

Patient's Name.....Bay Number.....






Ward.....Bed Number.....

♥ = Healthier Choice | ↑ = High Calorie | ✓ = Vegetarian |













▼ MARK  WITHIN THE BOXES OF DISHES YOU REQUIRE FROM EACH SECTION

Food choices for People with Diabetes During your stay in hospital, it is important that you have enough calories and protein to aid your recovery. You can choose any of the foods on our menus, which are all suitable for people with diabetes.









Main Course (Choose 1 of the following)

- ☐ 1. Chicken A La King 
(Contains, Milk)
- ☐ 2. Plain Omelette  ↑ 
(Contains, Egg, Milk)
- ☐ 3. Cold Sliced Gammon  ♥
(Contains, None of the main 14 allergens)
- ☐ 4. W/meal Cheese & Pickle Sandwich ↑ 
(Contains, Wheat, Milk, Sulphites) May contain Sesame, Soya


Vegetables & Potatoes (Choose 2 of the following)

- ☐ 5. Seasonal Side Salad  ♥  May contain Mustard
- ☐ 6. Garden Peas  ♥ 
- ☐ 7. Baked Beans  ♥ 
- ☐ 8. Creamed Potatoes  ♥ 
(Contains, Milk)
- ☐ 9. Boiled New Potatoes  ♥ 
- ☐ 10. White Rice  ♥ 

Desserts (Choose 1 of each of the following)

- ☐ 11. Apple Crumble ↑ 
(Contains Wheat, Oats)
- ☐ 12. Mandarins in Natural Juice  ♥ 
- ☐ 13. Cheese Spread & Crackers ↑ 
(Contains, Milk, Wheat) May contain Sesame, Egg
- ☐ 14. Vanilla Ice Cream  ↑ 
(Contains, Milk)
- ☐ 15. Custard  ↑ 
(Contains, Milk)

SPECIAL DIETARY ADVICE

Menu items marked with  have no gluten containing ingredients.

Special Diets

If you require a special diet meal, then please speak to your nurse who will arrange for the appropriate menu for you to make your meal choice.

Cultural and Religious Meals

If you require a Kosher, Halal, Caribbean or a West Indian meal choice then speak with your nurse who will arrange the appropriate menu for you.

All Special diet menus can be obtained from the intranet under Catering for Patients

Food Allergens

All food allergens deliberately added to foods we serve are identified in brackets directly below or next to the listed menu items

Fresh Fruit



Fresh fruit is available at all times just ask your nurse

We try to provide the listed menu items but occasionally items may be subject to change

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Starter (Choose 1 of the following)


- ☐ 1. Fresh Homemade Cream of Tomato Soup
 ♥ ↑  (Contains, Celery, Milk)
- ☐ 2. Orange Fruit Juice  ♥ 

Main Course – (Choose 1 of the following)

Sandwich Choice

Ham ☐ 3. White ☐ 4. Wheatgrain ♥

White (Contains, Wheat) May contain Sesame, Soya
W/grain (Contains, Wheat, Barley) May contain Sesame, Soya

Egg Mayonnaise ☐ 5. White ☐ 6. W/grain ↑ 

White (Contains, Wheat, Egg, Mustard) May contain Sesame, Soya
W/grain (Contains, Wheat, Barley, Egg, Mustard) May contain Sesame, Soya





Hot Meal Choice

- ☐ 7. Savoury Mince Lamb  ♥ ↑
(Contains, None of the main 14 allergens)
- ☐ 8. Potato, Cheese & Leek Bake  ↑ 
(Contains, Milk)










Finger Food Platter

- ☐ 9. Meat Option ☐ 10. Vegetarian Option
(Please contact kitchen for allergy advice)

Potatoes & Vegetables (Choose 2 of the following)

- ☐ 11. Creamed Potatoes (Contains, Milk)  ♥ 
- ☐ 12. Mixed Vegetables  ♥ 
- ☐ 13. Seasonal Side Salad  ♥  May contain Mustard
- ☐ 14. Garlic Bread Slice ↑ 
(Contains, Wheat) May contain Milk, Soya

Desserts (Choose 1 of the following)

- ☐ 15. Strawberry & Vanilla Swirled Mousse  ↑ 
(Contains, Milk)
- ☐ 16. Full Fat Fruit Yoghurt  ♥ 
(Contains, Milk)
- ☐ 17. Egg Custard Tart ↑ 
(Contains, Egg, Milk, Wheat) May contain Nuts
- ☐ 18. Vanilla Ice Cream  ↑ 
(Contains, Milk)
- ☐ 19. Fresh Satsuma  ♥ 

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Your experience

We would like you to tell us what you think about the food service. Please scan the QR code below to complete a short questionnaire. Your comments will be used to help us develop our menus and provide you with a high quality service.

Patient Catering Questionnaire



Each ward has a microwave to boost the temperature of your meal if required. Please ask a nurse if you require this service.