

WELCOME



HELLO!



HELLO!

WHAT DO WE DO?

The nutrition and dietetic service is responsible for providing specialist dietetic advice and information on health promotion or nutrition in the treatment of disease.

Each ward has a designated dietitian, who carries a bleep. Referrals are accepted from all health care professionals working within the trust and can be made directly to the dietitian or by contacting the dietetic department.

HOW WILL WE MANAGE YOUR NUTRITION DURING YOUR STAY?

When you are admitted you will be nutritionally screened to identify whether or not you are at risk of undernutrition. This will be repeated at least weekly to monitor for any nutritional changes. If this screening process highlights that you may be at risk, the nursing team will implement a nutritional action plan for you on the ward.

This action plan includes offering you snacks and nourishing drinks, as well as monitoring your food intake and weight. Your nurse may also contact the ward dietitian to discuss your management and, where appropriate, refer you for more specialist advice.

It is important that any referral is discussed with you before it is made, so that you are informed and can provide consent. If you feel you need a referral to us then please discuss this with your medical or nursing team.

If you have any concerns about the food that is offered to you during your stay then please discuss this with your nurse who will liaise with the catering department on your behalf.

WHEN WILL WE SEE YOU?

We aim to see patients as soon as possible following a referral (within three working days). Referrals are prioritised according to their clinical urgency.

Following our assessment, we will develop a nutritional action plan with you and communicate this plan to your care team.

It is important that we offer dietary advice in the right setting. Occasionally we may recommend that your care is provided in the community setting once you are at home. If this is the case then we will signpost you or your care team to the relevant outpatient service.

DEPARTMENT CONTACT DETAILS:

Head of Service: **Shirena Counter**

Telephone: 020 7830 2616 or Extension: 33709

Facsimile: 020 7317 7615

DEPARTMENT HOURS:

The department is open between 9am - 5pm
Monday - Friday (excluding Bank Holidays).





ENJOY!

YOUR FOOD SERVICE

Food Services at The Royal Free provide a 24-hour, 365 day meal service to all patients within the hospital. We have a two week menu cycle and a calendar is included within this section to show which menu is in use each week.

Our meal options include: breakfast, light snacks, sandwiches, salads, full two-course hot meal provided at the bedside and hot and cold beverages

CULTURAL, RELIGIOUS & ETHNIC MENUS

We offer a selection of meals to cater for different cultural, religious and ethnic requirements. You will find Halal, Kosher, Diabetic, Vegetarian Puree and Light Meal menus within this section.

SPECIFIC REQUIREMENTS

We use a **Red Tray System** to identify patients that may require assistance with eating or have any specific needs, please ask your nurse or ward housekeeper for details.

We have dedicated Diet Chefs on site for meals that would be requested via a dietitian for specific dietary requirements.

MEAL TIMES

We operate a '**Protected Meal Time System**' that fully focuses on patients at meal times. During the meal time period all activities on the ward will stop and nurses, food service staff and volunteers will be available to help serve food, and give assistance to any patients who may need help with their meals. The meal times on wards may vary according to the ward.

SANDWICH SELECTION

The following selection of sandwiches are available at any time on the ward.



ON WHITE BREAD

- Egg Mayonnaise
- Cheddar Cheese & Tomato
- Egg & Tomato
- Salad
- Cheddar Cheese
- Ham
- Tuna & Sweetcorn
- Tuna Mayonnaise & Cucumber
- Chicken Mayonnaise
- Ham & Tomato
- Chicken & Sweetcorn
- Cheddar Cheese & Pickle

ON BROWN BREAD

- Egg Mayonnaise
- Cheddar Cheese & Tomato
- Egg & Tomato
- Salad
- Cheddar Cheese
- Ham on Brown
- Tuna Sweetcorn
- Ham & Tomato
- Cheddar Cheese & Pickle
- Chicken Mayonnaise



SNACKS & DRINKS

- Full fat fruit mousse
- Full fat chocolate mousse
- Individual rice pudding (pot)
- Pureed fruit (pot)
- Jelly trifle thick and creamy yogurt
- Thick and creamy yogurt (full fat)
- Individual cheddar cheese, crackers and butter or margarine portions
- Soft cheese portions
- Selection of cake slices
- Orange juice
- Fresh fruit

SNACK ITEMS ON THE WARD

A selection of snack items and drinks (shown left) are available at any time on the ward.

OUT OF HOURS

If you have been admitted outside of normal meal times, we are able to offer a 24-hour snack box including a sandwich, fruit and a drink.

CULTURAL, RELIGIOUS & ETHNIC MENUS

We offer a selection of meals to cater for different cultural, religious and ethnic requirements. You will find the following menus in this section:

- Halal
- Kosher and Kosher Light Meals
- Kosher Diabetic
- Kosher Vegetarian Puree
- Puree



בס"ד
BIKUR CHOLIM D'SATMAR

Lower Ground Floor • 123 Clapton Common • London E5 9AB
Tel: 020 8800 7575 • Fax: 020 8800 7878 • Email: reception@bikurcholim.co.uk

We are delighted to provide a
Shabbos Meals Service at the
Royal Free Hospital

A full Shabbos menu is available
for the Friday evening and Shabbos lunch meals

Friday Evening

Grape Juice, Lechem Mishna
Salmon & gefilte fish
Chicken Soup
Roast chicken, potato kugel,
farfel & tzimmes
Compote

Shabbos Lunch

Grape Juice, Lechem Mishna
Gefilte fish, Chopped liver
Chicken Soup
Cold Cuts, Chulent,
potato kugel & kishka
Compote

**Patients who wish to receive this Shabbos meal
must select this option on the menu cards
they will be given on the ward.**

These meals will be available, upon
request for all of the Yomin Tovim.

These Shabbos meals are sponsored by
Bikur Cholim D'Satmar
and provided through HKMS.

OUR SERVICE

We endeavour to provide an excellent service at all times. Should you require help or have any comments or suggestions please contact:

Colin Street

Catering Patient Satisfaction Manager

Telephone: 020 7830 2333 Ext 33088.

MENUS 2012

OUR MENUS CHANGE ON A TWO WEEKLY CYCLE. PLEASE USE THIS CALENDAR TO CHECK WHICH MENU IS IN USE THIS WEEK

MENU CYCLE 2012**WEEK 1****WEEK 2****JANUARY 2012**

M	T	W	T	F	S	S
						01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

APRIL 2012

M	T	W	T	F	S	S
						01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

FEBRUARY 2012

M	T	W	T	F	S	S
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29				

MAY 2012

M	T	W	T	F	S	S
	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

MARCH 2012

M	T	W	T	F	S	S
			01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JUNE 2012

M	T	W	T	F	S	S
				01	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Use this calendar to check which menu is in use this week

JULY 2012

M	T	W	T	F	S	S
						01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

OCTOBER 2012

M	T	W	T	F	S	S
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

AUGUST 2012

M	T	W	T	F	S	S
		01	02	03	04	05
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NOVEMBER 2012

M	T	W	T	F	S	S
			01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

SEPTEMBER 2012

M	T	W	T	F	S	S
					01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

DECEMBER 2012

M	T	W	T	F	S	S
					01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

MENU

WEEK 1 MENU CYCLE

BREAKFAST

A CONTINENTAL BREAKFAST WILL BE SERVED EVERY MORNING WITH A CHOICE OF FRUIT JUICE, CEREALS, TOAST AND PRESERVES, YOGHURT AND FRUIT.

Please choose from the menu. When the trolley arrives, we will endeavour to give you your first choice. If you require a special diet and nothing is suitable on the normal menu, please speak to a nurse or dietitian.

NUT ALLERGY ADVICE

The food contained in this menu is prepared in an environment which may contain nuts; therefore we cannot eliminate the possibility of trace contamination in any dish.

WARD BEVERAGE SERVICE

A selection of hot and cold drinks are available at times throughout the day...

- Morning
- Breakfast
- Mid-morning refreshment
- Lunch
- Afternoon refreshment
- Supper

KEY TO MENU SYMBOLS

HY	HEALTHIER EATING
HE	HIGHER ENERGY
NAS	NO ADDED SALT
V	VEGETARIAN
S	SOFT
F	HIGH FIBRE
CNGCI	CONTAINS NO GLUTEN CONTAINING INGREDIENTS

MONDAY

WEEK 1

LUNCH

Beef Bolognaise - HY NAS CNGCI

Minced beef & tomato flavoured with celery, garlic, thyme & oregano.

Roast Turkey in Gravy - HY NAS CNGCI

Slices of tender roast turkey served in gravy.

Cheese, Onion & Potato Pie - HY V S CNGCI

Potatoes, onions & leeks in cheese, garlic & thyme cream sauce topped short crust pastry.

Tuna Salad - HY NAS CNGCI

SERVED WITH...

Gravy - HY V S CNGCI

Mashed Potato - V S CNGCI

Roast Potatoes - HY NAS V CNGCI

Broccoli - HY NAS V S CNGCI

Carrots - HY NAS V S CNGCI

DESSERTS

Apple & Blackberry Pie - HE NAS V

Custard Sauce - HY HE NAS V S CNGCI

Rice Pudding & Nutmeg - HY NAS V S CNGCI

Cherry Cheesecake - HE V

SUPPER

Carrot and Coriander Soup - V S CNGCI

Meatballs in Tomato Sauce -

Minced pork and beef, red peppers, onions, herbs & spices formed into small rounds, served in a tomato sauce.

Seafood Pasta with Dill - HY NAS

Salmon, white fish & pasta in white sauce with dill.

Bean & Vegetable Hot Pot - HY NAS V CNGCI

A selection of vegetables, beans & chickpeas topped with saute potatoes.

Ham Salad - HY NAS CNGCI

SERVED WITH...

Mashed Potato - V S CNGCI

Steamed Potatoes - HY NAS V S CNGCI

Green Beans - HY NAS V CNGCI

DESSERTS

Posh Pear & Chocolate Crumble - HE NAS V

Custard Sauce - HY HE NAS V S CNGCI

Ground Rice Pudding - NAS V S CNGCI

WEEK 1

TUESDAY

LUNCH

Chicken & Pasta with Tomato

& Herbs - HY NAS

Chicken & pasta in tangy & creamy tomato sauce.

Shepherd's Pie - HY NAS S F CNGCI

Lamb mince base with carrots & onions topped with creamed potato.

Broccoli & Cheese Sauce - NAS V S CNGCI

Broccoli florets in savoury cheese sauce with a baked cheese topping.

Chicken Salad - HY NAS CNGCI

SERVED WITH...

Gravy - HY V S CNGCI

Mashed Potato - V S CNGCI

Parmentier Potatoes - HY NAS V S CNGCI

Cauliflower - HY NAS V S CNGCI

Garden Peas - HY NAS V CNGCI

DESSERTS

Treacle Tart - HE V

Custard Sauce - HY HE NAS V S CNGCI

Ground Rice Pudding - NAS V S CNGCI

Carrot Cake - HE V

SUPPER

Creamy Mushroom & Vegetable

Soup - HY V S CNGCI

Carbonade of Beef - NAS S

With vegetables in rich ale gravy.

Sweet & Sour Chicken - HY NAS CNGCI

With vegetables & pineapple in sweet & sour sauce.

Cheese & Mushroom Quiche - HE NAS V

With a hint of garlic baked in a savoury egg custard in a pastry case.

Cheese Salad - NAS V CNGCI

SERVED WITH...

Gravy - HY V S CNGCI

Mashed Potato - V S CNGCI

Boiled Rice - HY NAS V CNGCI

Cabbage - HY NAS V CNGCI

DESSERTS

Sultana Sponge - HE V

Custard Sauce - HY HE NAS V S CNGCI

Rice Pudding & Nutmeg - HY NAS V S CNGCI

WEEK 1

WEDNESDAY

LUNCH

Cottage Pie - S CNGCI

Minced beef & vegetables topped with creamed potato & cheese.

Tuna & Pasta Cheese Bake - HE S

Tuna & pasta in cheese sauce with a baked cheese topping.

Lentil Quorn Casserole - HY NAS V CNGCI

Quorn, red lentils & butter beans in potato, tomato, mushroom & vegetable sauce seasoned garlic & cumin.

Cheese Salad - NAS V CNGCI

SERVED WITH...

Gravy - HY V S CNGCI

Mashed Potato - V S CNGCI

Jacket Wedges - HY NAS V CNGCI

Carrots - HY NAS V S CNGCI

Broccoli - HY NAS V S CNGCI

DESSERTS

Sticky Toffee Pudding with

Butterscotch - HY HE NAS V S CNGCI

Custard Sauce - HY HE NAS V S CNGCI

Rice Pudding - HY NAS V S CNGCI

SUPPER

Cheddar & Spring Onion Soup - HE V S CNGCI

Braised Chicken & Lentils - HY NAS CNGCI

With brown lentils, onions, carrots, leeks, garlic & thyme.

Hungarian Beef Goulash & Dumplings - HE NAS
In spicy paprika sauce

Vegetable Lasagne - V

Pasta and vegetables in a tomato, garlic & herb sauce topped cheese sauce.

Prawn Salad - HY NAS CNGCI

SERVED WITH...

Gravy - HY V S CNGCI

Mashed Potato - V S CNGCI

Savoury Rice - HY HE NAS V CNGCI

Sweetcorn - V CNGCI

DESSERTS

Rhubarb & Apple Crumble - HE NAS V

Custard Sauce - HY HE NAS V S CNGCI

Rice Pudding - HY NAS V S CNGCI

THURSDAY

WEEK 1

LUNCH

Hickory Chicken - **HY NAS CNGCI**
Chicken, onions & tomatoes in a smoke flavoured barbeque sauce.

Steak & Kidney Pie - **HE**
Beef with pork kidneys and onions in gravy, topped with short crust pastry.

Omelette – Cheese - **NAS V S CNGCI**
Cheese filled egg omelette.

Ham Salad - **HY NAS CNGCI**

SERVED WITH...

Gravy - **HY V S CNGCI**
Mashed Potato - **V S CNGCI**
Boiled Rice - **V S CNGCI**
Green Beans - **HY NAS V CNGCI**
Vegetable Medley - **HY NAS V S CNGCI**

DESSERTS

Orange Bread & Butter Pudding - **HE V**
Custard Sauce - **HY HE NAS V S CNGCI**
Tapioca Pudding - **NAS V S CNGCI**
Trifle - **NAS**

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SUPPER

Vegetable Mulligatawny Soup - **HY V S CNGCI**

Sausage Hot Pot
Casserole of pork sausage slices, baked beans, tomatoes and sliced potatoes.

Fish Pie with a Potato Top - **HY NAS F CNGCI**
Hoki, smoked haddock, leeks and herbs in a creamy sauce topped with creamed potato.

Sweet & Sour Vegetables with Quorn Pieces - **HY NAS V**
Oriental style vegetables with egg noodles served with sweet & sour sauce.

Turkey Salad - **HY NAS CNGCI**

SERVED WITH...

Gravy - **HY V S CNGCI**
Mashed Potato - **V S CNGCI**
Parmentier Potatoes - **HY NAS V S CNGCI**
Mixed Vegetables - **HY NAS V CNGCI**

DESSERTS

Ginger & Sultana Sponge with Almond-flavour - **HE V**
Custard Sauce - **HY HE NAS V S CNGCI**
Rice Pudding - **HY HE NAS V S CNGCI**

FRIDAY

WEEK 1

LUNCH

Battered Fish - **HE**
White fish in deep fried batter coating, served with a wedge of lemon.

Lasagne - **HE S F**
Layers of pasta interleaved with minced beef in tomato, vegetable, garlic & herb sauce topped with cheese sauce.

Vegetable Crumble - **HE NAS V**
Vegetables in cheese sauce topped with savoury oat crumble.

Prawn Salad - **HY NAS CNGCI**

SERVED WITH...

Mashed Potato - **V S CNGCI**
Chipped Potatoes - **HY NAS V CNGCI**
Garden Peas - **HY NAS V CNGCI**
Carrots - **HY NAS V S CNGCI**

DESSERTS

Apple Crumble - **HE NAS V**
Custard Sauce - **HY HE NAS V S CNGCI**
Rice Pudding - **HY NAS V S CNGCI**

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SUPPER

Chicken & Vegetable Soup - **HY S CNGCI**

Thai Chicken Red Curry - **CNGCI**
Tender pieces of chicken breast cooked in aromatic red curry coconut sauce

Gammon & Pineapple - **HY NAS CNGCI**
Sweetcured gammon steak with pineapple.

Cheese Tortelloni in Tomato Sauce - **HY NAS V S**
Spinach & ricotta cheese pasta parcels coated in rich tomato sauce.

Egg Salad - **HY NAS V CNGCI**

SERVED WITH...

Mashed Potato - **V S CNGCI**
Boiled Rice - **HY NAS V CNGCI**
Broccoli - **HY NAS V S CNGCI**

DESSERTS

Spiced Bread Pudding - **HE V**
Custard Sauce - **HY HE NAS V S CNGCI**
Rice Pudding with Sultanas - **HY NAS V CNGCI**

WEEK 1

SATURDAY

LUNCH

Beef Casserole - **NAS F CNGCI**
Beef in gravy flavoured with thyme, onions, potatoes, carrots & mushrooms.

Fish in Cheese Sauce - **HE S CNGCI**
Hoki portion coated in cheese sauce

Vegetarian Quorn Savoury Mince with Sultanas - **NAS V**
Minced Quorn, lentils, raisins & vegetables in spicy herby sauce.

Turkey Salad - **HY NAS CNGCI**

SERVED WITH...

Gravy - **HY V S CNGCI**
Mashed Potato - **V S CNGCI**
Sauté Potatoes - **HY NAS V S CNGCI**
Swede - **HY NAS V S CNGCI**
Green Beans - **HY NAS V CNGCI**

DESSERTS

Syrup Sponge - **HE V S**
Custard Sauce - **HY HE NAS V S CNGCI**
Ground Rice Pudding - **NAS V S CNGCI**
Coconut Jam Slice - **HE V**

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SUPPER

Creamy Vegetable Soup - **HY V S CNGCI**

Steak & Mushroom Pie - **HE**
Beef & mushrooms in vegetable gravy topped with short crust pastry.

Salmon & Potato au Gratin - **HY NAS**
Flakes of salmon & broccoli in creamy white sauce, topped with sliced potato & grated cheese.

VegeBurger - **HY NAS V**
Spicy vegetable & bean burger

Tuna Salad - **HY NAS CNGCI**

SERVED WITH...

Gravy - **HY V S CNGCI**
Mashed Potato - **V S CNGCI**
Sauté Potatoes - **HY NAS V S CNGCI**
Garden Peas - **HY NAS V CNGCI**

DESSERTS

Pineapple Sponge Pudding - **HE V**
Custard Sauce - **HY HE NAS V S CNGCI**
Rice Pudding with Sultanas - **HY NAS V CNGCI**

WEEK 1

SUNDAY

LUNCH

Roast Chicken - **HY NAS F CNGCI**
Roast Chicken fillet with skin on.

Fish Pie with a Potato Top - **HY NAS CNGCI**
Hoki, smoked haddock, leeks and herbs in a creamy sauce topped with creamed potato.

Macaroni Cheese with Mustard - **V S**
Creamy macaroni cheese made wholegrain seed mustard.

Egg Salad - **HY NAS V CNGCI**

SERVED WITH...

Sage & Onion Stuffing Ball - **HY**
Gravy - **HY V S CNGCI**
Mashed Potato - **V S CNGCI**
Roast Potatoes - **HY NAS V CNGCI**
Brussels Sprouts - **HY NAS V CNGCI**
Diced Carrot & Swede - **HY NAS V S CNGCI**

DESSERTS

Apple & Blackberry Pie - **HE NAS V**
Custard Sauce - **HY HE NAS V S CNGCI**
Rice Pudding & Nutmeg - **HY NAS V S CNGCI**
Iced Ginger Cake - **HE V S**

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SUPPER

Tomato and Lentil Soup - **HY V S CNGCI**

Cottage Pie - **S CNGCI**
Minced beef and vegetables topped with creamed potato & cheese.

Chicken in Gravy - **HY NAS S CNGCI**

Cauliflower & Broccoli Pasta - **NAS V S**
Cauliflower & broccoli pasta in savoury cheese sauce with in savoury cheese sauce with a baked cheese topping.

Chicken Salad - **HY NAS CNGCI**

SERVED WITH...

Gravy - **HY V S CNGCI**
Mashed Potato - **V S CNGCI**
Baby Jacket Potatoes - **HY NAS V CNGCI**
Green Beans

DESSERTS

Lemon Curd Sponge - **HE V S**
Custard Sauce - **HY HE NAS V S CNGCI**
Tapioca Pudding - **NAS V S CNGCI**

MENU

WEEK 2 MENU CYCLE

BREAKFAST

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MONDAY

WEEK 2

LUNCH

Chicken & Mushroom Pie - **HY NAS**

Chicken & sliced mushrooms in white sauce with hints of tarragon topped with short crust pastry.

Fish in Parsley Sauce - **HY NAS S F CNGCI**

Hoki portion coated in parsley sauce.

Vegetable Curry - **HY NAS V CNGCI**

Vegetables, peas and beans mixed in a creamy curry sauce.

Tuna Salad - **HY NAS CNGCI**

SERVED WITH...

Gravy - **HY V S CNGCI**

Mashed Potato - **V S CNGCI**

Sauté Potatoes - **HY NAS V S CNGCI**

Broccoli - **HY NAS V S CNGCI**

Carrots - **HY NAS V S CNGCI**

DESSERTS

Apple & Apricot Pie - **HE NAS V**

Custard Sauce - **HY HE NAS V S CNGCI**

Ground Rice Pudding - **NAS V S CNGCI**

Doughnut - **HE V**

SUPPER

Carrot and Coriander Soup - **V S CNGCI**

Macaroni & Smoked Haddock

& Herbs - **NAS S**

Smoked haddock & macaroni in light cream sauce with dill & parsley.

Pork Steak & Onion - **HY NAS CNGCI**

Pork steak served in onion gravy.

Vegetable Pie with Potato Topping -

HY NAS V CNGCI

Vegetables in tomato sauce herbs & garlic topped with potato & cheese.

Ham Salad - **HY NAS CNGCI**

SERVED WITH...

Gravy - **HY V S CNGCI**

Mashed Potato - **V S CNGCI**

Roast Potatoes - **HY NAS V CNGCI**

Mixed Vegetables - **HY NAS V CNGCI**

DESSERTS

Apple & Blackberry Crumble - **HE NAS V**

Custard Sauce - **HY HE NAS V S CNGCI**

Rice Pudding with Sultanas - **HY NAS V CNGCI**

WEEK 2

TUESDAY

LUNCH

Minced Steak & Potato Pie - **HE NAS**

Minced beef & diced potatoes in onion, herb & garlic gravy, topped with short crust pastry.

BBQ Chicken Drumsticks - **HY F NAS**

Chicken drumstick coated in barbeque glaze.

Broccoli & Cheese Sauce - **NAS V S CNGCI**

Broccoli florets in savoury cheese sauce with a baked cheese topping.

Chicken Salad - **HY NAS CNGCI**

SERVED WITH...

Gravy - **HY V S CNGCI**

Mashed Potato - **V S CNGCI**

Baked Jacket Potato - **HY NAS V CNGCI**

Cauliflower - **HY NAS V S CNGCI**

Green Beans - **HY NAS V CNGCI**

DESSERTS

Coconut Sponge - **HE V**

Custard Sauce - **HY HE NAS V S CNGCI**

Rice Pudding & Sultanas - **HY NAS V CNGCI**

Fruit Cake - **HE V**

SUPPER

Creamy Vegetable Soup - **HY V S CNGCI**

Stewed Steak & Dumplings - **HE NAS**

Beef in gravy with onions, carrots, swede & herbs, topped with a suet dumpling.

Macaroni & Smoked Haddock & Herbs - **NAS S**

Smoked haddock & macaroni in light cream sauce with dill & parsley.

Vegetarian Sausages - **V CNGCI**

Carrot and coriander vegetarian sausages with added soy protein.

Cheese Salad - **NAS V CNGCI**

SERVED WITH...

Gravy - **HY V S CNGCI**

Mashed Potato - **V S CNGCI**

Steamed Potatoes - **HY NAS V S CNGCI**

Baked Beans - **HE V S CNGCI**

DESSERTS

Eve's Pudding - **V S**

Custard Sauce - **HY HE NAS V S CNGCI**

Custard Rice Pudding - **HY NAS V S CNGCI**

WEEK 2

WEDNESDAY

LUNCH

Salmon Bake - **HE NAS S CNGCI**

Salmon & cauliflower in cheese sauce with baked cheese topping

Chilli con Carne - **HY NAS CNGCI**

Minced beef & red kidney beans in tomato, chilli & onion sauce.

Cheese & Tomato Flan - **HE NAS V**

Tomato & cheese baked in savoury egg custard in a pastry base

Prawn Salad - **HY NAS CNGCI**

SERVED WITH...

Mashed Potato - **V S CNGCI**

Boiled Rice - **HY NAS V CNGCI**

Carrots - **HY NAS V S CNGCI**

Garden Peas - **HY NAS V CNGCI**

DESSERTS

Plum & Apple Crumble - **HE NAS V**

Custard Sauce - **HY HE NAS V S CNGCI**

Rice Pudding - **HY NAS V S CNGCI**

SUPPER

Pea and Ham Soup - **HY HE S CNGCI**

Beef Bolognaise - **HY NAS CNGCI**

Minced beef & tomato flavoured with celery, garlic, thyme & oregano.

Hungarian Chicken - **HY NAS**

Chicken, onions & mixed peppers in a paprika sauce

Vegetable Crumble - **HE NAS V**

Vegetables in cheese sauce topped with savoury oat crumble.

Ham Salad - **HY NAS CNGCI**

SERVED WITH...

Mashed Potato - **V S CNGCI**

Pasta - **HY NAS V**

Sweetcorn - **V CNGCI**

DESSERTS

Bakewell Tart - **HE V**

Custard Sauce - **HY HE NAS V S CNGCI**

Rice Pudding - **HY NAS V S CNGCI**

THURSDAY

WEEK 2

LUNCH

Bacon, Leek & Mushroom Pasta Bake
In creamy sauce with hints of mustard topped with cheese.

Chicken Chasseur - **HY NAS**

Chicken breast fillet strips, sliced mushrooms, tomatoes, white wine, onions and herbs .

Cheese Tortelloni in Tomato Sauce

- **HY NAS V S** Spinach & ricotta cheese pasta parcels coated in rich tomato sauce.

Turkey Salad - **HY NAS CNGCI**

SERVED WITH...

Gravy - **HY V S CNGCI**

Mashed Potato - **V S CNGCI**

Parmentier Potatoes - **HY NAS V S CNGCI**

Cabbage - **HY NAS V CNGCI**

Green Beans - **HY NAS V CNGCI**

DESSERTS

Marmalade Sponge - **HE V**

Custard Sauce - **HY HE NAS V S CNGCI**

Tapioca Pudding - **NAS V S CNGCI**

Doughnut - **HE V**

SUPPER

Vegetable Mulligatawny Soup - **HY V S CNGCI**

Chicken a la King - **NAS CNGCI**

Chicken, mushroom, red peppers in a cream sauce

Savoury Mince & Dumplings - **NAS**

Minced beef, onions & vegetables in herb gravy with a suet dumpling.

Cauliflower Cheese - **NAS V CNGCI**

Cauliflower in savoury cheese sauce with a baked cheese topping.

Cheese Salad - **NAS V CNGCI**

SERVED WITH...

Gravy - **HY V S CNGCI**

Mashed Potato - **V S CNGCI**

Carrots - **HY NAS V S CNGCI**

Boiled Rice - **HY NAS V CNGCI**

DESSERTS

Apple Pie - **NAS V**

Custard Sauce - **HY HE NAS V S CNGCI**

Rice Pudding & Nutmeg - **HY NAS V S CNGCI**

FRIDAY

WEEK 2

LUNCH

Battered Fish - **HE**

Oven baked white fish in deep fried batter coating.

Beef Casserole - **NAS CNGCI**

Beef in gravy flavoured with thyme, onions, potatoes, carrots & mushrooms.

Cheese, Onion & Potato Pie - **HE NAS V**

Potatoes, onions & leeks in cheese, garlic & thyme cream sauce topped short crust pastry.

Egg Salad - **HY NAS V CNGCI**

SERVED WITH...

Gravy - **HY V S CNGCI**

Mashed Potato - **V S CNGCI**

Chipped Potatoes - **HY NAS V CNGCI**

Mushy Peas - **HE V S CNGCI**

Cauliflower - **HY NAS V S CNGCI**

DESSERTS

Ginger Sponge - **HE V S**

Custard Sauce - **HY HE NAS V S CNGCI**

Custard Rice Pudding - **HY NAS V S CNGCI**

Peaches in Jelly - **NAS CNGCI**

SUPPER

Chicken and Vegetable Soup - **HY S CNGCI**

Fish in Cheese Sauce - **HE S CNGCI**

Hoki portion coated in cheese sauce

Turkey & Vegetable Pie - **NAS**

Turkey & vegetables in gravy topped with short crust pastry crust.

Vegetable Moussaka - **HY NAS V**

Grilled aubergine, potato & vegetable slices topped with white sauce & vegetarian Cheddar cheese.

Prawn Salad - **HY NAS CNGCI**

SERVED WITH...

Gravy - **HY V S CNGCI**

Mashed Potato - **V S CNGCI**

Steamed Potatoes - **HY NAS V S CNGCI**

Green Beans - **HY NAS V CNGCI**

DESSERTS

Orange Bread & Butter Pudding - **HE V**

Custard Sauce - **HY HE NAS V S CNGCI**

Ground Rice Pudding - **NAS V S CNGCI**

WEEK 2

SATURDAY

LUNCH

Lasagne - **HE S**

Layers of pasta interleaved with minced beef in tomato, vegetable, garlic & herb sauce topped with cheese sauce.

Chicken Biryani - **HY NAS CNGCI**

Indian style dish of chicken & rice cooked in mildly spiced yoghurt sauce.

Vegetable & Bean Stroganoff - **NAS V**

CNGCI Selection of vegetables, beans, mushroom & Quorn in cream and mustard sauce.

Turkey Salad - **HY NAS CNGCI**

SERVED WITH...

Mashed Potato - **V S CNGCI**

Steamed Potatoes - **HY NAS V S CNGCI**

Broccoli - **HY NAS V S CNGCI**

Mashed Swede - **HE V S CNGCI**

DESSERTS

Rhubarb & Apple Crumble - **HE NAS V**

Custard Sauce - **HY HE NAS V S CNGCI**

Rice Pudding - **HY NAS V S CNGCI**

Chocolate Fudge Cake - **HE V S**

SUPPER

Creamy Tomato Soup - **HE V S CNGCI**

Cottage Pie - **S CNGCI**

Minced beef and vegetables topped with creamed potato & cheese.

Chicken in BBQ Sauce - **S CNGCI**

Chicken in hickory-smoke flavoured barbeque sauce.

Cauliflower & Broccoli Pasta - **NAS V S**

Cauliflower, broccoli & pasta in savoury cheese sauce with a baked cheese topping.

Tuna Salad - **HY NAS CNGCI**

SERVED WITH...

Gravy - **HY V S CNGCI**

Mashed Potato - **V S CNGCI**

Savoury Rice - **HY HE NAS V CNGCI**

Garden Peas - **HY NAS V CNGCI**

DESSERTS

Syrup Sponge - **HE V S**

Custard Sauce - **HY HE NAS V S CNGCI**

Ground Rice Pudding - **NS V S CNGCI**

WEEK 2

SUNDAY

LUNCH

Roast Pork in Gravy - **HY NAS F CNGCI**

Slices of tender roast pork loin in gravy.

Minced Steak & Potato Pie - **HE NAS**

With onion, herb & garlic gravy, topped with short crust pastry.

Cauliflower Cheese - **NAS V S**

Cauliflower in savoury cheese sauce with a baked cheese topping.

Chicken Salad - **HY NAS CNGCI**

SERVED WITH...

Apple Sauce - **HY NAS V S CNGCI**

Gravy - **HY V S CNGCI**

Mashed Potato - **V S CNGCI**

Roast Potatoes - **HY NAS V CNGCI**

Brussels Sprouts - **HY NAS V CNGCI**

Mixed Vegetables - **HY NAS V CNGCI**

DESSERTS

Date & Apple Crunch - **HE NAS V**

Custard Sauce - **HY HE NAS V S CNGCI**

Rice Pudding with Sultanas - **HY NAS V CNGCI**

Vanilla Cheesecake - **HE V**

SUPPER

Leek and Potato Soup - **HY V S CNGCI**

Hungarian Beef Goulash & Dumplings - **NAS** Beef in spicy paprika sauce with a suet dumpling.

Chicken & Creamy Mustard Sauce

- **CNGCI** Chicken breast fillets in a rich creamy mustard sauce.

Vegetable & Bean Cottage Pie -

HY NAS V CNGCI With parsley & thyme sauce, topped with creamed potato & cheese.

Egg Salad - **HY NAS V CNGCI**

SERVED WITH...

Gravy - **HY V S CNGCI**

Mashed Potato - **V S CNGCI**

Boiled Rice - **HY NAS V CNGCI**

Diced Carrot & Swede

DESSERTS

Chocolate Sponge - **HE V S**

Custard Sauce - **HY HE NAS V S NG**

Tapioca Pudding - **NS V S NG**

HALAL MENU

COVERING ASIAN, CARIBBEAN AND ARABIC DISHES

If the Halal dish on the day is not to your taste please order from any other day and we will endeavour to meet your needs.

NUT ALLERGY ADVICE

The food contained in this menu is prepared in an environment which may contain nuts; therefore we cannot eliminate the possibility of trace contamination in any dish.

WARD BEVERAGE SERVICE

A selection of hot and cold drinks are available at times throughout the day.

TUESDAY

HALAL

BREAKFAST

A Continental Breakfast with a choice of fruit juice, cereals, toast and preserves, yoghurt and fruit.

LUNCH

Minced Lamb

Served with tarka dal, black eyed bean & rice

Green Bean Masala

Served with urad dal & rice

Fish Masala

Served with potato, beans & vegetables

SUPPER

Chicken Fillet

With chips beans & vegetables

Aloo Sag

With black eyed beans dal & rice

Fish Fillet in Parsley Sauce

Served with potato, beans & vegetables

MONDAY

HALAL

BREAKFAST

A Continental Breakfast with a choice of fruit juice, cereals, toast and preserves, yoghurt and fruit.

LUNCH

Chicken Masala

Served with chana dal & rice

Aloo Gobi

Served with whole moong dal & rice

Fish Fillet in Parsley Sauce

Served with potato, beans & vegetables

SUPPER

Pasta & Minced Lamb

Served with beans & vegetables

Vegetable Korma

Served with masoor dal, nan & rice

Fish Masala

Served with potato, beans & vegetables

WEDNESDAY

HALAL

BREAKFAST

A Continental Breakfast with a choice of fruit juice, cereals, toast and preserves, yoghurt and fruit.

LUNCH

Chicken Korma

Served with masoor dal & rice

Spinach Masala

Served with chana dal & rice

Ackee with Saltfish

Served with spicy vegetables & rice

SUPPER

Lamb & Lentils

Served with chana dal, nan & rice

Vegetarian Pasta

Served with beans & pasta

Fish Masala

Served with Potato, Beans & Vegetables

THURSDAY

HALAL

BREAKFAST

A Continental Breakfast with a choice of fruit juice, cereals, toast and preserves, yoghurt and fruit.

LUNCH

Pasta & Minced Lamb

Served with beans & vegetables

Peas & Potato

Served with black eyed bean dal & rice

Fish Fillet in Parsley Sauce

Served with potato, beans & vegetables

SUPPER

BBQ Chicken

With potatoes, beans & vegetables

Aloo Gobi

Served with whole moong dal & rice

Fish Fillet in Parsley Sauce

Served with potato, beans & vegetables

SATURDAY

HALAL

BREAKFAST

A Continental Breakfast with a choice of fruit juice, cereals, toast and preserves, yoghurt and fruit.

LUNCH

Lamb Korma

Served with masoor dal & rice

Vegetarian Pasta

Served with beans & pasta

Ackee with Saltfish

Served with spicy vegetables & rice

SUPPER

Chicken & Lentils

Served with black eyed bean dal, nan & rice

Peas & Potato

Served with black eyed bean dal & rice

Fish Fillet in Parsley Sauce

Served with potato, beans & vegetables

FRIDAY

HALAL

BREAKFAST

A Continental Breakfast with a choice of fruit juice, cereals, toast and preserves, yoghurt and fruit.

LUNCH

Chicken & Lentils

Served with black eyed bean dal, nan & rice

Vegetable Korma

Served with masoor dal, Nan & rice

Fish Masala

Served with potato, beans & vegetables

SUPPER

Lamb Tikka

With potatoes, beans & vegetables

Spinach Masala

Served with chana dal & rice

Ackee with Saltfish

Served with spicy vegetables & rice

SUNDAY

HALAL

BREAKFAST

A Continental Breakfast with a choice of fruit juice, cereals, toast and preserves, yoghurt and fruit.

LUNCH

Chicken Tikka

Served with potato, beans & vegetables

Aloo Sag

With black-eyed beans dal & rice

Fish Fillet in Parsley Sauce

Served with potato, beans & vegetables

SUPPER

Lamb Masala

Served with chana dal & rice

Green Bean Masala

Served with urad dal & rice

Ackee with Saltfish

Served with spicy vegetables & rice

KOSHER MENU & LIGHT MEALS

KOSHER MEALS UNDER THE KEDASSIA SUPERVISION

If the Kosher dish on the day is not to your taste please order from any other day and we will endeavour to meet your needs.

NUT ALLERGY ADVICE

The food contained in this menu is prepared in an environment which may contain nuts: therefore we cannot eliminate the possibility of trace contamination in any dish.

WARD BEVERAGE SERVICE

A selection of hot and cold drinks are available at times throughout the day...

- Morning
- Breakfast
- Mid-morning refreshment
- Lunch
- Afternoon refreshment
- Supper

KOSHER MILK

Kosher milk is available from catering. Please give one to two days notice

MONDAY

KOSHER

BREAKFAST

A Continental Breakfast will be served every morning with a choice of fruit juice, cereals, toast and preserves, yoghurt and fruit.

LUNCH

Chicken Schnitzel with vegetables
Fisherman's Pie with Vegetables
Vegetable platter

SOUP OF THE DAY

Asparagus Soup

SUPPER

Shepherds pie with Vegetables
Grilled Salmon with Vegetables
Vegetarian Sausage

DESSERT OF THE DAY

Apple & Pineapple Puree

LIGHT MEAL OPTION

SOUP

Asparagus Soup

SANDWICH

One of the following Sandwiches:

- Egg & Cress
- Cheese Mix & Tomato
- Tuna Mayo with Cucumber
- Grilled Vegetables with Hummus on Sundried Tomato Bread

DESSERT

Apple & Pineapple Puree

TUESDAY

KOSHER

BREAKFAST

A Continental Breakfast will be served every morning with a choice of fruit juice, cereals, toast and preserves, yoghurt and fruit.

LUNCH

Spaghetti with Bolognaise sauce and vegetables
Fried Cod with vegetables
Vegetarian lasagne

SOUP OF THE DAY

Leek & Potato Soup

SUPPER

Stuffed chicken with new potatoes and beans
Fisherman's Pie with vegetables
Vegetarian Omelette

DESSERT OF THE DAY

Chocolate Sponge

LIGHT MEAL OPTION

SOUP

Leek & Potato Soup

SANDWICH

One of the following Sandwiches:

- Egg & Cress
- Cheese Mix & Tomato
- Tuna Mayo with Cucumber
- Grilled Vegetables with Hummus on Sundried Tomato Bread

DESSERT

Chocolate Sponge

WEDNESDAY

KOSHER

BREAKFAST

A Continental Breakfast will be served every morning with a choice of fruit juice, cereals, toast and preserves, yoghurt and fruit.

LUNCH

Shepherds pie with Vegetables
Tuna Pasta Bake with Vegetables
Spinach Frittata

SOUP OF THE DAY

Chicken Soup

SUPPER

Spaghetti with Bolognaise sauce and vegetables
Grilled Cod with vegetables
Penne Neopolitan

DESSERT OF THE DAY

Jam Tart

LIGHT MEAL OPTION

SOUP

Chicken Soup

SANDWICH

One of the following Sandwiches:

- Egg & Cress
- Cheese Mix & Tomato
- Tuna Mayo with Cucumber
- Grilled Vegetables with Hummus on Sundried Tomato Bread

DESSERT

Jam Tart

THURSDAY	KOSHER	FRIDAY	KOSHER		KOSHER	SATURDAY	KOSHER	SUNDAY
BREAKFAST A Continental Breakfast will be served every morning with a choice of fruit juice, cereals, toast and preserves, yoghurt and fruit.		BREAKFAST A Continental Breakfast will be served every morning with a choice of fruit juice, cereals, toast and preserves, yoghurt and fruit.				BREAKFAST A Continental Breakfast will be served every morning with a choice of fruit juice, cereals, toast and preserves, yoghurt and fruit.		BREAKFAST A Continental Breakfast will be served every morning with a choice of fruit juice, cereals, toast and preserves, yoghurt and fruit.
LUNCH Lamb Provencale with Vegetables Grilled Salmon with Vegetables Vegetarian Schnitzel		LUNCH Spaghetti with Bolognaise sauce and vegetables Fried Cod Goujons with vegetables Vegetarian Sausage				LUNCH Stuffed chicken with Pilaff Rice Fish Bake with Herb Crust and vegetables Omelette		LUNCH Shepherds pie with Vegetables Grilled Salmon with vegetables Penne Pasta in Neapolitan Sauce
SOUP OF THE DAY Mushroom Soup		SOUP OF THE DAY Lentil & Corriander Soup				SOUP OF THE DAY Tomato Soup		SOUP OF THE DAY Vegetable Soup
SUPPER Stuffed Chicken with new potatoes and beans Tuna Pasta Bake with vegetables Vegetable casserole		SUPPER Chicken Schnitzel with vegetables Grilled Plaice Fillets with vegetables Vegetarian lasagne				SUPPER Sliced Lamb Provencale with Vegetables Grilled Salmon with Vegetables Vegetarian Schnitzel		SUPPER Chicken and Mushroom pie Roast potato and vegetables Fried Cod with vegetables Spinach Frittata
DESSERT OF THE DAY Apple Crumble with Apricot Coulis		DESSERT OF THE DAY Caramel Orange				DESSERT OF THE DAY Apple Frangipane		DESSERT OF THE DAY Summer Fruit Slice with Pear Half
LIGHT MEAL OPTION		LIGHT MEAL OPTION				LIGHT MEAL OPTION		LIGHT MEAL OPTION
SOUP Mushroom Soup SANDWICH One of the following Sandwiches: <ul style="list-style-type: none"> • Egg & Cress • Cheese Mix & Tomato • Tuna Mayo with Cucumber • Grilled Vegetables with Hummus on Sundried Tomato Bread DESSERT Apple Crumble with Apricot Coulis		SOUP Lentil & Corriander Soup SANDWICH One of the following Sandwiches: <ul style="list-style-type: none"> • Egg & Cress • Cheese Mix & Tomato • Tuna Mayo with Cucumber • Grilled Vegetables with Hummus on Sundried Tomato Bread DESSERT Caramel Orange				SOUP Tomato Soup SANDWICH One of the following Sandwiches: <ul style="list-style-type: none"> • Egg & Cress • Cheese Mix & Tomato • Tuna Mayo with Cucumber • Grilled Vegetables with Hummus on Sundried Tomato Bread DESSERT Apple Frangipane		SOUP Vegetable Soup SANDWICH One of the following Sandwiches: <ul style="list-style-type: none"> • Egg & Cress • Cheese Mix & Tomato • Tuna Mayo with Cucumber • Grilled Vegetables with Hummus on Sundried Tomato Bread DESSERT Summer Fruit Slice with Pear Half

KOSHER MENU DIABETIC

KOSHER MEALS UNDER THE KEDASSIA SUPERVISION

If the Kosher dish on the day is not to your taste please order from any other day and we will endeavour to meet your needs.

NUT ALLERGY ADVICE

The food contained in this menu is prepared in an environment which may contain nuts: therefore we cannot eliminate the possibility of trace contamination in any dish.

WARD BEVERAGE SERVICE

A selection of hot and cold drinks are available at times throughout the day...

- Morning
- Breakfast
- Mid-morning refreshment
- Lunch
- Afternoon refreshment
- Supper

KOSHER MILK

Kosher milk is available from catering. Please give one to two days notice

MONDAY

KOSHER
DIABETIC

BREAKFAST

A Continental Breakfast with a choice of fruit juice, cereals, toast and preserves, yoghurt and fruit.

LUNCH

Poached Beef with Vegetables

SUPPER

Poached Cod with Vegetables

TUESDAY

KOSHER
DIABETIC

BREAKFAST

A Continental Breakfast with a choice of fruit juice, cereals, toast and preserves, yoghurt and fruit.

LUNCH

Poached Chicken with Vegetables

SUPPER

Poached Plaice with Vegetables

WEDNESDAY

KOSHER
DIABETIC

BREAKFAST

A Continental Breakfast with a choice of fruit juice, cereals, toast and preserves, yoghurt and fruit.

LUNCH

Poached Lamb with Vegetables

SUPPER

Poached Beef with Vegetables

KOSHER
DIABETIC

THURSDAY

BREAKFAST

A Continental Breakfast with a choice of fruit juice, cereals, toast and preserves, yoghurt and fruit.

LUNCH

Poached Turkey with Vegetables

SUPPER

Poached Chicken with Vegetables

KOSHER
DIABETIC

FRIDAY

BREAKFAST

A Continental Breakfast with a choice of fruit juice, cereals, toast and preserves, yoghurt and fruit.

LUNCH

Poached Cod with Vegetables

SUPPER

Poached Lamb with Vegetables

KOSHER
DIABETIC

SATURDAY

BREAKFAST

A Continental Breakfast with a choice of fruit juice, cereals, toast and preserves, yoghurt and fruit.

LUNCH

Poached Plaice with Vegetables

SUPPER

Poached Turkey with Vegetables

KOSHER
DIABETIC

SUNDAY

BREAKFAST

A Continental Breakfast with a choice of fruit juice, cereals, toast and preserves, yoghurt and fruit.

LUNCH

Poached Chicken with Vegetables

SUPPER

Poached Lamb with Vegetables

KOSHER MENU PUREE

KOSHER MEALS UNDER THE
KEDASSIA SUPERVISION

NUT ALLERGY ADVICE

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WARD BEVERAGE SERVICE

A selection of hot and cold drinks are available at times throughout the day...

- Morning
- Breakfast
- Mid-morning refreshment
- Lunch
- Afternoon refreshment
- Supper

KOSHER MILK

Kosher milk is available from catering.
Please give one to two days notice

MON - SUN

KOSHER
PUREE

BREAKFAST

A Continental Breakfast will be served every morning with a choice of fruit juice, cereals, toast and preserves, yoghurt and fruit.

.....

LUNCH

Vegetables

.....

SUPPER

Vegetables

.....

MON - SUN

PUREE

BREAKFAST

A Continental Breakfast will be served every morning with a choice of fruit juice, cereals, toast and preserves, yoghurt and fruit.

.....

LUNCH

Meat, Fish or Vegetables

.....

SUPPER

Meat, Fish or Vegetables

.....

PUREE MENU

NUT ALLERGY ADVICE

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WARD BEVERAGE SERVICE

A selection of hot and cold drinks are available at times throughout the day...

- Morning
- Breakfast
- Mid-morning refreshment
- Lunch
- Afternoon refreshment
- Supper

OUR SERVICE

We endeavour to provide an excellent service at all times. Should you require help or have any comments or suggestions please contact:

Colin Street

Catering Patient Satisfaction Manager

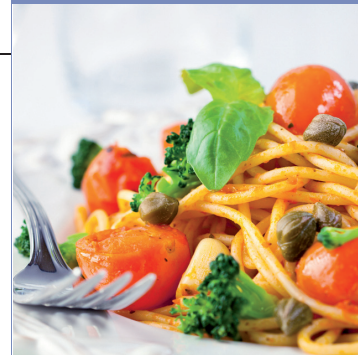
Telephone: 020 7830 2333 Ext 33088.



FOR YOU!



FOR YOU!



WHERE TO EAT & DRINK AT THE ROYAL FREE HOSPITAL

OPENING TIMES:

foodhouse 

MON-FRI: 7:00am - 8:00pm

SAT-SUN: 9:00am - 2:00pm

Foodhouse restaurant is located on the lower ground floor and serves a selection of freshly prepared hot food including stir fries, freshly made soups, salads, sandwiches, and a choice of desserts.

Foodhouse serves breakfast, lunch and dinner Monday to Friday from 7am and serves breakfast and brunch on Saturdays and Sundays from 9am.

To find the **Foodhouse** restaurant and **Just Deli** on the lower ground floor from the main reception, follow the corridor to the main lifts past the William Wells Atrium. Carry on past the volunteers enquiry desk and take the 2nd door on the right for the stairs to the lower ground floor. Go through the set of doors, turn left and then first right and the Foodhouse restaurant and Just Deli is down the corridor on the right.

OPENING TIMES:

GROUND FLOOR

MON-FRI: 7:30am - 8:00pm

SAT-SUN*: 7:30am - 6:00pm

LOWER GROUND FLOOR

MON-FRI: 7:30am - 8:00pm

SAT-SUN: CLOSED

 **just deli**
a fresh approach

Located on the ground and lower ground floors, **Just Deli** café serve a selection of hot and cold beverages, sandwiches, Panini, wraps, salads and fruit salads.

To find the **Just Deli** café on the ground floor from the main reception, follow the corridor to the main lifts past the William Wells Atrium then take the first door on the right by the pharmacy.

WHERE TO EAT & DRINK AT THE ROYAL FREE HOSPITAL



The Glass café is a modern designer café located at Pond Street main entrance and provides a delicious range of sandwiches, salads, panini, cakes and pastries to either eat in or take away.

A range of speciality Costa Coffees are available including cappuccino, latte, espresso and mocha for you to enjoy.

OPENING TIMES:

MON-FRI:	7:00am - 6:00pm
SAT-SUN:	CLOSED



OPENING TIMES:



MON-FRI:	7:30am - 10:00am
MON-FRI:	3:30pm - 5:30pm
SAT-SUN:	CLOSED

Just Deli 2 Go is situated at the Rowland Hill entrance, this coffee cart serves a selection of hot and cold beverages and a small range of snacks and fresh fruit.



Vending machines

There are a number of vending machines, located at accident & emergencies and the maternity ward. These serve hot and cold beverages and snacks including a healthy option.

