

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:

**Breakfast 7.30am—8.30am**

**Lunch 12.00pm—1.30pm**

**Supper 5.30pm—6.30pm**

### Continental breakfast

**A selection of cereals, porridge 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 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

**Beef Casserole** **GF**  
with potatoes and peas

**Pasta Bolognese**  
Penne with beef Bolognese sauce

### Poultry Dishes

**Chicken Casserole** **GF**  
with diced potatoes and peas

**Chicken Curry** **GF**  
with vegetable masala and white rice

**Roast Chicken**  
with rosti potato, Yorkshire pudding and mixed vegetables

**Roast Turkey** **GF**  
with rosti potato, sweetcorn and peas

**Sweet & Sour Chicken** **GF**  
with egg fried rice

### Lamb Dishes

**Lamb Rogan Josh** **GF**  
with vegetable masala and rice

**Minced Lamb** **GF**  
with rice and green beans

### Fish Dishes

**Fish in Lemon Sauce** **GF**  
with boiled potatoes, peas and carrots

**Battered Fish and Chips**  
with peas

### Vegetarian Dishes

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

**Vegetable Masala with lentil daal** **V GF**  
with rice

**Vegetable lasagne** **V**  
with garlic bread

**Vegetable hotpot** **V GF**  
with new potatoes and savoury rice

### Omelette Dishes

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

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

### 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

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



## Hot Desserts

Served with a choice of custard, double cream or ice cream

Apple Crumble **V**  
Syrup Sponge **V**  
Rice Pudding **V GF**  
Sticky Toffee Pudding **V**

## Cold Desserts

Ice Cream **V GF**  
Jelly **V GF**  
Fromage Frais **V GF**

## 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

## Drinks

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

Tea/Decaffeinated Tea  
Fruit/Herbal Tea  
Selection of Squash

## Snacks

A selection of snacks will be served 3 times a day

Fruit **V GF**  
Apple, Pear or Orange

Vanilla Ice Cream **V GF**

Jelly **V GF**

Cake **GF**  
Madeira

Biscuits **V**

Digestives, ginger biscuits, custard cream, and shortbread

\* Gluten free biscuits are available on request

Cheese and Crackers **V**

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

Fromage frais **V GF**

Please let your ward housekeeper or member of the ward team know if you have any special dietary requirements.

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



# Renal Menu

## Low Potassium

