

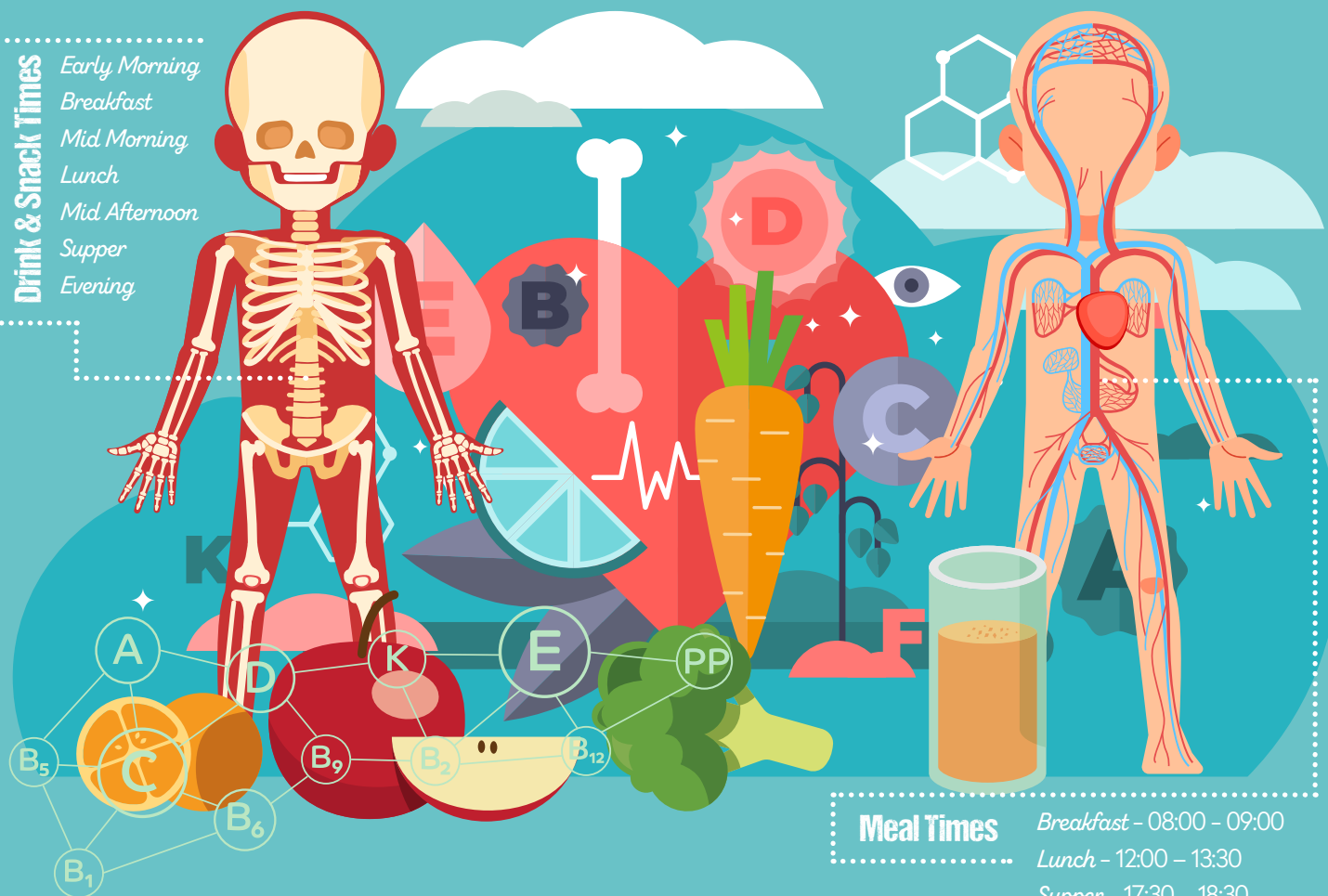
**Nutrition**  
is a matter of  
**SCIENCE!**

# menu

*Our Dietitian has put together a nutritious and delicious menu for your child to choose from during their stay to keep their bodies working properly.*

**Drink & Snack Times**

Early Morning  
Breakfast  
Mid Morning  
Lunch  
Mid Afternoon  
Supper  
Evening



**Meal Times**

Breakfast - 08:00 - 09:00

Lunch - 12:00 - 13:30

Supper - 17:30 - 18:30

# Breakfast



Cereals are a great way to start your day. They contain plenty of fibre...

## Cereals with Warm or Cold Milk

Soya milk available

Cornflakes	V	Coco Pops	V
Rice Krispies	V	Ready Brek	EC V
Weetabix	EC V		

## Bread, Warm Toast. Pancakes or Croissant

Choose from butter or sunflower spread and a selection of jams, marmalade, honey, hard cheese or soft cheese. Gluten Free Bread available.

White Bread	EC V	Pancakes	EC V
Wholemeal Bread	EC V	Croissant	EC V

## Yoghurt

Various flavours available

Thick & Creamy Yoghurt

Yoghurt is rich in calcium for strong teeth and bones!

EC V

## Fruit

Fruit Salad	V	Satsuma	V
Apple	V	Fruit Juice	V
Banana	EC V		

# Fibre for Life!

Fibre helps your body digest food properly. Wholemeal bread contains more fibre than white bread.



# Lunch & Supper

## Starters

Chicken Soup	EC	Bread Roll	EC V
Tomato Soup	EC V	Apple Juice	EC V
Vegetable Soup	EC V	Orange Juice	EC V

Choose either a Junior Meal OR Baked Potato OR Sandwich OR Salad Bowl

## Junior Meal

### Meat Dishes

Beef Lasagne	ED EC
Roast Chicken in Gravy	EC
Beef Burger in a Bun (Halal)	ED
Lamb Shepherds Pie	EC
Chicken Curry	EC
Chicken Burger in a Bun (Halal)	
Sausage Casserole	ED
Chicken Goujons	

### Fish Dishes

Jumbo Cod Fish Fingers	
Fish Pie	EC
Salmon Crumble	ED
Tuna Pasta Bake	EC



It's important to eat five portions of fruit & Vegetables every day!

### Vegetarian Dishes

Vegetable Lasagne	ED V
Macaroni Cheese	EC V
Vegan Burger in a Bun	V
Penne Pasta in Tomato Sauce	EC V
Plain Omelette	EC V
Four Cheese Pizza	ED V

# Sides

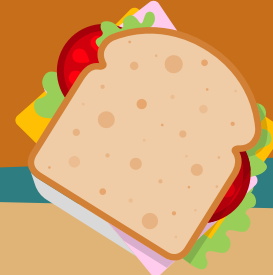
Please select Vegetables and Potatoes or Rice when ordering a Junior Meal

Vegetables		Potatoes & Rice	
Peas	V	Chips	ED V
Sweetcorn	V	Mashed Potato	EC V
Diced Carrots	EC V	Roast Potatoes	ED V
Mixed Vegetables	V	White Rice	ED EC V
Baked Beans	V		
Side Salad	V		

# Baked Potato

Add butter or sunflower spread and your choice of filling from...

Plain	V
With Baked Beans	ED V
With Tuna Mayonnaise	ED
With Cheese	ED V



# Sandwiches

Choose from white or wholemeal bread and a filling of...

Ham & Mustard Mayonnaise	ED	Tuna Mayonnaise	ED
Chicken, Lettuce & Mayonnaise		Cheese	ED V
		Egg Mayonnaise	ED V

# Salad Bowl > 1-2-3

Create your salad bowl by adding your choice of protein, 2 sides and bread roll to the salad base.

1	2	3
<b>Add a Protein</b>	<b>Add 2 Sides:</b>	<b>Add a Soft Bread Roll:</b>
Ham	Coleslaw	Wholemeal
Chicken	Potato Salad	White
Tuna	Houmous	
Egg	Philadelphia Cheese	
Grated Cheese		



### SALAD BASE

Lettuce, sweetcorn, carrots, cucumber & tomatoes

# Hot Desserts

All served with custard or ice cream

Apple Pie	ED V	Stewed Apple & Custard	EC V
Chocolate Sponge	ED V	Custard	EC V
Rice Pudding	EC V		

# Cold Desserts

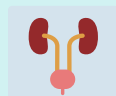
Fruit Cocktail in Juice	V	Soya Fruit Yoghurt	EC V
Custard Pot (Strawberry, Peach, Toffee)	EC V	Cheese & Crackers	ED V
Raspberry Dessert	EC V	Banana	EC V
Chocolate Mousse	EC V	Fruit Jelly (Orange or Strawberry)	EC V
Thick & Creamy Yogurt	EC V	Ice Cream	EC V

# Drinks

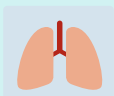
*Drinks will be offered with your meals and throughout the day. Your water jug will be refreshed twice a day; if you need a top up, please ask.*

Milk                                      Squash Hot  
Soya Milk                                  Chocolate

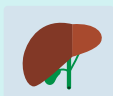
## Our bodies are 70% water



**WATER 83%**



**WATER 80%**



**WATER 86%**



**WATER 75%**



**WATER 79%**



## Allergens

If your child has a food allergy or intolerance, please advise their Nurse on admission and always inform their Ward Catering Team before placing a meal order. Our Catering Team can check ingredients to allow you to make an informed choice.

An Allergy Aware Menu is also available with dishes prepared free from: cereals containing gluten, celery, egg, fish, milk (and other dairy products), molluscs, mustard, nuts, peanuts, crustaceans, lupins, soya, sulphites, sesame.



## Snacks

*Snacks are served with your mid-morning and mid-afternoon drink.*

Fresh Fruit	V	Sweet Biscuits	V
Cake Slice	V	Cheese & Crackers	ED V
Yogurt	V	Crisps	V

## Missed a Meal?

If your child has been admitted to the ward after lunch or supper orders have been taken, we can still offer a range of hot meals, a snack box or snacks. Please speak to your Ward Host or Nurse.

## Additional Menus

We have the following alternative menus available should you require them:

- Allergen Free
- Gluten Free
- Vegan
- Kosher
- World Food & Halal: African Caribbean, Asian Vegetarian and Chinese
- Modified Texture
- Low Residue

## Codes Used in This Menu

### ED ENERGY DENSE:

More nourishing than those coded H as they contain more calories. Suitable for patients with a reduced appetite.

### EC EASY TO CHEW:

Suitable for patients who have difficulty coping with firm foods due to having no teeth, badly fitted dentures or sore mouths. Refer to our modified texture menus if you have difficulties with swallowing (dysphagia).

### V VEGETARIAN:

Free from meat, poultry, fish and all products derived from these. Suitable for vegetarians that consume, milk, eggs and their products. Vegan menu available.

## Your Feedback

If you have any comments, compliments or complaints or simply wish to speak to a member of the catering team about your child's dietary needs, please ask for a Patient Ambassador or the Catering Manager.

