freshly cooked for you

STANDARD MENU
AUTUMN / WINTER 26

NHS University Hospitals of Leicester NHS Trust

We hope you enjoy your meals during your stay. Meal orders are taken between 9.00am - 11.00am for lunch, and 1.00pm - 3.00pm for dinner. It would be useful to have your meal choice ready for these times.

If you need to be away from the ward, please let a member of ward staff know your meal choice so it can be ordered on your behalf.

This menu is available as a large print picture menu and braille menu on request from the Catering Department. For those with special dietary needs, there is a range of other menus, including

- Cultural menus: Kosher, Caribbean & West Indian, Vegan, Gujarati/Swaminarayan
- Allergen Aware menu, Gluten Free menu, Low Lactose menu
- Modified Fibre menus
- Modified Texture (level 4-6) Menus
- Finger Food menu
- Braille

Menu Codes

The following symbols can be used to help guide choice if you have specific dietary requirements

- ❤ *Healthier Choice*. These dishes are lower in fat, salt and/or sugar
- ↑ *Higher Energy*. These dishes are particularly high in calories.
- P *Higher Protein*. These dishes are particularly high in protein.
- EC *Easy to Chew.* These Meals are tender and easier to chew and can be cut with the side of a fork or spoon.
- V *Vegetarian.* These dishes are suitable for vegetarians.
- GF *Gluten Free.* These dishes do not contain any gluten containing ingredients and dishes contain less than 20ppm of gluten.
- N *Neutropenic.* These meals are suitable for those who require a neutropenic diet.
- 🌶 *Medium Hot Meal.*

Vegan options are highlightd by (vegan)

If you need help to open food packaging, please ask a member of staff, who will be happy to assist you.

Food Allergies and Intolerances

If you have a food allergy or intolerance before you order your food and drinks, please speak to our Ward Staff. Further Allergen information is available.

Appetizer

Fruit Juice GF EC V ❤ N (vegan)
Orange or Apple

Melba Toast V N

Small Mixed Salad with Honey & Mustard Dip ❤ V GF
vegan if dip removed)

Crusty White Roll GF V N (vegan)

Crusty Brown Roll V N (vegan)

Sliced White Bap EC V N (vegan)
Served with Sunflower Spread (vegan), Butter or Cream Cheese Spread
EC V GF N

Fish

All fish is from sustainable sources and may contain small bones

Fish in Parsley Sauce GF EC P N
White fish in a creamy parsley sauce served with mashed potato and root vegetable mash

Chicken

Roast Chicken P N
Chicken breast in a rich gravy served with roast potatoes, stuffing ball and a vegetable medley

Creamy Chicken & Mushroom Pasta ↑ P N
Pasta and chicken in a creamy sauce with mushrooms and spinach

Chicken Tikka Masala ↑ GF P N
Served with a mini naan V N (vegan) and natural yoghurt V P N GF
Tender pieces of chicken in a spicy tikka masala sauce served with steamed yellow rice

Beef & Pork

Cottage Pie GF EC N
Minced beef in a rich gravy topped with mashed potato and served with root vegetable mash

Beef Pasta Bolognese ↑ P N
Pasta served in a rich minced beef, tomato and herb sauce

All Day Breakfast ↑ P N
Traditional English breakfast with a Lincolnshire pork sausage, streaky bacon, fluffy omelette, baked beans, and a hash brown

Vegetarian and Vegan

Cheese and Tomato Pasta ↑ EC V P N
Pasta in a rich tomato sauce topped with Cheddar cheese

All Day Vegetarian Breakfast V N GF
A vegetarian version of our all day breakfast with an omelette, baked beans, mushrooms and hash browns

Vegan Shepherds Pie ❤ GF V N (vegan)
Lentils and vegetables in a rich tomato gravy with a fluffy mash potato top, served with a green vegetable medley

Plain Omelette GF EC V N
A plain omelette served with seasoned potato wedges and baked beans

Smokey Bean Chilli ↑ V GF P N (vegan)
A mildly spiced smoky sauce with sweet potato, beans, pea protein mince and peppers served with brown rice

Smaller Nourishing Meals

These meals are particularly suitable for people with smaller appetites

Salmon Bake GF N ↑ P
Pieces of salmon and peas in a cheese sauce, toppedwith diced fried potato

Corned Beef Hash GF N ↑ P
Served with fried diced potato

Macaroni Cheese EC V ↑ N P
Macaroni pasta in a mature Cheddar and Regato cheese sauce

Cheese & Potato Bake EC V GF ↑ N P
Served with broccoli

Chicken Hotpot EC GF P N ↑
Pieces of cooked chicken in gravy with swede and carrot, topped with sauté potatoes

Curried Mutton, Chicken and Fish
(HMC approved Halal)

All curries served with a mini naan V N (vegan) and natural yoghurt V P N GF EC

Chicken Coconut GF EC ↑ N P
Served with Mixed Dal & Basmati Rice

Chicken Saag GF N 🌶 P
Chicken and Spinach Curry served with Rajasthani Dal & Saffron Rice

Fish Curry GF EC N 🌶 P
Served with Split Masoor Dal & Saag Rice

Chicken Dal GF N P
Chicken and Lentil Curry with Kadai Vegetables & Saag Rice

Alu Gosht GF N 🌶 P
Mutton and Potato with Rajasthani Dal & Saffron Rice

Vegetarian and Vegan Curries

All curries served with a mini naan V N (vegan) and natural yoghurt V P N GF EC

Alu Brinjal Peas V N GF 🌶 (vegan)
Potato and Aubergine Curry served with Peas with Chana Dal and Basmati Rice

Aubergine Potato V N GF 🌶 (vegan)
Aubergine and Potato Curry served with Spinach Chhole and Pilau Rice

Cabbage Peas V N GF 🌶 (vegan)
Cabbage and Peas Curry served with Rajasthanii Dal and Saffron Rice

Corn Peas Methi V N EC GF 🌶
Sweetcorn & Peas in Creamy Fenugreek Curry with Rajasthani Dal and Saffron Rice

Methi Paneer V ↑ N GF 🌶
Indian Cottage Cheese in a Fenugreek Sauce served with Mixed Dal and Basmati Rice

Corn Peas Potato V ❤ N EC GF 🌶 (vegan)
Sweetcorn, Peas and Potato Curry served with Chana Dal and Basmati Rice

Alu Matar V N EC GF 🌶 (vegan)
Potato and Peas Curry served with Chana Dal and Basmati Rice

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Sandwiches

Tuna Mayonnaise Sandwich EC N P
on White or Wholemeal Bread

Chicken Sandwich ♥ N P
on White or Wholemeal Bread

Mild Cheddar Cheese Sandwich V N P
on White or Wholemeal Bread

Ham Sandwich ♥ N
on White or Wholemeal Bread

Egg Mayonnaise Sandwich EC V N
on White or Wholemeal Bread

Gluten Free and Vegan Sandwiches are available, please ask Ward Staff for the relevant Menu.

Jacket Potato GF V EC N (vegan)

All potatoes are served with a portion of Sunflower Spread (vegan) or Butter EC V GF N and a choice of filling:

Grated Cheddar Cheese ↑ EC V N GF
Tuna Mayonnaise EC N P
Plain Tuna ♥ EC N P
Baked Beans ♥ V GF EC N (vegan)

A Jacket Potato is available as a main option and not a side dish

Salads

All Salads contain coleslaw, potato salad, lettuce, tomato, cucumber, grated carrot and sliced hard-boiled egg.

Chicken Salad P
Wiltshire Ham Salad
Tuna Mayo Salad ↑ P
Cheese Salad ↑ V P
Egg Mayo Salad ↑ V

Nourishing Soup

Served with a bread roll of your choice & butter or sunflower spread (see Appetizer section for nutritional coding for the breadrolls).
For a more fulfilling meal add a sandwich.

Tomato and Lentil Soup V GF EC ♥ N
Chicken Soup GF EC ♥ N
Cheesy Leek and Potato Soup V EC ♥ N

Hot Desserts

Custard can be served with all Hot Desserts on request

Ginger Sponge ↑ EC V N
Lemon Sponge ↑ EC V N
Raspberry Jam Sponge ↑ EC V N (P with custard)
Treacle Sponge ↑ EC V N (P with custard)
Apple Crumble V N ↑
Plain Custard EC V N
Rice Pudding EC V GF N

Cold Desserts

Banana EC N ♥ V GF (vegan)
Orange or Apple ♥ V GF (N If peeled) (vegan)
Peach and Pear in Juice V ♥ N GF (vegan)
Rice Pudding EC V N GF
Banana Custard Pot EC V N GF
Chocolate Custard Pot EC V N GF
Thick & Creamy Yoghurt P EC V N GF
Light Yoghurt P V ♥ EC N GF

Accompaniments

Additional menu choice to accompany any meal

Grated Cheddar Cheese Portion ↑ EC V P N GF
Baked Beans Portion ♥ V GF EC N P (vegan)
Side Salad with a Honey and Mustard Dip ♥ GF V (Vegan if dip removed)
Gravy V GF N (vegan)

The Snack Bag

A snack bag is available 24 hours a day if you have missed a meal due to treatment or tests. A typical snack bag contains a sandwich, fruit, crisps, cake and fruit juice. Standard, renal, vegan, easy to chew and gluten free versions of the snack bag are available. If you would like a snack bag, please speak to the ward nursing staff.

Breakfast Menu

Served with Semi Skimmed or Full Fat Milk EC V N GF P

Cornflakes V N
Crispy Rice V N
Bran Flakes V N
Wheat Biscuits EC V N (vegan)
Ready Brek EC V N

Gluten free options are available, please ask Ward Staff for a Gluten Free Menu.

White or wholemeal toast V N (vegan)
White or wholemeal bread EC V N (vegan)
Sunflower Spread (vegan) or Butter EC V N GF
Jam or Marmalade EC V N GF (vegan)
Marmite EC V N (vegan)
Orange Juice or Apple Juice ♥ EC V N GF (vegan)
Banana EC N ♥ V GF (vegan)
Orange or Apple ♥ V GF (N If peeled) (vegan)
Thick & Creamy Yoghurt EC P V N GF
Light Yoghurt ♥ P EC N V GF

Snack Menu

Raisins Pack ♥ V GF (vegan)
Oranges, Apple ♥ V GF (N If peeled) (vegan)
Banana EC ♥ V GF N (vegan)
Sliced Apple and Grape bag ♥ V GF (vegan)
Assorted Packs of Biscuits V N
Madeira Cake V EC N
Lemon Drizzle Cake V EC N
Bakewell Slice V EC ↑ N
Golden Syrup Flapjack V ↑ N (vegan)
Cheese and Crackers P V N ↑
Served with Sunflower Spread (vegan) or Butter
Ready Salted Crisps V GF N (vegan)
Skips V EC N

A variety of snacks will be offered three times a day to compliment beverages. Please note snacks may vary from the above list to allow for special dietary requirements to be met. Please do ask your ward team for a suitable snack if you haven't received one.

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