

# Lunch and Supper menu

Lunch is served between 12 noon and 1pm.

Supper is served between 6pm and 7pm.

Please leave this menu for the next patient.

Thank you



We consider the enjoyment of your meals very important and we have planned this menu to be well balanced to meet your needs. We use Steamplicity; a system which cooks fresh food to order under steam pressure to retain all the taste and goodness.

We work hard to provide hospital food of a high quality which we hope you will enjoy. Eating and drinking is an important part of your treatment and care. Please talk to a member of the ward team if you have any concerns about your nutrition.

If you are having difficulty finding food you can eat, please ask one of the nursing team to call the Catering Team and someone will visit you to discuss your needs.

## Using this menu

- This menu is to help you choose your main meals. Breakfast will be served by your ward host, hostess or nurse.
- You will be asked what you would like to eat only a few hours before meals.
- First, select a starter
- Then choose one of the delicious hot meals from Steamplicity or if you prefer, you can choose a jacket potato, salad or a sandwich.
- Other menus are available for those requiring Halal, kosher, Asian Vegetarian, African and Caribbean meals or those on therapeutic diets not listed here.
- Then finish off with a delicious dessert from our extensive menu.
- A choice of drinks will be offered to accompany your meals. These are also provided between meals and at bedtime.
- A selection of snack items such as biscuits or cakes is available between your meals.

Ward Kitchen Snacks – always available if you are hungry

Snack Boxes – if you miss a meal or need to eat at an unusual hour then a Snack Box is available 24 hours a day. Please request these from your ward host/hostess.

## Special Diets

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. Menus for other special diets are also available.

### Diabetes

On this menu, most people with diabetes may choose starters and main courses freely but should select desserts marked **H** which contain less than 15g added sugar. However some people with diabetes needing a lower fat diet should select only items marked **H**. Please ask for information regarding the carbohydrate content of your meals if required.

- H Healthy Option.** Main courses have less than 15g fat per portion, making them suitable for people needing less fat.
- E Higher Energy.** These dishes are particularly high in calories.
- S Softer.** These meals are easier to chew and can be easily mashed with a fork.
- V Vegetarian.** Suitable for vegetarians
- NGCI No Gluten Containing Ingredients.** These meals do not have any gluten containing ingredients.
- LS Moderate/Lower Salt.** These meals are suitable for people following a diet lower in sodium (salt).

Although dishes do not contain nuts in the ingredients, we cannot guarantee that traces of nuts may not be present.

Please ask for our **Allergy Menu** or alert your nurse if you have a nut or other severe food allergy.



Any problem with catering is best dealt with right away. If you have a problem, please tell our staff as soon as possible. Staff or patients can call the Medirest Helpdesk on extension 1414 or call the Patient Catering Manager on extension 3353.

### PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. The PALS office is located on the ground floor of the Hambleton Wing, near the main entrance on Bessemer Road - staff will be happy to direct you.

Tel: 020 3299 3601

Fax: 020 3299 3626

Email: kch-tr.PALS@nhs.net.