

Patient Menu



Barnsley Hospital
NHS Foundation Trust



Week One

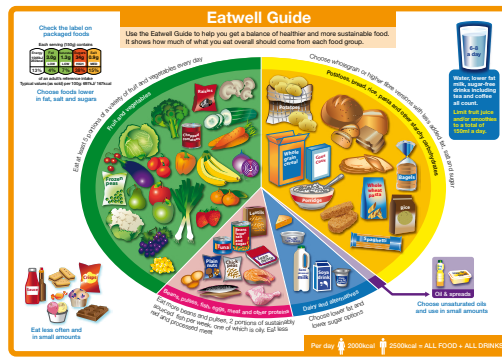


Nutrition

Nutrition is a vital part of your care while in hospital. Eating well will help your body fight infection, replace lost nutrients, prevent weight loss and provide you with energy to recover. The Trust is committed to ensuring you are provided with a menu that includes a variety of hot and cold dishes, which should satisfy your nutritional, dietary and cultural needs. This menu has been developed with staff and patients' representatives input, and is based on the British Dietetic Association Standards.

You can use the Eatwell Guide to get the balance of your diet right. It shows you how much to eat from each food group.

Dietary Information



To help you with your menu choice there are dietary symbols on the menu next to each dish:

The foods coded with ♥ are the best choices if you want to have a healthy intake of fat, sugar and fibre.

If you are vegetarian i.e. you avoid, meat, poultry or fish but do include eggs and dairy products, choose items coded with 'V'. A vegan menu is also available.

★ Easy to Chew: These meals are regular texture but some people may find them easy to chew. These are not designed for people at risk of swallowing difficulties who will be given a separate menu.

All items on this menu are suitable if you need a high protein and / or high calorie diet, but the best choices are those with the code ↑E.

Light Snack Meal

If you have missed a meal at lunch or supper (due to treatment, test or late admission) we offer a light snack meal. The light snack meal consists of a sandwich, (meat, fish or vegetarian options), juice and a piece of fruit or yoghurt. Your Ward Host or Hostess or a member of the nursing team will order your preferred choice of meal and serve it to you at your bedside.

Allergens

This menu is in compliance with the Food Information Regulations 2014. Information regarding nutritional content and food allergens of your chosen meal is available on request; please ask a nurse or Ward Host or Hostess.

Portion Size

There is a choice of small, standard or large portions. If you require small or large portions, then please advise the Ward Host or Hostess when ordering your meal.

GM Ingredients

We have received reassurance from our supplier that none of our foods knowingly contain or consist of genetically modified ingredients.

Snacks

Snacks of fresh fruit (apple / banana / orange), prewrapped cake slice and pre-wrapped biscuit are available on your ward and will be offered three times a day Mid-morning, mid-afternoon and after the evening meal. Please feel free to ask your hostess or a member of ward staff for any additional snacks.

Condiments

You will be offered the following condiments by the hostess when she takes your meal order: Ketchup, salad cream, mayonnaise, brown sauce, pepper & vinegar. Please ask should you require salt portions.

Red Tray

Identifies patients who require support, encouragement or help with feeding, meals are served on a red tray.

Hydration

Hydration is critically important for good health. To ensure you receive adequate hydration during your stay in hospital, your ward hostess will provide you with fresh water as well as a selection of hot beverages, tea, coffee, (including decaffeinated) drinking chocolate, malted milk, beef drink and soup and cold beverages; water, fruit squash and milk. Beverages are served throughout the day; early morning, at breakfast, mid-morning, after lunch mid-afternoon, after evening meal and one late night. Please feel free to ask your hostess or a member of ward staff for any additional beverages.

Dietitian Support

You may be referred to a Dietitian, who will assess your nutritional requirements and may prescribe a special diet to aid your recovery during your stay in hospital.

Food Brought In By Visitors

We are sure you are aware of the dangers that can result from eating incorrectly stored or cooked foods. Please assist us by not bringing in the following foods: cooked meat and poultry, fish and shell fish, cream cakes, milk and dairy products and prepared sandwiches. Thank you.

Meal Ordering

The menu will be available by your bedside and your Ward Host or Hostess will visit you to take your lunch order after your breakfast and for your evening meal just after your lunch. The Hostess staff will use a tablet computer to order your meals for you.

Protected Meal Time

The Trust operates the Protected Meal Time initiative to ensure you are able to eat your meal without interruptions, and for you to receive assistance with eating if needed. This means that all normal activity on the ward, including daily routine cleaning, will take place outside Protected Meal Time and patients' rest period. The Trust promotes the initiative of encouraging your relatives or carers to assist with your nutrition and hydration at meal times if needed. This may include helping you with ordering and eating your meals.

Carer Meals

If your relative is your carer and they cannot get away from the ward because of your care - your relative may be entitled to purchase a carer meal these cost £2.80 and can be delivered at the same time as your meal. To get permission for a carers meal you need to request this from the Ward Manager who will authorise this if appropriate.

Meal Service Times

Meal and Beverages are normally served to patients on wards at the indicated times shown below.

Breakfast - will usually be served between 08:00 – 08:30

Lunch - will usually be served between 12:00 – 13:00

Supper - will usually be served between 17:00 – 18:00

Please note that you will also be served a snack together with your mid-morning, afternoon and evening hot beverage.

Service Satisfaction / Feedback

The Trust is committed to ensuring your nutrition and hydration requirements are met during your stay in hospital. Therefore the ward host/hostess will deliver patient questionnaires and it would be very helpful for patients to complete these to help us improve the service to our patients. However, should you have any specific feedback or comments regarding catering service, please note the Catering Manager will be happy to visit you on the ward; please ask a nurse or Ward Host or Hostess if you need to see the Catering Manager.





Daily Breakfast

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Pure Orange Juice ♥ V ★

Cereals

Please choose one from this section

Porridge ♥ V ★

Cornflakes™ ♥ V

Rice Krispies™ ♥ V

Bran Flakes ♥ V

Weetabix™ 1 Portion ♥ V ★

Weetabix™ 2 Portions ♥ V ★

Bakery

Please choose one from this section

Bread - White V ★

Bread - Wholemeal ♥ V ★

Bread Roll - White V ★

Bread Roll - Wholemeal ♥ V ★

Toast - White V

Toast - Wholemeal ♥ V

Spreads & Preserves

Please choose TWO item from this section

Butter V ★

Sunflower Margarine ♥ V ★

Fruit Jam V ★

Marmalade V ★

Marmite™ ♥ V ★

Soft Cheese ⬆️ E V ★

Honey V ★

Daily Beverages

.....

Tea

Coffee (including decaffeinated)

Drinking Chocolate

Malted Milk

Beef Drink

Soup

Water

Fruit Squash

Milk

Daily Snacks

.....

Fresh Fruit ♥ V

(apple / banana / orange)

Pre-Wrapped Cake Slice

Pre-Wrapped Biscuit

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Diet Code: ♥ = Healthy V = Vegetarian ⬆️ E = Higher Energy ★ = Easy to Chew



Monday Lunch

Please choose one main course or sandwich

Main Courses

- Steak & Mushroom Pie **↑E**
- Braised Chicken & Lentils **♥**
- Cheese & Vegetable Pie **↑E V**

Main Course Salads

- Cottage Cheese & Pineapple Salad **V**
- Ham Salad

Main Course Jacket Potato & Filling

- choose from the daily special section

Sandwiches - or choose a sandwich instead of a main course - see the selection from the daily specials

Gravy / Sauces

- Gravy **♥ V ***

Potatoes

Please choose one

- Mashed Potato **♥ V ***
- Chipped Potatoes **↑E V**
- Baby Jacket Potatoes **♥ V**

Vegetables

Please choose one

- Green Beans **♥ V**
- Diced Swede **♥ V ***
- Side Salad **♥ V**

Dessert

Please choose one

- Chocolate Sponge **↑E V ***
- Peaches in Natural Juice **♥ V ***
- Fresh Fruit - Banana **♥ V ***
- Ice Cream **V ***

Sweet Sauces

- Chocolate Sauce **V ***

Monday Supper

Please choose one main course or sandwich

Main Courses

- Seafood Pasta with Dill **♥ V**
- Cumberland Pie **↑E ***
- Lentil & Vegetable Casserole **♥ V ***

Main Course Salads

- Egg Salad **V**
- Tuna Salad

Main Course Jacket Potato & Filling

Choose from the daily special section

Sandwiches - or choose a sandwich instead of a main course - see the selection from the daily specials

Gravy / Sauces

- Gravy **♥ V ***

Potatoes

Please choose one

- Mashed Potato **♥ V ***
- Chipped Potatoes **↑E V**

Vegetables

Please choose one

- Garden Peas **♥ V ***
- Side Salad **♥ V**

Dessert

Please choose one

- Dutch Apple Cake **♥ V ***
- Ice Cream **V ***
- Stewed Apricots in Natural Juice **♥ V ***
- Apple Fool **V ***
- Fresh Fruit - Pear **♥ V**

Served Daily at Lunch and Supper

Jacket Potatoes

- With Baked Beans **♥ V**
- With Cheese **↑E V**
- With Cottage Cheese **♥ V**
- With Chilli Con Carne **♥**

Sandwiches

Served on either white or brown bread.

- Cheese **V**
- Ham
- Chicken Mayo
- Tuna Mayo *****
- Egg Mayo **V ***

Diet Code: ♥ = Healthy V = Vegetarian ↑E = Higher Energy * = Easy to Chew



Tuesday Lunch

Please choose one main course or sandwich

Main Courses

- Pork Sausages in Onion Gravy
- Vegetable & Mozzarella Tart **V** **★**
- Breaded Plaice **★**

Main Course Salads

- Cottage Cheese Salad **V**
- Pork Pie Salad **↑E**

Main Course Jacket Potato & Filling

- choose from the daily special section

Sandwiches - or choose a sandwich instead of a main course - see the selection from the daily specials

Gravy / Sauces

- Gravy **♥** **V** **★**
- Parsley Sauce **↑E** **V** **★**

Potatoes

Please choose one

- Mashed Potato **♥** **V** **★**
- Chipped Potatoes **↑E** **V**
- Sauté Potatoes **V** **★**

Vegetables

Please choose one

- Broccoli **♥** **V**
- Carrots **♥** **V** **★**
- Side Salad **♥** **V**

Dessert

Please choose one

- Rice Pudding **♥** **V** **★**
- Fruit Cheesecake **V** **★**
- Fresh Fruit - Apple **♥** **V**
- Ice Cream **V** **★**

Served Daily at Lunch and Supper

Jacket Potatoes

- With Baked Beans **♥** **V**
- With Cheese **↑E** **V**
- With Cottage Cheese **♥** **V**
- With Chilli Con Carne **♥**

Tuesday Supper

Please choose one main course or sandwich

Main Courses

- Pork Casserole **↑E** **★**
- Bacon, Cheese & Potato Pie **↑E** **★**
- Vegetarian Cottage Pie **♥** **V** **★**

Main Course Salads

- Salmon Salad **↑E**
- Grated Cheese Salad **↑E** **V**

Main Course Jacket Potato & Filling

- choose from the daily special section

Sandwiches - or choose a sandwich instead of a main course - see the selection from the daily specials

Gravy / Sauces

- Gravy **♥** **V** **★**

Potatoes

Please choose one

- Chipped Potatoes **↑E** **V**
- Mashed Potato **♥** **V** **★**

Vegetables

Please choose one

- Mixed Vegetables **♥** **V** **★**
- Side Salad **♥** **V**

Dessert

Please choose one

- Carrot Cake **V**
- Fruit Yoghurt **V** **★**
- Cheese & Biscuits **V**
- Ice Cream **V** **★**
- Fresh Fruit - Banana **♥** **V** **★**

Sandwiches

- Served on either white or brown bread.
- Cheese **V**
 - Ham
 - Chicken Mayo
 - Tuna Mayo **★**
 - Egg Mayo **V** **★**

Diet Code: **♥** = Healthy **V** = Vegetarian **↑E** = Higher Energy **★** = Easy to Chew



Wednesday Lunch

Please choose one main course or sandwich

Main Courses

- Roast Gammon
- Chicken Casserole **★**
- Macaroni Cheese **↑E** **V** **★**

Main Course Salads

- Egg Salad **V**
- Tuna Salad

Main Course Jacket Potato & Filling

- choose from the daily special section

Sandwiches - or choose a sandwich instead of a main course - see the selection from the daily specials

Gravy / Sauces

- Gravy **♥** **V** **★**

Potatoes

Please choose one

- Mashed Potato **♥** **V** **★**
- Roast Potatoes **♥** **V**
- Chipped Potatoes **↑E** **V**

Vegetables

Please choose one

- Cabbage **♥** **V**
- Parsnips **♥** **V** **★**
- Side Salad **♥** **V**

Dessert

Please choose one

- Rhubarb Pie **↑E** **V**
- Fresh Fruit - Orange **♥** **V**
- Fruit Yoghurt **V** **★**
- Ice Cream **V** **★**

Sweet Sauces

- Custard **V** **★**

Served Daily at Lunch and Supper

Jacket Potatoes

- With Baked Beans **♥** **V**
- With Cheese **↑E** **V**
- With Cottage Cheese **♥** **V**
- With Chilli Con Carne **♥**

Sandwiches

- Served on either white or brown bread.
- Cheese **V**
 - Ham
 - Chicken Mayo
 - Tuna Mayo **★**
 - Egg Mayo **V** **★**

Diet Code: **♥** = Healthy **V** = Vegetarian **↑E** = Higher Energy **★** = Easy to Chew



Thursday Lunch

Please choose one main course or sandwich

Main Courses

- Sautéed Chicken in a Cream Sauce ♥ ★
- Lasagne ↑E ★
- Vegetable Pie ♥ V

Main Course Salads

- Grated Cheese Salad ↑E V
- Ham Salad

Main Course Jacket Potato & Filling

- choose from the daily special section

Sandwiches - or choose a sandwich instead of a main course - see the selection from the daily specials

Gravy / Sauces

- Gravy ♥ V ★

Potatoes

Please choose one

- Mashed Potato ♥ V ★
- Chipped Potatoes ↑E V
- Boiled Rice ♥ V

Vegetables

Please choose one

- Diced Swede ♥ V ★
- Carrots ♥ V ★
- Side Salad ♥ V

Dessert

Please choose one

- Apple Crumble V
- Fresh Fruit - Pear ♥ V
- Peaches in Natural Juice ♥ V ★
- Ice Cream V ★

Sweet Sauces

- Custard V ★

Served Daily at Lunch and Supper

Jacket Potatoes

- With Baked Beans ♥ V
- With Cheese ↑E V
- With Cottage Cheese ♥ V
- With Chilli Con Carne ♥

Sandwiches

- Served on either white or brown bread.
- Cheese V
- Ham
- Chicken Mayo
- Tuna Mayo ★
- Egg Mayo V ★

Diet Code: ♥ = Healthy V = Vegetarian ↑E = Higher Energy ★ = Easy to Chew



Friday Lunch

Please choose one main course or sandwich

Main Courses

- Fried Fish in Batter ↑E
- Poached Fish ♥ ★
- Vegetable Hotpot ♥ V

Main Course Salads

- Chicken Salad
- Cottage Cheese & Pineapple Salad V

Main Course Jacket Potato & Filling

- choose from the daily special section

Sandwiches - or choose a sandwich instead of a main course - see the selection from the daily specials

Gravy / Sauces

- Gravy ♥ V ★
- Parsley Sauce ↑E V ★

Potatoes

Please choose one

- Mashed Potato ♥ V ★
- Chipped Potatoes ↑E V
- Sauté Potatoes V ★

Vegetables

Please choose one

- Mushy Peas ♥ V ★
- Sweetcorn ♥ V
- Side Salad ♥ V

Dessert

Please choose one

- Rice Pudding ♥ V ★
- Fruit Yoghurt V ★
- Fresh Fruit - Banana ♥ V ★
- Ice Cream V ★

Served Daily at Lunch and Supper

Jacket Potatoes

- With Baked Beans ♥ V
- With Cheese ↑E V
- With Cottage Cheese ♥ V
- With Chilli Con Carne ♥

Sandwiches

- Served on either white or brown bread.
- Cheese V
- Ham
- Chicken Mayo
- Tuna Mayo ★
- Egg Mayo V ★

Diet Code: ♥ = Healthy V = Vegetarian ↑E = Higher Energy ★ = Easy to Chew



Saturday Lunch

Please choose one main course or sandwich

Main Courses

- Pork Sausage & Onions
- Cornish Pasty **↑E**
- Vegetable Crumble **♥ V**

Main Course Salads

- Corned Beef Salad **↑E**
- Cottage Cheese Salad **V**

Main Course Jacket Potato & Filling

- choose from the daily special section

Sandwiches - or choose a sandwich instead of a main course - see the selection from the daily specials

Gravy / Sauces

- Gravy **♥ V ***

Potatoes Please choose one

- Mashed Potato **♥ V ***
- Chipped Potatoes **↑E V**
- Baby Jacket Potatoes **♥ V**

Vegetables Please choose one

- Broccoli **♥ V**
- Mixed Vegetables **♥ V ***
- Side Salad **♥ V**

Dessert Please choose one

- Apple Pie **↑E V**
- Apricot Fool **V ***
- Fresh Fruit - Apple **♥ V**
- Ice Cream **V ***

Sweet Sauces

- Custard **V ***

Served Daily at Lunch and Supper

Jacket Potatoes

- With Baked Beans **♥ V**
- With Cheese **↑E V**
- With Cottage Cheese **♥ V**
- With Chilli Con Carne **♥**

Sandwiches

Served on either white or brown bread.

- Cheese **V**
- Ham
- Chicken Mayo
- Tuna Mayo *****
- Egg Mayo **V ***

Diet Code: **♥** = Healthy **V** = Vegetarian **↑E** = Higher Energy ***** = Easy to Chew



Sunday Supper

Please choose one main course or sandwich

Main Courses

- Chicken & Sweetcorn Risotto **♥ ***
- Fish Fingers
- Vegetarian Shepherds Pie **♥ V ***

Main Course Salads

- Salmon Salad **↑E**
- Cottage Cheese & Pineapple Salad **V**

Main Course Jacket Potato & Filling

- choose from the daily special section

Sandwiches - or choose a sandwich instead of a main course - see the selection from the daily specials

Gravy / Sauces

- Gravy **♥ V ***
- Parsley Sauce **↑E V ***

Potatoes Please choose one

- Mashed Potato **♥ V ***
- Chipped Potatoes **↑E V**

Vegetables Please choose one

- Garden Peas **♥ V ***
- Side Salad **♥ V**

Dessert Please choose one

- Peach Flan **↑E V ***
- Stewed Apricots in Natural Juice **♥ V ***
- Fresh Fruit - Apple **♥ V**
- Ice Cream **V ***

Sweet Sauces

- Custard **V ***

Sunday Lunch

Please choose one main course or sandwich

Main Courses

- Roast Pork & Stuffing
- Savoury Minced Beef *****
- Lentil & Potato Pie **♥ V ***

Main Course Salads

- Ham Salad
- Egg Salad **V**

Main Course Jacket Potato & Filling

- choose from the daily special section

Sandwiches - or choose a sandwich instead of a main course - see the selection from the daily specials

Gravy / Sauces

- Gravy **♥ V ***

Potatoes Please choose one

- Mashed Potato **♥ V ***
- Roast Potatoes **♥ V**
- Chipped Potatoes **↑E V**

Vegetables Please choose one

- Green Beans **♥ V**
- Cauliflower **♥ V ***
- Side Salad **♥ V**

Dessert Please choose one

- Oaty Rhubarb Crumble **V**
- Fruit Trifle *****
- Fresh Fruit - Orange **♥ V**
- Ice Cream **V ***

Sweet Sauces

- Custard **V ***

Served Daily at Lunch and Supper

Jacket Potatoes

- With Baked Beans **♥ V**
- With Cheese **↑E V**
- With Cottage Cheese **♥ V**
- With Chilli Con Carne **♥**

Sandwiches

Served on either white or brown bread.

- Cheese **V**
- Ham
- Chicken Mayo
- Tuna Mayo *****
- Egg Mayo **V ***

Diet Code: **♥** = Healthy **V** = Vegetarian **↑E** = Higher Energy ***** = Easy to Chew



**We hope you enjoy
your meal...**



FACILITY SERVICES
HEALTHCARE