, green beans and carrots

Vegetarian Dishes

Cheese and Onion Quiche **V**
with diced potatoes and coleslaw

Vegetable Curry **V**
with white rice, peppers, peas and an onion bhaji

Vegetable Lasagne **V**
with garlic bread

Chunky Roast Vegetables **V** **GF**
with rice

Fresh Salads

Fresh salads served with a white or brown soft *roll. Please select from the choices below:

Ham salad

Cheese salad **V**

Tuna Mayonnaise salad

Chicken salad

Egg salad **V**

*Gluten free bread is available

Hot Desserts

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

Syrup Sponge **V**

Apple Crumble **V**

Chocolate Sponge **V**

Sticky Toffee Pudding **V**

All hot puddings can be served with custard, double cream or ice cream

Cold Desserts

Jelly **V** **GF**

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

Cheese and *Crackers **V**

Fresh Fruit (apple, orange or pear) **V**

Fruit Pot in Natural Juice **V** **GF**

Fromage frais **V** **GF**

* Gluten free crackers are available

If you have any questions about the food or the menu, please ask us or go to our website at www.ekhufft.nhs.uk



Menu

Snacks

A selection of 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

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Fruit **V** **GF**

Apple, orange or pear

Cheese and Crackers **V**

Hard cheese or soft cheese portion served with cream crackers or gluten free crackers

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

Fromage Frais **V** **GF**

Jelly **V** **GF**

Cake **V** **GF**

Madeira

Biscuits **V**

Digestives, Bourbon, Ginger, Custard Cream, and Shortbread

*Gluten free biscuits are available on request

Ice Lollies **V** **GF**

Fruit flavoured ice lollies

Available on request

Drinks

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

Tea/Decaffeinated Tea

Fruit/Herbal Tea

Coffee/Decaffeinated Coffee

Squash

Supper

Instead of a hot meal you may have a freshly made sandwich. Soup is available for those not on a fluid Restriction

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:

- Low Potassium Menu**
- Picture Menu**
- Puree (texture C)**
- Pre Mashed (texture D)**
- Soft / Fork Mashable (texture E)**
- Halal**
- Kosher**
- Finger foods**

Marlowe



If you would like to pass on any comments regarding any aspect of the food, or the food service you have received, please ask the housekeeper or ward staff for a comments form

