

MENU

WEEK 2



Chesterfield Royal Hospital
NHS Foundation Trust

**WELCOME TO
CHESTERFIELD ROYAL HOSPITAL**
Please find enclosed your guide to
meals, beverages and snacks.

sodexo
QUALITY OF LIFE SERVICES

WELCOME

Dear Patient,

Firstly we would like to warmly welcome you to the Chesterfield Royal Hospital NHS Foundation Trust.

We hope that your stay here is as comfortable as possible.

Our patient menus have been carefully designed to ensure patients nutritional dietary needs, as well as their religious and cultural beliefs are catered for.

Some ingredients and products may be unsuitable if you have a special dietary requirement, please ask a member of the ward staff to check before ordering, or if you require a special diet menu.

Your meal order will be collated via our electronic menu ordering system in the morning (for your preferred lunch choice) and again in the afternoon (for your preferred evening meal choice). Your patient menu will inform you of your daily menu options in advance of your order being taken. Ward staff will provide assistance should you require help when selecting your meal.

We hope you enjoy your meals.

SPECIAL DIETS, CULTURAL AND RELIGIOUS MENUS

We provide a range of menus to meet the different clinical needs and cultural and religious beliefs of patients. These menus include:

- Nutritional support
- Texture modified (All modified texture diets provided by the Trust are compliant with the International Dysphagia Diet Standardisation Initiative 2016)
- No gluten containing ingredients
- No gluten/no milk
- No milk
- Colorectal light
- MAOI
- Vegan
- Halal
- Kosher
- Paediatrics

Menus that have been designed to meet the clinical needs of patients requiring a special diet, are for those who meet the clinical criteria only. These menus are not designed for patients who do not clinically require a special diet.

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SERVICE TIMES

Breakfast served between	08:00 - 09:00
Lunch served between	12:15 - 13:00
Evening meal served between	17:15 - 18:00

CLEAN HANDS POLICY

We encourage all patients to wash their hands before eating. Please ask a member of the ward staff if you need any assistance. A napkin will also be provided on your tray.

NEED EXTRA HELP AT MEALTIMES?

All staff are committed to ensuring your stay is as comfortable and trouble free as possible. If at anytime you need extra help, please let a member of the ward staff know, for example:

- Assistance choosing a suitable meal for your dietary requirements
- Help cutting up your food
- Extra support or assistance with feeding

PROTECTED MEALTIMES

Every ward operates a protected mealtimes policy

This is a period of time when meal services take priority over other routine activities. Our aim is to provide a quiet and calm environment and the time you need to enjoy your meals without interruption.

Visitors are welcome at meal times to assist patients who need help with eating, following agreement with a senior nurse on the ward.

DIETARY CODING AND SPECIAL DIETS

We use the following codes in our menus to help you identify the most suitable options to meet your dietary needs.

EC

EASY TO CHEW

Designed to be of benefit to patients with mild chewing difficulties but do not have swallowing problems e.g. sore mouth or loose/no dentures.

FF

FINGER FOOD FRIENDLY These food choices can be easily eaten with dignity, without the aid of cutlery but using the hands instead. Finger food friendly food options can encourage improved food intake and support independent feeding.

H

HEALTHIER EATING Dishes that contain moderate amounts of fat, sugar and salt and are suitable as part of a balanced, healthy diet (suitable for those with diabetes).

E

HIGHER ENERGY These dishes are more nourishing than healthier eating dishes, as they contain more calories and protein.

V

VEGETARIAN Suitable for lacto-ovo vegetarians, who eat both eggs and dairy products, but exclude all meat, poultry, seafood and products derived from these (e.g. gelatine and rennet).

GUIDE TO PORTION SIZES

Main courses and desserts are served in a standardised size, designed to ensure the menu delivers balanced nutrition. A smaller portion can be selected if required. Potatoes, rice and vegetables are always available in small, standard or large (double portion) sizes.

THE EATWELL GUIDE

The Eatwell Guide translates government recommendations to show how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. You do not need to achieve this balance at every meal but try to get the balance right over a day or even a week.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eatwell

Use the Eatwell Guide to help you get a balanced diet. It shows how much of what you eat overall should come from each food group.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

Guide

ence of healthier and more sustainable food.
should come from each food group.



Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

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THE EATWELL GUIDE DEPICTS A HEALTHY, BALANCED DIET, WHICH INCLUDES:

- Eating at least 5 portions of a variety of fruit and vegetables every day
- Basing meals on potatoes, bread, rice, pasta or other starchy carbohydrates, ideally wholegrain
- Having some dairy or dairy alternatives (such as soya drinks) choosing lower fat and lower sugar options
- Eating some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choosing unsaturated oils and spreads and consuming in small amounts
- Drinking 6 to 8 cups or glasses of fluid a day

If consuming foods and drinks high in fat, salt and sugar then have these less often and in small amounts.

Many foods, such as pizzas, casseroles, pasta dishes and sandwiches, are combinations of the food groups in the Eatwell Guide. With these meals think about how these fit with the sections on the guide to help you achieve a balanced diet.

The Eatwell Guide applies to most of us, whether we're a healthy weight or overweight, whether we eat meat or are vegetarian, and no matter what our ethnic origin. The Eatwell Guide does not apply to children under the age of 2 because they have different nutritional needs. Anyone with special dietary requirements or medical needs might want to check with a registered dietitian on how to adapt the Eatwell Guide to meet their individual needs.

These eight practical tips cover the basics of healthy eating, and can help you make healthier choices.

1. Base your meals on starchy carbohydrates
2. Eat lots of fruit and veg
3. Eat more fish – including a portion of oily fish
4. Cut down on saturated fat and sugar
5. Eat less salt – no more than 6g a day for adults
6. Get active and be a healthy weight
7. Don't get thirsty
8. Don't skip breakfast

Note: Information taken from NHS Choices

BREAKFAST

JUICES

Fruit juice 

CEREALS

Branflakes 

Cornflakes 

Porridge  

Weetabix® 

Rice Krispies® 

TOAST & BREADS

All served with low fat spread or butter and choice of preserves

Wholemeal bread 

White bread 

If you are on a restricted or special diet, staff on the ward will speak to you about the options you might like for your breakfast

BEVERAGES

Tea

Decaf tea

Coffee

Decaf coffee

Fruit squash

Malted milk

Hot Chocolate

Semi-skimmed milk

Full fat milk

SNACKS

Eating a little bit of what you fancy can help you on the road to recovery. That's why we provide our patients with a range of tempting, tasty snacks mid-morning and again in the afternoon.

Our range of snacks includes; biscuits, cake, crisps, custard pots and dried fruit. Fresh fruit is available upon request.



MONDAY LUNCH

APPETISERS

Leek & potato soup **E V**

Fruit juice **H V**

MAINS

Liver & bacon hotpot **H**

Traditional fishcakes* **FF H**

Cheese & potato
bake **EC E V**

*Parsley sauce **V** available
on request to accompany
main courses*

SIDES

POTATOES & RICE

Creamed potatoes **EC E V**

Potato wedges **FF E V**

VEGETABLES & SIDE SALAD

Side salad **FF H V**

Diced carrot **EC FF H V**

Green beans **FF H V**

SANDWICHES

*Available on white or
wholemeal bread*

Ham & cheese **FF**

Egg mayonnaise **EC FF E V**

SALADS

Ham **FF**

Cheese **FF V**

DESSERTS

Apricot & apple
crumble **EC E V**

Custard **V**

Cheese & biscuits **FF V**

Vanilla ice cream **EC V**

Piece of fresh fruit **FF H V**



* This dish is MSC certified
Please note: fish dishes may contain bones

MONDAY EVENING

APPETISERS

Vegetable soup **E** **V**

Fruit juice **H** **V**

MAINS

Beef & onion pie **E**

Tomato & pepper
pasta bake **V**

*Gravy **V** available on request
to accompany main courses*

SIDES

POTATOES & RICE

Chipped potatoes **FF** **E** **V**

Mashed potato **EC** **V**

VEGETABLES & SIDE SALAD

Side salad **FF** **H** **V**

Broccoli **EC** **FF** **H** **V**

JACKET POTATOES

Jacket potato **EC** * **H**

*With one of the
following fillings:*

Cheese **EC** * **E** **V**

Tuna mayonnaise **EC** * **H**

Baked beans **H** **V**

Cheese & baked beans **V**

Tuna mayonnaise
& cheese **EC** *

EC * When skin removed

SANDWICHES

*Available on white or
wholemeal bread*

Ham & cheese **FF**

Egg mayonnaise **EC** **FF** **E** **V**

SALADS

Ham **FF**

Cheese **FF** **V**

DESSERTS

Fruit yogurt **EC** **H** **V**

Rice pudding **EC** **V**

Cheese & biscuits **FF** **V**

Piece of fresh fruit **FF** **H** **V**

Information on the allergen content of our foods
can be obtained from the catering department

TUESDAY LUNCH

APPETISERS

Tomato soup **E V**

Fruit juice **H V**

MAINS

Chicken casserole
& Yorkshire pudding **H**

Tuna & potato bake **EC**

Harvest vegetable pie **E V**

*Gravy **V** available on request
to accompany main courses*

SIDES

POTATOES & RICE

Chipped potatoes **FF E V**

Mashed potato **EC V**

VEGETABLES & SIDE SALAD

Side salad **FF H V**

Broccoli **EC FF H V**

Diced swede **EC FF H V**

SANDWICHES

*Available on white or
wholemeal bread*

Tuna mayonnaise **EC FF E**

Cheese **EC FF V**

SALADS

Ham **FF**

Cheese **FF V**

DESSERTS

Syrup sponge **EC E V**

Custard **V**

Cheese & biscuits **FF V**

Vanilla ice cream **EC V**

Piece of fresh fruit **FF H V**



TUESDAY EVENING

APPETISERS

Mushroom soup **E V**

Fruit juice **H V**

MAINS

Corned beef hash **H**

Cheesy vegetable
pasta **H V**

*Gravy **V** available on request
to accompany main courses*

SIDES

POTATOES & RICE

New potatoes **FF H V**

Potato wedges **FF E V**

VEGETABLES & SIDE SALAD

Side salad **FF H V**

Green beans **FF H V**

JACKET POTATOES

Jacket potato **EC* H**

*With one of the
following fillings:*

Cheese **EC* E V**

Tuna mayonnaise **EC* H**

Baked beans **H V**

Cheese & baked beans **V**

Tuna mayonnaise
& cheese **EC***

EC* When skin removed

SANDWICHES

*Available on white or
wholemeal bread*

Tuna mayonnaise **EC FF E**

Cheese **EC FF V**

SALADS

Ham **FF**

Cheese **FF V**

DESSERTS

Chocolate mousse **EC**

Rice pudding **EC V**

Cheese & biscuits **FF V**

Piece of fresh fruit **FF H V**

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WEDNESDAY LUNCH

APPETISERS

Vegetable soup **E V**

Fruit juice **H V**

MAINS

Creamy bacon, cheese
& potato bake **E**

Breaded fish fillet* **FF H**

Three bean chilli **H V**

SIDES

POTATOES & RICE

Boiled rice **H V**

Potato wedges **FF E V**

VEGETABLES & SIDE SALAD

Side salad **FF H V**

Garden peas **H V**

Sweetcorn **H V**

SANDWICHES

*Available on white or
wholemeal bread*

Corned beef **EC FF**

Cheese savoury **EC FF E V**

SALADS

Ham **FF**

Cheese **FF V**

DESSERTS

Apple crumble **EC E V**

Custard **V**

Cheese & biscuits **FF V**

Vanilla ice cream **EC V**

Piece of fresh fruit **FF H V**



* This dish is MSC certified
Please note: fish dishes may contain bones


WEDNESDAY EVENING

APPETISERS


Leek & potato soup  

Fruit juice  

MAINS

Chicken & leek pie 

Vegetable moussaka 

Gravy  available on request to accompany main courses

SIDES

POTATOES & RICE

Boiled potatoes    

Chipped potatoes   

VEGETABLES & SIDE SALAD

Side salad   

Diced carrots    

JACKET POTATOES

Jacket potato  * 

With one of the following fillings:

Cheese  *  

Tuna mayonnaise  * 

Baked beans  



Cheese & baked beans 

Tuna mayonnaise & cheese  *

 * When skin removed

SANDWICHES

Available on white or wholemeal bread

Corned beef  

Cheese savoury    

SALADS

Ham 

Cheese  

DESSERTS

Fruit yogurt   

Rice pudding  

Cheese & biscuits  

Piece of fresh fruit   

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THURSDAY LUNCH

APPETISERS

Mushroom soup **E V**

Fruit juice **H V**

MAINS

Beef goulash
& dumplings **H**

Fish in cheese
& chive sauce **EC**

Vegetable Kiev **FF H V**

*Gravy **V** available on request
to accompany main courses*

SIDES

POTATOES & RICE

Creamed potatoes **EC E V**

Potato wedges **FF E V**

VEGETABLES & SIDE SALAD

Side salad **FF H V**

Diced carrots **EC FF H V**

Green beans **FF H V**

SANDWICHES

*Available on white or
wholemeal bread*

Chicken
mayonnaise **EC FF E**

Cheese **EC FF V**

SALADS

Ham **FF**

Egg **FF V**

DESSERTS

Baked lemon tart **FF E V**

Custard **V**

Cheese & biscuits **FF V**

Vanilla ice cream **EC V**

Piece of fresh fruit **FF H V**



THURSDAY EVENING

APPETISERS

Tomato soup **E V**

Fruit juice **H V**

MAINS

Pork & apple casserole **H**

Cheese & onion
slice **FF E V**

*Gravy **V** available on request
to accompany main courses*

SIDES

POTATOES & RICE

Mashed potato **EC V**

Chipped potatoes **FF E V**

VEGETABLES & SIDE SALAD

Side salad **FF H V**

Garden peas **H V**

Baked beans **V**

JACKET POTATOES

Jacket potato **EC* H**

*With one of the
following fillings:*

Cheese **EC* E V**

Tuna mayonnaise **EC* H**

Baked beans **H V**

Cheese & baked beans **V**

Tuna mayonnaise
& cheese **EC***

EC* When skin removed

SANDWICHES

*Available on white or
wholemeal bread*

Chicken
mayonnaise **EC FF E**

Cheese **EC FF V**

SALADS

Ham **FF**

Egg **FF V**

DESSERTS

Strawberry swirl
mousse **EC**

Rice pudding **EC V**

Cheese & biscuits **FF V**

Piece of fresh fruit **FF H V**

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FRIDAY LUNCH

APPETISERS

Leek & potato soup **E V**

Fruit juice **H V**

MAINS

Beef lasagne **EC E**

Battered fish fillet* **FF H**

Chickpea & spinach
curry **H E V**

SIDES

POTATOES & RICE

Boiled rice **H V**

Chipped potatoes **FF E V**

VEGETABLES & SIDE SALAD

Side salad **FF H V**

Mushy peas **EC V**

Diced carrots **EC FF H V**

SANDWICHES

*Available on white or
wholemeal bread*

Ham & cheese **FF**

Egg mayonnaise **EC FF E V**

SALADS

Ham **FF**

Cheese **FF V**

DESSERTS

Plum & apple
crumble **EC E V**

Custard **V**

Cheese & biscuits **FF V**

Vanilla ice cream **EC V**

Piece of fresh fruit **FF H V**



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FRIDAY EVENING

APPETISERS

Vegetable soup **E** **V**

Fruit juice **H** **V**

MAINS

Lamb & mint casserole **H**

Penne pasta in a leek
& mushroom sauce **E** **V**

*Gravy **V** available on request
to accompany main courses*

SIDES

POTATOES & RICE

Potato wedges **FF** **E** **V**

Mashed potato **EC** **V**

VEGETABLES & SIDE SALAD

Side salad **FF** **H** **V**

Broccoli **EC** **FF** **H** **V**

JACKET POTATOES

Jacket potato **EC** * **H**

*With one of the
following fillings:*

Cheese **EC** * **E** **V**

Tuna mayonnaise **EC** * **H**

Baked beans **H** **V**

Cheese & baked beans **V**

Tuna mayonnaise
& cheese **EC** *

EC * When skin removed

SANDWICHES

*Available on white or
wholemeal bread*

Ham & cheese **FF**

Egg mayonnaise **EC** **FF** **E** **V**

SALADS

Ham **FF**

Cheese **FF** **V**

DESSERTS

Fruit yogurt **EC** **H** **V**

Rice pudding **EC** **V**

Cheese & biscuits **FF** **V**

Piece of fresh fruit **FF** **H** **V**

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SATURDAY LUNCH

APPETISERS

Tomato soup **E V**

Fruit juice **H V**

MAINS

Chicken in BBQ sauce **H**

Salmon fishcakes* **FF H**

Cheese & onion
quiche **FF E V**

*Parsley sauce **V** available
on request to accompany
main courses*

SIDES

POTATOES & RICE

Boiled rice **H V**

Chipped potatoes **FF E V**

VEGETABLES & SIDE SALAD

Side salad **FF H V**

Diced carrots **EC FF H V**

Garden peas **H V**

SANDWICHES

*Available on white or
wholemeal bread*

Tuna mayonnaise **EC FF E**

Cheese **EC FF V**

SALADS

Ham **FF**

Cheese **FF V**

DESSERTS

Sticky toffee pudding **E V**

Custard **V**

Cheese & biscuits **FF V**

Vanilla ice cream **EC V**

Piece of fresh fruit **FF H V**



* This dish is MSC certified

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SATURDAY EVENING

APPETISERS

Mushroom soup **E V**

Fruit juice **H V**

MAINS

Lamb saag curry **H**

Vegetable sausage
hotpot **V**

SIDES

POTATOES & RICE

Boiled rice **H V**

Potato wedges **FF E V**

VEGETABLES & SIDE SALAD

Side salad **FF H V**

Green beans **FF H V**

JACKET POTATOES

Jacket potato **EC* H**

*With one of the
following fillings:*

Cheese **EC* E V**

Tuna mayonnaise **EC* H**

Baked beans **H V**

Cheese & baked beans **V**

Tuna mayonnaise
& cheese **EC***

EC* When skin removed

SANDWICHES

*Available on white or
wholemeal bread*

Tuna mayonnaise **EC FF E**

Cheese **EC FF V**

SALADS

Ham **FF**

Cheese **FF V**

DESSERTS

Peaches in syrup
with ice cream **EC V**

Rice pudding **EC V**

Cheese & biscuits **FF V**

Piece of fresh fruit **FF H V**

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SUNDAY LUNCH

APPETISERS

Vegetable soup **E V**

Fruit juice **H V**

MAINS

Roast beef with
Yorkshire pudding **H**

Vegetable parcel **FF E V**

*Gravy **V** available on request
to accompany main courses*

SIDES

POTATOES & RICE

Mashed potatoes **EC V**

Roast potatoes **FF E V**

VEGETABLES & SIDE SALAD

Side salad **FF H V**

Button sprouts **FF H V**

Diced carrots **EC FF H V**

SANDWICHES

*Available on white or
wholemeal bread*

Salmon **EC FF H**

Cheese savoury **EC FF E V**

SALADS

Ham **FF**

Egg **FF V**

DESSERTS

Blackberry & apple
crumble **EC E V**

Custard **V**

Cheese & biscuits **FF V**

Vanilla ice cream **EC V**

Piece of fresh fruit **FF H V**



SUNDAY EVENING

APPETISERS

Leek & potato soup **E V**

Fruit juice **H V**

MAINS

Chicken a la king **H**

Vegetable lasagne **E V**

SIDES

POTATOES & RICE

Boiled rice **H V**

Chipped potatoes **FF E V**

VEGETABLES & SIDE SALAD

Side salad **FF H V**

Garden peas **H V**

JACKET POTATOES

Jacket potato **EC* H**

With one of the following fillings:

Cheese **EC* E V**

Tuna mayonnaise **EC* H**

Baked beans **H V**

Cheese & baked beans **V**

Tuna mayonnaise
& cheese **EC***

EC* When skin removed

SANDWICHES

Available on white or wholemeal bread

Salmon **EC FF H**

Cheese savoury **EC FF E V**

SALADS

Ham **FF**

Egg **FF V**

DESSERTS

Chocolate ice cream **EC V**

Rice pudding **EC V**

Cheese & biscuits **FF V**

Piece of fresh fruit **FF H V**

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FOOD BROUGHT IN FROM HOME

Relatives and/or friends are discouraged from bringing in temperature sensitive food to the hospital for patients to consume. Temperature sensitive food items to be stored at or below 8° C and above 3° C. Where there are extenuating circumstances, for relatives and or friends to bring temperature sensitive food to the hospital for patients, the food item must be:

- a) Marked with the patient's name
- b) Date labelled (date the meal was bought to the hospital)
- c) Content labelled, an indication of the meal content
- d) Stored within the ward patient food fridge

In any event temperature sensitive food brought in by relatives and or friends must be discarded after a 24-hour period. Patients, relatives and friends must note the hospital staff are not authorised to reheat patient meals brought in by patients, relatives or friends.

YOUR FEEDBACK IS IMPORTANT TO US

If the dining service does not meet your expectations please do not hesitate to speak to a member of staff on the ward.

It is also helpful to learn which meals you enjoyed and to hear from you when you think we are doing well.

During your stay we will ask if you would like to complete a short survey about your experience. Your feedback is important to us so that we continually review and improve the catering services for everyone.

