



# Lunch & Supper Menu

Freshly cooked for you

---

SPRING / SUMMER 2022

---



The following additional menus are also available:  
Halal, Kosher, Caribbean, Asian Vegetarian,  
Vegan, Allergy and Modified Textures.





Freshly  
cooked,  
nutritious  
food

## Using this menu

- This menu has been translated into 11 additional languages; pictorial and Braille versions are available upon request.
- If you are having difficulty finding food you can eat, please speak to a member of the Catering Team.
- A choice of drinks will be offered to accompany your meals.
- Whilst we endeavour to prevent traces of allergens or cross contamination in our meals as far as possible, the nature of an allergen means we cannot fully guarantee this may not have occurred. Please ask for our Allergy Menu or alert your nurse if you have a nut or other food allergy. Please ask for information about any allergens in our food.
- For the nutritional information of our dishes, including **carbohydrate content**, ingredients and allergens, or if you need help **opening food packaging**, please ask a member of the team who will be happy to assist you.
- Occasionally your first choice may not be available; in this case please choose a suitable alternative.

## Nutritional symbols

If you have a special dietary requirement which the dietitian has told you about, look for the relevant symbol on the menu next to each dish.

- ♥ **Healthier Choice.** These items have less fat, saturated fat, sugar and salt making them particularly suitable for people with diabetes.
- ⓔ **Higher Energy and Protein.** These items are higher in calories and protein making them particularly suitable for people who need extra nutritional support.
- ★ **Easy to Chew.** These items are suitable for people requiring IDDSI level 7 easy to chew. These are not designed for people with a swallowing difficulty or those who need supervision whilst eating who will be given a separate menu. Local discretion is advised for specific patients.
- 🌱 **Vegetarian.** Meals suitable for vegetarians.
- 🌾 **Gluten Free.** Gluten free meals and desserts and naturally gluten free foods are coded GF.



## To Start

---

### Fruit Juice (vegan) ❤️🌱★🌱

Ask the Ward Host/Hostess for today's choice

### Soup of the Day ★

White or brown roll and spread on request

---

## Vegetarian and Vegan

### Vegan Shepherd's Pie (vegan) ❤️🌱🌱

Lentils and vegetables in a rich tomato gravy with a fluffy mashed potato top, served with a green vegetable medley

### Bean Chilli (vegan) ❤️🌱🌱

A hearty bean chilli packed with beans and vegetables served with wholegrain rice

### Vegan Pasta Bolognese (vegan) 🌱★🌱

Pasta served in a rich tomato sauce with soya mince

### Chickpea and Spinach Curry (vegan) 🌱★🌱🌱

A mild chickpea and vegetable curry served with steamed rice

### Plain Omelette (small meal for small appetites) ❤️🌱★🌱

A plain omelette served with boiled potatoes and baked beans

### Cheese and Tomato Pasta 🌱★🌱

Fusilli pasta in a rich tomato sauce, topped with Cheddar and mozzarella cheese

### Macaroni Cheese 🌱★🌱

Pasta in a mature Cheddar cheese sauce

### Cauliflower and Broccoli Cheese 🌱🌱

A small but tasty serving of cauliflower and broccoli in a rich cheese sauce

### Vegetarian Sausages (finger food) ❤️🌱

Vegetarian sausages served with seasoned potato wedges, carrots and broccoli

### Cream of Tomato Soup ★🌱🌱

(Small meal for small appetites. Diet codes apply to soup only)

A nourishing soup for when you have a poor appetite.  
White or brown roll and spread on request.

---

## Fish

Our fish is from certified sustainable sources  
NB - Fish dishes may contain small bones

### Steamed Fish Mornay ❤️★🌱

Steamed white fish in a cheese and chive sauce served with mashed potato and root vegetable mash

### Steamed Fillet of Salmon in Hollandaise Sauce 🌱🌱

Steamed salmon fillet in a hollandaise sauce served with boiled potatoes and a green vegetable medley



## Chicken

### Roast Chicken

Roast chicken breast in a rich gravy served with roast potatoes, broccoli and a vegetable medley

### Chicken Casserole and Dumpling

(small meal for small appetites)

A small portion of chicken casserole served with a fluffy dumpling

### Peri Peri Chicken and Chips

Roasted Chicken Breast with medium spiced Peri Peri sauce served with Peri Peri seasoned chips and peas

### Chicken Tikka Masala

Tender pieces of chicken in a spicy tikka masala sauce served with steamed yellow rice

### Chicken, Leek and Gammon Pie

Shortcrust pastry pie filled with chicken, leek and gammon in a creamy sauce served with mashed potatoes and mushy peas

### Chicken Goujons and Potato Wedges (finger food)

Seasoned chicken goujons and potato wedges served with carrot batons and broccoli florets


---

---

## Beef & Lamb

### Cottage Pie

Minced beef in a rich gravy topped with fluffy mashed potato and served with carrots

Suitable for  when served without carrots

### Beef Casserole

Tender chunks of beef in a rich gravy served with mashed potato and a vegetable medley

### Beef Chilli con Carne

Rich minced beef chilli and beans served with steamed rice

### Minced Lamb and Dumpling

Minced lamb and lentils in a rich gravy, served with mashed potato, vegetable medley and a dumpling

---

---

## Pork

### Pasta Carbonara

Pasta served in a creamy ham, cheese and garlic sauce

### All Day Breakfast

Traditional English breakfast with a Cumberland sausage, streaky bacon, fluffy omelette, baked beans, fresh tomato and a hash brown

### Sausage and Mash

Traditional Cumberland sausages in a rich red onion gravy served with mashed potato and garden peas

Please turn over for a selection of salads,  
sandwiches and light meals.  
Desserts can be found on the back page.



# Sandwiches (finger food)

## Traditional Favourites

Tuna Mayonnaise on Wholemeal Bread

Egg Mayonnaise on Wholemeal Bread 🍳🌱

Chicken Mayonnaise on Wholemeal Bread ❤️

**Plain and Simple - white bread, no mayonnaise and no fuss**

Simply Ham

Simply Cheese 🌱

## Something Different

Cheese and Pickle on Wholemeal Bread 🌱

Lentil, Turmeric and Chickpea on Wholemeal Bread (vegan) ❤️🌱

NB: A small selection of sandwiches made with gluten free bread is available from the diet bay

---

---

# Salad Selection

Chicken Salad

Greek Salad 🌱

With feta cheese, olives and red onion

Warm Chicken and Bacon Caesar Salad

Served with a creamy Caesar dressing

Tuna Salad ❤️

Egg Salad ❤️🌱

Cheddar Cheese Salad 🌱

NB: please ask about 🍷 salads

---

---

# Jacket Potato

A plain jacket potato (vegan) ❤️🌱🍷

Also suitable for 🌟 when you eat the FLESH ONLY and avoid the SKIN

Served with a filling of your choice:

Grated Cheddar Cheese 🍳🌟🌱🍷

Tuna Mayonnaise 🍳🌟🍷




Plain Tuna ❤️🌟🍷




Baked Beans (vegan) ❤️🌱


Optional side salad on request







## Hot Desserts Served with custard


Chocolate Sponge 

Steamed Raspberry Jam Sponge 

Apple Crumble (vegan) 

Salted Caramel Sauce Pudding 




Apple and Raisin Sponge 




Rhubarb and Mandarin Crumble (vegan, lower sugar hot option) 





---





---





## Cold Desserts




Fresh Apple (vegan, finger food) 






Fresh Orange (vegan, finger food) 





Fresh Banana (vegan, finger food) 








Peaches in Juice (vegan) 





Pears in Juice (vegan) 





Fruit Cocktail in Juice (vegan) 






 Ambrosia Devon Custard Pot 






 Ambrosia Chocolate Custard Pot 

Jelly (vegan)  or Sugar Free Jelly (vegan) 


Plain Yoghurt 



 Thick and Creamy Yoghurt 

 Diet Fruit Yoghurt 





 Ambrosia Rice Pudding 

Served hot or cold

Cheese and Biscuits (finger food) 

Traditional English Trifle 

Vanilla Ice Cream

(Where available) 

---

---

Medirest aims to provide the highest standards of catering and cleaning services in hospitals. We would appreciate a few minutes of your time to give us your views on our service.

Did a member of our team make you smile, or do you want us to recognise an individual's efforts?

Please log on using [www.performancewithheart.co.uk](http://www.performancewithheart.co.uk) and choose the hospital you wish to comment on.



PERFORMANCE  
WITH HEART

