

To Start



Fruit Juice

V VEGAN ♥ ★ GF



Soup of the Day



White or brown roll and spread on request

Traditional Favourites



Butterbean & Vegetable Cobbler

V VEGAN E

Butterbean and vegetable casserole with dumplings and a green vegetable mix



Lentil Shepherd's Pie

V VEGAN ♥ GF

Lentils and vegetables in a rich tomato gravy with a fluffy mashed potato top, served with a green vegetable mix



Plain Omelette

V ♥ ★ GF

For smaller appetites. A plain omelette served with boiled potatoes and baked beans



Steamed Salmon in Hollandaise Sauce

E GF

Served with boiled potatoes and a green vegetable mix



Cottage Pie

★ GF

Minced beef in a rich gravy topped with mashed potato and served with root vegetable mash



Sausage & Mash

E

Traditional Cumberland sausages, red onion gravy, mashed potato and garden peas



Beef Casserole

♥ GF

Tender chunks of beef in a rich gravy served with mashed potato and a vegetable mix

Global Dishes



Chickpea & Spinach Curry

V VEGAN E ★ GF

A mild chickpea and vegetable curry served with steamed rice



Chicken Tikka Masala

E GF

Tender pieces of chicken in a spicy tikka masala sauce served with steamed yellow rice



Peri Peri Chicken

GF

Peri peri spiced chicken served with spiced potato wedges, garden peas and a spicy peri peri sauce

Pasta



Cheese & Tomato Pasta

V E ★

Fusilli pasta in a rich tomato sauce, topped with Cheddar cheese



Creamy Chicken & Mushroom Pasta

E

Pasta, chicken and mushrooms in a creamy spinach sauce



Broccoli & Cheddar Pasta

V E

For smaller appetites. A small portion of pasta with broccoli in a Cheddar cheese sauce



Tuna Pasta Bake

E ★

Pasta and tuna in a tomato sauce, topped with béchamel and Cheddar cheese



Macaroni Cheese

V E ★

Pasta in a mature Cheddar cheese sauce



Beef Pasta Bolognese

E ★

Pasta served in a rich minced beef, tomato and herb sauce

Lighter Options

For smaller appetites.



Fishless Fingers

V VEGAN ♥ FF

Breaded vegan fishless fingers served with chips and broccoli florets



Cream of Tomato Soup

V ♥ ★ GF

White or brown roll and spread on request



Chicken Goujons & Potato Wedges

FF

Seasoned chicken goujons and potato wedges served with carrot batons and broccoli florets



Chunky Chicken, Pearl Barley & Vegetable Soup

♥ ★

White or brown roll and spread on request

Sandwiches

A small selection of sandwiches made with GF bread is available from the diet bay

Traditional Favourites

All served on malted bread



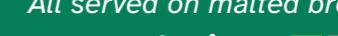
Plain & Simple

White bread, no mayonnaise and no fuss



Something Different

All served on malted bread



Salads

Greek Salad



With feta cheese, olives and red onion

Chicken Salad



Tuna Salad



Egg Salad



Cheddar Cheese Salad



Please ask about GF salad options

Jacket Potato

Plain Jacket Potato

Optional side salad on request, served with a filling of your choice



Cheddar Cheese



Tuna Mayonnaise



Plain Tuna



HEINZ Baked Beans



Also suitable for ★ when you eat the POTATO ONLY and avoid the SKIN

Using This Menu

This menu has been translated into 13 additional languages; pictorial and Braille versions are available upon request. If you are having difficulty finding food you can eat, please speak to a member of the catering team. A choice of drinks will be offered to accompany your meals.

Whilst we endeavour to prevent traces of allergens or cross contamination in our meals as far as possible, the nature of an allergen means we cannot fully guarantee this may not have occurred. Please alert your nurse and a member of the catering team if you have any food allergies and ask for our Allergy Menu.

For the nutritional information of our dishes, including carbohydrate content, ingredients and allergens, or if you need help opening food packaging, please ask a member of the team who will be happy to assist you.

The following menus are also available on request: Halal, Kosher, Caribbean, Asian Vegetarian, additional Vegan, Liver Renal, Allergy and Modified Textures.

Nutritional Symbols

If you have a special dietary requirement which the dietitian has told you about, look for the relevant symbol on the menu next to each dish.

V Vegetarian.

VEGAN Vegan.

Heart Healthier Choice. More suitable for people with diabetes and those requiring choices with less fat, saturated fat, sugar and salt.

E Higher Energy and Protein. These items are higher in calories and protein making them particularly suitable for people who need extra nutritional support.

Star Easy to Chew. These items are suitable for people requiring IDDSI level 7 easy to chew. These are not designed for people with a swallowing difficulty or those who need supervision whilst eating who will be given a separate menu. Local discretion is advised for specific patients.

GF Gluten Free. Gluten free meals and desserts and naturally gluten free foods are coded GF.

FF Finger Food. Meals suitable to eat without cutlery.

Hot & Spicy.

Hot Desserts

Served with custard

Chocolate Sponge **V E** ★

Steamed Raspberry Jam Sponge **V E** ★

Apple Crumble **V VEGAN**

Treacle Sponge **V E** ★

Pineapple Upside Down Pudding **V E**

Rhubarb & Mandarin Crumble **V VEGAN**

Low sugar option



Cold Desserts

Fresh Apple **V VEGAN** **Heart** **GF** **FF**



Fresh Orange **V VEGAN** **Heart** **GF** **FF**

Fresh Banana **V VEGAN** **Heart** **★** **GF** **FF**

Peaches in Juice **V VEGAN** **Heart** **★** **GF**

Pears in Juice **V VEGAN** **Heart** **★** **GF**

Fruit Cocktail in Juice **V VEGAN** **Heart** **★** **GF**

Devon Custard Pot **V Heart** **★** **GF**

Ambrosia Chocolate Custard Pot **V ★ GF**

Jelly **V VEGAN** **★ GF**



Sugar Free Jelly **V VEGAN** **Heart** **★ GF**

Plain Low Fat Yoghurt **V Heart** **★ GF**

Alpro Soya Yoghurt **V VEGAN** **★ GF**

Müller Thick & Creamy Yoghurt **V ★ GF**

Müller Diet Fruit Yoghurt **V Heart** **★ GF**

Ambrosia Rice Pudding **V Heart** **★ GF**

Served hot or cold

Cheese & Biscuits **V FF**

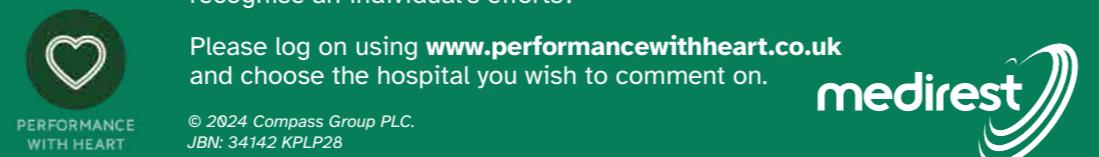
Traditional English Trifle **V ★**

A selection of snack items such as biscuits, cakes and fruit are available between your meals. If you miss a meal, snack boxes or hot meals are available 24 hours a day. Please ask a member of the ward team for further information. If you have a catering issue, please call the Medirest Helpdesk on 31414. The Patient Advice and Liaison Service (PALS) offers support, information and assistance to patients, relatives and visitors. Their office is located on the ground floor of the Hambleden Wing. 020 3299 3601 / kch-tr.PALS@nhs.ne

Medirest aims to provide the highest standards of catering and cleaning services in hospitals. We would appreciate a few minutes of your time to give us your views on our service.

Did a member of our team make you smile, or do you want us to recognise an individual's efforts?

Please log on using www.performancewithheart.co.uk and choose the hospital you wish to comment on.



© 2024 Compass Group PLC.
JBN: 34142 KPLP28



Freshly cooked for you



Lunch & Supper Menu

SPRING SUMMER 2024

Serving Times:

Breakfast 8am - 9am | Lunch 12 noon - 1pm | Supper 6pm - 7pm.

We hope you enjoy your meals during your stay.

Food @ King's