

Breakfast

Juices

- Apple juice V VG
- Orange juice H V VG

Cereals

Served with hot or cold milk.
Gluten free cereal option
available on request

- Cornflakes V
- Bran flakes H V
- Rice Krispies V
- Ready Brek H V
- Weetabix H V VG

Yoghurts

- Healthy balance
yoghurt EC H V
- Thick and creamy
yoghurt EC V
- Soya fruit yoghurt V VG

Fruit

- Banana H V VG
- Easy peel orange H V VG
- Apple H V VG

Toast

- With butter or unsaturated
spread. Gluten free roll
option available.
- Wholemeal bread
- White bread

Preserves

- Assorted jams
- Marmalade
- Honey

Beverages

Decaf coffee and tea
available upon request

- Tea
- Herbal tea
- Coffee
- Malted hot drink
- Hot chocolate
- Fruit squash

Artificial sweetener
available at ward level

Snacks

Available mid morning,
mid afternoon and late
evening with your drinks

- Pack of mini biscuits V
- Ready salted crisps V
- Healthy balance
yoghurt EC H V
- Thick and creamy
yoghurt EC V
- Soya fruit yoghurt EC H V VG
- Madeira cake EC V
- Cheese and crackers V
- Banana H V VG
- Easy peel orange H V VG
- Apple H V VG
- Custard pot EC V

Dietary coding and special diets

If you have any other specific dietary requirements
or food allergies please inform a member of the
ward staff when selecting meals or beverages.
Other menus are available as follows: Cultural;
Allergen aware; Gluten free; Dysphagia (modified
texture), Finger food; Out of hours, Vegan.
Please speak to a member of the ward staff.

- EC EASY TO CHEW**
Soft or moist foods that are easier to chew.
- H HEALTHIER EATING** Dishes/items that have
low total fat, salt and added sugar content, and
are suitable as part of a healthy balanced diet.
- E HIGH ENERGY** Dishes that are particularly high
in calories and are suitable choices if you have
a small appetite or require food high in energy
due to your illness, weight loss or surgery.
- V VEGETARIAN** Suitable for lacto-ovo vegetarians
where milk, egg and their products are consumed but
excludes all meat, poultry, fish and ingredients or
products derived from these e.g. gelatine and rennet.
- VG VEGAN** Suitable for vegans who exclude all
forms of animal and fish flesh and their products.
i.e. milk, eggs, cheese, honey, and animal based
food additives such as lecithin and whey.

