

Patient Menu



.....

Main & Special Diets



FACILITY SERVICES
HEALTHCARE



University Hospitals
Coventry and Warwickshire
NHS Trust



Contents

Menu Overview	03	Friday Main Supper	09
Breakfast	04	Saturday Light Lunch	10
Monday Light Lunch	05	Saturday Main Supper	10
Monday Main Supper	05	Sunday Main Lunch	11
Tuesday Light Lunch	06	Sunday Light Supper	11
Tuesday Main Supper	06	Alternative Menu Courses	12
Wednesday Light Lunch	07	Cultural	13
Wednesday Main Supper	07	Gluten Free	14
Thursday Light Lunch	08	Texture C: Puree	15
Thursday Main Supper	08	Texture E: Fork Mashable	16
Friday Light Lunch	09	Free From/Snack Box/Lite Bites	17
		Finger Food	18

Welcome

We are sorry you are unwell and need to be in Hospital but we will try and make you stay as comfortable as possible.

The food on this menu has been developed through consultation with Staff and Patients from UHCW, incorporating all of the popular dishes chosen by the Patients.

Meal times are between the following times:

Breakfast 7.45am - 8.45am

Lunch 12.00 noon - 1.00pm

Supper 5.00pm - 6.00pm

Condiments & Sauces

These are available on the ward so please ask a member of ward staff.

Clean Hands Policy

We encourage all patients to wash their hands before eating.

Please ask a member of ward staff if you require assistance.

No food allowed in from family and friends.

Due to food safety restrictions regarding storage of food (on ward and in ward kitchens), visitors are recommended not to bring in food for patients.

Allergies

If you have any food allergies, please inform the ward staff immediately and they will liaise with the catering and dietetic departments to ensure that suitable food is provided.

If you require allergen information for any of the items on our menu, please ask your Nurse or Hostess who will happily get the 'Patient Allergen file' for you.

Cultural Menu

We are able to provide a range of Cultural and Ethnic meals including Certified Halal, Vegetarian, Vegan, Asian Vegetarian and Caribbean.

Special Dietary Needs

If you have a special dietary requirement due to a clinical condition or food intolerance / allergy please inform a member of the nursing team.

We are able to provide a range of meals including Certified Gluten Free, Texture Modified consistencies, including Texture C (Puree) and Texture E (Fork Mashable) Low Potassium.

Any comments?
The ISS Catering Team hope that you enjoy your meals during your stay with us. Our menus have been designed to allow you to choose appetising and nutritious food. Should you wish to discuss any aspect of the Catering Service with us please ask a member of ward staff to arrange this.

Snack Box
The Snack Box including a roll or a sandwich is available to you if you have missed a meal (due to treatment or tests) or you have been admitted and not had the opportunity of a meal.
If you would like a Snack Box then please speak to your Ward Host or Hostess or Nursing Staff.
Lite Bites are also available.

Breakfast

Menu



Daily Breakfast Menu
Each morning you will be able to make a selection from the Breakfast Menu served on the ward.

- Apple Juice **V NAS**
- Orange Juice **V NAS**
- Pineapple Juice **V NAS**
- Cornflakes **V**
- Weetabix **♥ V NAS**
- Rice Krispies **V**
- Ready Brek **♥ V NAS C**
- Muesli **♥ V NAS**
- Bran Flakes **♥ V**
- Wholemeal Bread **♥ V NAS**
- White Bread **V NAS**
- Butter **V NAS**
- Low Fat Spread **V NAS**
- Jam **V NAS**
- Marmalade **V NAS**

- ♥ Healthier eating
- V Vegetarian
- NAS No added salt
- C Texture C

Monday

Light Lunch

- Starter**
Orange, Apple or Pineapple Juice **V NAS**
- Hot Main Courses**
Plain Omelette **V**
Fish Fingers
Pork Ravioli Au Gratin
Cheese & Onion Quiche **V**
- Side Dishes**
Side Salad **♥ V NAS**
Baked Beans **V**
Sliced Bread with Spread or Butter
- Desserts**
Éclair **V**
Creamy Yoghurt **V NAS**
Light Yoghurt **♥ NAS**
Rice Pudding Pot (cold) **♥ V NAS**
Jelly **♥ NAS**
Ice Cream **V NAS**
Egg Custard Tart **V NAS**
Peaches in Juice **♥ V NAS**
Fresh Fruit **♥ V NAS**

- ♥ Healthier eating
- V Vegetarian
- NAS No added salt
- GF Gluten free

Main Supper

- Starter**
Orange, Apple or Pineapple Juice **V NAS**
- Hot Main Courses**
Fish in Parsley Sauce **♥ NAS**
Pork & Leek Sausage
Cheese & Onion Potato Pie **V NAS**
- Accompaniments**
Creamed Potatoes **V**
New Potatoes **♥ V NAS**
Swede **♥ V NAS**
Peas **♥ V NAS**
Gravy **V**
- Side Dishes**
Side Salad **♥ V NAS**
Sliced Bread with Spread or Butter
- Desserts**
Pear & Chocolate Crumble (& Custard) **V NAS**
Rice Pudding (hot) **♥ V NAS**
Creamy Yoghurt **V NAS**
Light Yoghurt **♥ NAS**
Ice Cream **V NAS**
Fresh Fruit **♥ V NAS**
Mandarins in Juice **♥ V NAS**
Cheese & Biscuits **V**



Tuesday

Light Lunch

Starter

Orange, Apple or Pineapple Juice **V NAS**

Hot Main Courses

Cheese & Onion Pasty **V**
Cheese & Ham Omelette
Quiche Lorraine
Macaroni Cheese with Mustard **V**

Side Dishes

Side Salad **♥ V NAS**
Baked Beans **V**
Sliced Bread with Spread or Butter

Desserts

Éclair **V**
Creamy Yoghurt **V NAS**
Light Yoghurt **♥ NAS**
Rice Pudding Pot (cold) **♥ V NAS**
Jelly **♥ NAS**
Ice Cream **V NAS**
Egg Custard Tart **V NAS**
Peaches in Juice **♥ V NAS**
Fresh Fruit **♥ V NAS**

Main Supper

Starter

Orange, Apple or Pineapple Juice **V NAS**

Hot Main Courses

Chicken Tikka Masala
Cottage Pie
Cauliflower Cheese **V NAS**

Accompaniments

Creamed Potatoes **V**
Croquette Potatoes **V**
Green Beans **♥ V NAS**
Peas **♥ V NAS**
Gravy **V**
Rice **♥ V NAS**

Side Dishes

Side Salad **♥ V NAS**
Sliced Bread with Spread or Butter

Desserts

Sultana Sponge **V**
(& Custard) **V NAS**
Rice Pudding (hot) **♥ V NAS**
Creamy Yoghurt **V NAS**
Light Yoghurt **♥ NAS**
Ice Cream **V NAS**
Fresh Fruit **♥ V NAS**
Pineapple in Juice **♥ V NAS**
Cheese & Biscuits **V**



♥ Healthier eating
V Vegetarian
NAS No added salt
GF Gluten free

Wednesday

Light Lunch

Starter

Orange, Apple or Pineapple Juice **V NAS**

Hot Main Courses

Sausages **NAS**
Plain Omelette **V**
Pasta Bolognese **♥ NAS**
Cheese & Onion Quiche **V**

Side Dishes

Side Salad **♥ V NAS**
Baked Beans **V**
Sliced Bread with Spread or Butter

Desserts

Éclair **V**
Creamy Yoghurt **V NAS**
Light Yoghurt **♥ NAS**
Rice Pudding Pot (cold) **♥ V NAS**
Jelly **♥ NAS**
Ice Cream **V NAS**
Egg Custard Tart **V NAS**
Peaches in Juice **♥ V NAS**
Fresh Fruit **♥ V NAS**

♥ Healthier eating
V Vegetarian
NAS No added salt
GF Gluten free

Main Supper

Starter

Orange, Apple or Pineapple Juice **V NAS**

Hot Main Courses

Beef & Onion Pie **NAS**
Roast Pork **♥ NAS**
Vegetable Lasagne **V**

Accompaniments

Creamed Potatoes **V**
Sauté Potatoes **V NAS**
Mixed Vegetables **♥ V NAS**
Peas **♥ V NAS**
Gravy **V**

Side Dishes

Side Salad **♥ V NAS**
Sliced Bread with Spread or Butter

Desserts

Rhubarb & Apple Crumble **V NAS**
(& Custard) **V NAS**
Rice Pudding (hot) **♥ V NAS**
Creamy Yoghurt **V NAS**
Light Yoghurt **♥ NAS**
Ice Cream **V NAS**
Fresh Fruit **♥ V NAS**
Peaches in Juice **♥ V NAS**
Cheese & Biscuits **V**



Thursday

Light Lunch

Starter

Orange, Apple or Pineapple Juice **V NAS**

Hot Main Courses

Fish Fingers
Cheese & Ham Omelette
Chicken Goujons
Cauliflower & Broccoli
Pasta **V NAS**

Side Dishes

Side Salad **♥ V NAS**
Baked Beans **V**
Sliced Bread with Spread or Butter

Desserts

Éclair **V**
Creamy Yoghurt **V NAS**
Light Yoghurt **♥ NAS**
Rice Pudding Pot (cold) **♥ V NAS**
Jelly **♥ NAS**
Ice Cream **V NAS**
Egg Custard Tart **V NAS**
Peaches in Juice **♥ V NAS**
Fresh Fruit **♥ V NAS**

♥ Healthier eating
V Vegetarian
NAS No added salt
GF Gluten free

Main Supper

Starter

Orange, Apple or Pineapple Juice **V NAS**

Hot Main Courses

Shepherd's Pie **♥ NAS**
Bacon & Leek Pasta
Vegetable & Bean Chilli **♥ V NAS**

Accompaniments

Creamed Potatoes **V**
Rice **♥ V NAS**
Green Beans **♥ V NAS**
Peas **♥ V NAS**
Gravy **V**

Side Dishes

Side Salad **♥ V NAS**
Sliced Bread with Spread or Butter

Desserts

Lemon Curd Sponge
(& Custard) **V NAS**
Rice Pudding (hot) **♥ V NAS**
Creamy Yoghurt **V NAS**
Light Yoghurt **♥ NAS**
Ice Cream **V NAS**
Fresh Fruit **♥ V NAS**
Pears in Juice **♥ V NAS**
Cheese & Biscuits **V**



Friday

Light Lunch

Starter

Orange, Apple or Pineapple Juice **V NAS**

Hot Main Courses

Scotch Pie
Plain Omelette **V**
Quiche Lorraine
Pasta Bolognese **♥ NAS**

Side Dishes

Side Salad **♥ V NAS**
Baked Beans **V**
Sliced Bread with Spread or Butter

Desserts

Éclair **V**
Creamy Yoghurt **V NAS**
Light Yoghurt **♥ NAS**
Rice Pudding Pot (cold) **♥ V NAS**
Jelly **♥ NAS**
Ice Cream **V NAS**
Egg Custard Tart **V NAS**
Peaches in Juice **♥ V NAS**
Fresh Fruit **♥ V NAS**

♥ Healthier eating
V Vegetarian
NAS No added salt
GF Gluten free

Main Supper

Starter

Orange, Apple or Pineapple Juice **V NAS**

Hot Main Courses

Battered Fish
Beef Casserole **NAS**
Vegetable Jalfrazi **♥ V**

Accompaniments

Creamed Potatoes **V**
Chips **V NAS**
Mushy Peas **♥ V**
Mixed Vegetables **♥ V NAS**
Gravy **V**
Rice **♥ V NAS**

Side Dishes

Side Salad **♥ V NAS**
Sliced Bread with Spread or Butter

Desserts

Date & Apple Crunch
(& Custard) **V NAS**
Rice Pudding (hot) **♥ V NAS**
Creamy Yoghurt **V NAS**
Light Yoghurt **♥ NAS**
Ice Cream **V NAS**
Fresh Fruit **♥ V NAS**
Fruit Cocktail in Juice **♥ V NAS**
Cheese & Biscuits **V**



Saturday

Light Lunch

Starter

Orange, Apple or Pineapple Juice **V NAS**

Hot Main Courses

Sausage Roll

Plain Omelette **V**

Beef Burger

Cauliflower & Broccoli Bake **V NAS**

Side Dishes

Side Salad **♥ V NAS**

Baked Beans **V**

Sliced Bread with Spread or Butter

Desserts

Éclair **V**

Creamy Yoghurt **V NAS**

Light Yoghurt **♥ NAS**

Rice Pudding Pot (cold) **♥ V NAS**

Jelly **♥ NAS**

Ice Cream **V NAS**

Egg Custard Tart **V NAS**

Peaches in Juice **♥ V NAS**

Fresh Fruit **♥ V NAS**

♥ Healthier eating
V Vegetarian
NAS No added salt
GF Gluten free

Main Supper

Starter

Orange, Apple or Pineapple Juice **V NAS**

Hot Main Courses

Beef Lasagne

Potato topped Chicken & Leek Pie **NAS**

Bean & Vegetable Hotpot **V NAS**

Accompaniments

Creamed Potatoes **V**

Swede **♥ V NAS**

Peas **♥ V NAS**

Gravy **V**

Side Dishes

Side Salad **♥ V NAS**

Sliced Bread with Spread or Butter

Desserts

Jam Sponge (& Custard) **V NAS**

Rice Pudding (hot) **♥ V NAS**

Creamy Yoghurt **V NAS**

Light Yoghurt **♥ NAS**

Ice Cream **V NAS**

Fresh Fruit **♥ V NAS**

Peaches in Juice **♥ V NAS**

Cheese & Biscuits **V**



Sunday

Main Lunch

Starter

Orange, Apple or Pineapple Juice **V NAS**

Hot Main Courses

Roast Chicken **♥ NAS**

Tuna & Pasta Cheese Bake **NAS**

Cauliflower Cheese **V NAS**

Accompaniments

Creamed Potatoes **V**

Roast Potatoes **V**

Savoy Cabbage **♥ V NAS**

Sliced Carrots **♥ V NAS**

Gravy **V**

Side Dishes

Side Salad **♥ V NAS**

Baked Beans **V**

Sliced Bread with Spread or Butter

Desserts

Apple Pie (& Custard) **V**

Rice Pudding (hot) **♥ V NAS**

Creamy Yoghurt **V NAS**

Light Yoghurt **♥ NAS**

Ice Cream **V NAS**

Fresh Fruit **♥ V NAS**

Mandarins in Juice **♥ V NAS**

Cheese & Biscuits **V**

♥ Healthier eating
V Vegetarian
NAS No added salt
GF Gluten free

Light Supper

Starter

Orange, Apple or Pineapple Juice **V NAS**

Hot Main Courses

Plain Omelette **V**

Salmon Fish Cakes

Sausages

Cheese & Onion Quiche **V**

Side Dishes

Side Salad **♥ V NAS**

Baked Beans **V**

Sliced Bread with Spread or Butter

Desserts

Éclair **V**

Creamy Yoghurt **V NAS**

Light Yoghurt **♥ NAS**

Rice Pudding Pot (cold) **♥ V NAS**

Jelly **♥ NAS**

Ice Cream **V NAS**

Egg Custard Tart **V NAS**

Peaches in Juice **♥ V NAS**

Fresh Fruit **♥ V NAS**



Alternative Main Courses

Menu

Alternative Main Courses

Gluten Free Cheese & Mixed Leaf Salad Roll **V GF**

Gluten Free Ham & Mixed Leaf Salad Roll **GF**

Tomato & Lentil, Chicken or Pea & Ham Soup served with a Bread Roll

Jacket Potatoes - served with butter or low fat spread & your choice of filling

Chilli Con Carne **♥ NAS**

Cheddar Cheese **V**

Tuna **♥ NAS**

Baked Beans **♥ V**

Salad - served with a bread roll (white or wholemeal) & butter or low fat spread with a salad consisting of lettuce, cucumber, tomato with coleslaw & potato salad

Chicken Salad **♥**

Ham Salad

Tuna Salad **♥ NAS**

Cheddar Cheese Salad **V**

Egg Salad **♥ V NAS**

Sandwiches - choose from our selection of freshly cut sandwiches (white or wholemeal). All served with a salad garnish

Egg Mayonnaise **V NAS**

Tuna Mayonnaise **♥ NAS**

Plain Ham

Cheddar Cheese **V**

Chicken Mayonnaise

Humous, Bean & Carrot **♥ V**

Cream Cheese **♥ V NAS**

Halal Chicken, Mayo

& Sweetcorn **♥ NAS**

♥ Healthier eating
V Vegetarian
NAS No added salt
GF Gluten free



Cultural

Menu

Vegan

Butternut Squash & Butterbean Stew **♥ V NAS GF**

Mediterranean Lentils **♥ V NAS GF**

Vegetable Jalfrezi **♥ V**

Spicy Bean Casserole, Pot Wedges, Peas, Sweetcorn & Broccoli **V NAS**

Vegan Cauliflower & Spinach Curry **V**

Caribbean

Curried Chicken, Steamed Cabbage & Plain Rice **R**

Curried Goat, Coconut Vegetables & Plain Rice **R**

Mutton & Stew Peas, Coconut Vegetables & Plain Rice **NAS R**

Brown Stew Chicken, Coconut Vegetables & Plain Rice **R**

Asian Vegetarian (NOT Vegan)

Aloo Gobi Peas, Toor Dal, Plain Rice & Naan **V R**

Aubergine Peas, Potato, Toor Dal, Plain Rice & Naan **V R**

Aloo Saag, Toor Dal, Plain Rice & Naan **V R**

Black Eye Bean, Mixed Vegetables, Plain Rice & Naan **V R**

Halal

Chicken Korma, Red Lentils, Plain Rice & Naan **NAS R**

Chicken Masala, Mixed Vegetables & Basmati Rice **NAS GF R**

Mutton Jalfrezi, Mixed Vegetables & Basmati Rice **NAS GF R**

Fish Masala, Mixed Vegetables & Basmati Rice **NAS GF R**

Please order Fruit Juice & Dessert from the Main Menu

♥ Healthier eating
V Vegetarian
NAS No added salt
GF Gluten free
R Renal



Gluten Free

Menu

Daily Breakfast

Orange, Apple & Pineapple Juice **V NAS**

Gluten Free Cornflakes **V**

Gluten Free Bread or Toast (2 slices) **V**

Butter or Low Fat Spread **♥ V NAS R**

Jam **V NAS**

Marmalade **V NAS**

Lunch & Supper Mains

Fruit Juice **V NAS**

Corned Beef Hash with Peas & Carrots

Chilli Con Carne with Rice **♥**

Chicken Curry with Rice **♥**

Chicken Breast in Cheese & Bacon Sauce with Baked Potato, Carrots & Peas

Ocean Pie with Peas, Green Beans, Cauliflower & Sweetcorn

Omelette with Chips & Baked Beans **V**

Side Dishes

Sliced Gluten Free Bread with Spread or Butter **V**

- ♥** Healthier eating
- V** Vegetarian
- NAS** No added salt

Rolls

Cheese & Mixed Leaf Salad **♥ V NAS**

Ham & Mixed Leaf Salad

Desserts

Rice Pudding (hot) **♥ V NAS**

Fresh Fruit **♥ NAS**

Custard Pot (Vanilla) **♥ V NAS**

Custard Pot (Strawberry) **♥ V NAS**

Custard Pot (Banana) **♥ V NAS**

Chocolate Mousse

Raspberry Mousse **V**

Crème Caramel

Snacks

Gluten Free Biscuits **V**



Puree

Texture C

Mains

Fish in Creamy Sauce

Shepherd's Pie

Macaroni Cheese **V**

Beef in Gravy **NAS GF R**

Chicken in Gravy **NAS GF R**

Pork & Apple Casserole **NAS GF**

Salmon Supreme **NAS GF**

Vegetable & Bean Cottage Pie **V NAS**

Chicken Curry, Mash Potato, Aloo Saag & Red Lentils (Halal)

Vegetable Curry & Paneer Bhinjia, Mash Potato, Aloo Saag & Red Lentils **V**

Cheese Omelette **V GF**

Desserts

Pureed Fruit **V NAS**

Smooth & Creamy Yoghurt **V NAS**

Crème Caramel **V NAS GF R**

Custard Pot (Vanilla) **♥ V NAS GF**

Custard Pot (Strawberry) **♥ V NAS GF**

Custard Pot (Banana) **♥ V NAS GF**

Ground Rice Pudding **V NAS**

Apple Pie & Custard **V**

- ♥** Healthier eating
- V** Vegetarian
- NAS** No added salt
- GF** Gluten free
- R** Renal



Fork Mashable

Texture E

Mains

- Cottage Pie **GF R**
- Sausage Casserole **R**
- Mutton Hotpot
- Fish Pie **GF R**
- Salmon Supreme **GF**
- Cheese & Onion Potato Pie **V**
- Vegan Vegetable Curry **V**
- Cheesy Omelette **V R**
- Cauliflower Cheese & Broccoli Bake **V R**

Desserts

- Lemon Sponge & Custard **V R**
- Apple Pie & Custard **V**
- Tinned Pears (no Juice) **V NAS GF R**
- Tinned Peaches (no Juice) **V NAS GF R**
- Tinned Apricots (no Juice) **V NAS GF R**
- Banana (mashed) **V NAS GF**
- Rice Pudding **V NAS GF R**
- Yoghurt (Toffee) **V NAS**
- Yoghurt (Peach) **V NAS**
- Yoghurt (Strawberry) **V NAS**
- Crème Caramel **V NAS GF R**

- ♥ Healthier eating
- ✓ Vegetarian
- NAS** No added salt
- GF** Gluten free
- R** Renal



Free From

Meals Menu



- Free from Milk, Wheat, Gluten, Soya & Egg**
- Vegan Cauliflower & Spinach Curry **♥ V NAS GF R EF SF**
- Corned Beef Hash with Peas & Carrots **♥ V NAS GF R EF SF**
- Chilli Con Carne with Rice **♥ NAS GF R EF SF**
- Lamb & Vegetable Casserole with Potatoes, Green Beans & Carrots **♥ V NAS GF R EF SF**
- Vegan Spicy Bean Casserole, Potato Wedges, Peas, Sweetcorn & Broccoli **♥ V NAS GF R EF SF**

Lite Bite

Menu

- Missed a meal (due to treatment or tests)?**
- Casserole **V NAS GF R EF SF MF**
- Butternut Squash & Butterbean Stew **♥ V NAS GF**
- Macaroni Cheese **V NAS R EF**
- Sausages in Onion Gravy **EF SF**
- Cheese Omelette (Puree Texture C Meal) **V**
- Pureed Beef in Gravy **NAS**
- All Day Breakfast
- Breaded Fish & Chips **NAS**
- Chicken
- Curry **♥ NAS GF R EF SF**
- Cottage Pie **♥ NAS GF R EF SF**
- Lamb & Vegetable

- ♥ Healthier eating
- ✓ Vegetarian
- NAS** No added salt
- GF** Gluten free
- R** Renal
- EF** Egg free
- SF** Soya free
- MF** Milk free

Finger Food

Menu

Starter

Orange, Apple or Pineapple Juice **V**

Mains

Chicken Nuggets

Sausage Roll **H**

Sausages **H**

Fish Cakes **S**

Fish Fingers **S**

Plain Omelette **♥ V S**

Cheese & Onion Quiche **V H**

Quiche Lorraine **H**

Vegetable Sausage **V**

Vegetable Nuggets **V S**

Beef Burger

Accompaniments

Choose 1 Potato & 2 Vegetables

Jacket Wedge **♥ V**

Potato Croquettes **V S**

Chips **V**

Sauté Potatoes **V H S**

Hash Browns **V H S**

Bread Roll (soft) **V S**

Cauliflower **V**

Broccoli **V**

Carrots **V**

Green Beans **V**

- ♥** Healthier eating
- V** Vegetarian
- H** Higher energy
- S** Softer choice

Sandwiches

Available on white or wholemeal bread

Chicken Mayonnaise **S**

Tuna Mayonnaise **S**

Egg Mayonnaise **V S**

Creamed Cheese **V**

Cheddar Cheese **V S**

Plain Ham

Humous, Bean & Carrot **V**

Snacks

Choose for Snack Time from trolley

Cheese portion **V H S**

Creamed Cracker **V**

Banana **♥ V**

Mini pack or Biscuits **V**

Desserts (choose 1)

Jam Doughnut **V H S**

Chocolate Éclair **V S**

Cakes (assorted) **V S**

Egg Custard Tart **V**

Scone **V**



