

Children's Ward: Standard Menu



Ward Bay Bed

Introduction

A choice of hot options are available at each meal service, these vary each day.

In addition there are a selection of sandwiches, salads, jacket potatoes, traditional halal or Asian vegetarian curries and cold desserts to choose from.

Please highlight any special dietary needs, food allergies or intolerances to ward staff, there are a range of cultural and special diet menus available if required.

Texture Modified Meals Level 4, 5 & 6
Kosher Menu
Caribbean and West Indian Menu
Gluten Free Menu
Allergen Aware Menu
Vegan menu

Further Allergen information is also available on request. The Ward can order the following milk options from the Catering Department: Soya, Oat, Almond and Lactose Free

Menu Codes

Gluten Free = GF

Vegetarian = V

Suitable for Neutropenic Diet = N

Easy to Chew = EC

These are tender and easier to chew and can be cut with a side of a fork or spoon

Medium / Hot Meal =

Vegan options are highlighted with **(vegan)**

Leicester Children's Hospital

Monday Lunch: Hot options



Main:

Tuna Pasta Bake (N)
Breaded Chicken Fillets (N)
Tomato, Lentil & Sweet Potato Crumble (V) (N) (vegan)

Side:

Garlic Bread (V) (N)
Potato Wedges (V) (N) (vegan)

Vegetable:

Sweet corn (V) (N) (vegan)
Cut Green Beans (V) (N) (vegan)
Gravy (EC) (N) (GF) (V) (vegan)

Hot Dessert:

Jam Sponge (N) (V) (EC)
Custard (N) (V) (EC)

Monday Evening Meal: Hot options

Main:

White Fishcakes (EC) (N)
Beef Lasagne (EC) (N)
Vegan Sausages (V) (N) (vegan)

Side:

Dauphinoise Potatoes (V) (N)
Chips (V) (N) (vegan)

Vegetable:

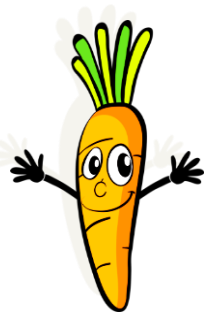
Peas (V) (N) (vegan)
Baked Beans (EC) (V) (N) (vegan)

Gravy (EC) (N) (GF) (V) (vegan)

Hot Dessert

Apple Crumble (N) (V) (EC) (vegan)
Custard (N) (V) (EC)

Tuesday Lunch: Hot options



Main:

Cheesy Garlic Chicken Bake (N)
Fish Pie (N) (EC)
Cauliflower, Spinach & Lentil Curry (N) (V) **(vegan)**

Sides:

White Rice (N) (V) (EC) **(vegan)**
Chips (V) (N) **(vegan)**

Vegetables:

Mixed Vegetables (V) (N) **(vegan)**
Side Salad with Honey and Mustard Dip (GF) (V) **(vegan without dip)**

Gravy (EC) (V) (GF) (N) **(vegan)**

Hot Dessert:

Marmalade Bread and Butter Pudding (N) (V)
Custard (N) (V) (EC)

Tuesday Evening Meal: Hot options

Mains

Beef Chilli Con Carne (N)
Battered Haddock (N)
Potato, Cheese and Leek Bake (N) (V) (EC)

Sides:

Potato Wedges (N) (V) **(vegan)**
White Rice (V) (N) (EC) **(vegan)**

Vegetables:

Peas (V) (N) **(vegan)**
Mashed Root Vegetables (EC) (V) (N) **(vegan)**

Gravy (EC) (GF) (V) (N) **(vegan)**

Hot Desserts

Rice Pudding (N) (V) (EC)

Wednesday Lunch: Hot options



Main:

Beef Stew and Dumpling N
Salmon and Broccoli Bake N
Vegetable Lasagne V N

Sides:

Mashed potatoes EC V N
Chips V N **(vegan)**

Vegetables:

Cut Green Beans V N **(vegan)**
Side Salad with Honey and Mustard Dip GF V **(vegan without dip)**

Gravy EC V GF N **(vegan)**

Hot Dessert:

Chocolate Chip Sponge N V EC
Custard N V EC

Wednesday Evening Meal: Hot options

Mains:

Ham and Leek Crumble N
Sweet and Sour Chicken N
Cheese and Onion Quiche N V

Sides:

White Rice EC V N **(vegan)**
Sauté Potatoes N V **(vegan)**

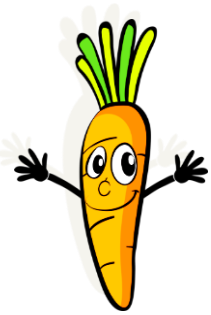
Vegetables:

Baked Beans N EC V **(vegan)**
Sliced Carrots N EC V **(vegan)**

Gravy EC GF V N **(vegan)**

Hot Dessert

Mixed Fruit Pie N V **(vegan)**
Custard N V EC



Thursday Lunch: Hot options

Mains:

Mini Breaded Fish N
Cheese and Onion Pie N V
Chicken Curry N EC

Sides:

White Rice N EC V **(vegan)**
Baby New Potatoes V N EC **(vegan)**

Vegetables:

Baked Beans V N EC **(vegan)**
Side Salad with Honey and Mustard Dip GF V **(vegan without dip)**

Gravy EC V GF N **(vegan)**

Hot Dessert

Somerset Apple Cake N V EC
Custard N V EC

Thursday Evening Meal: Hot options

Mains:

Pasta Carbonara N EC
Potato Topped Chicken Pie N EC
Lentil and Vegetable Flaky Topped Pie V N **(vegan)**

Sides:

Garlic Bread V N
Croquette Potatoes V N **(vegan)**

Vegetables:

Vegetable Medley V N **(vegan)**
Mashed Swede EC V N **(vegan)**

Gravy EC GF V N **(vegan)**

Hot Dessert

Lemon Sponge N V EC
Custard N V EC



Friday Lunch: Hot options

Mains:

Battered Haddock (N)
Steak Pie with Flaky Pastry Top (N)
Macaroni Cheese (N) (V) (EC)

Sides:

Baby Potatoes (N) (V) (EC) **(vegan)**
Chips (V) (N) **(vegan)**

Vegetables:

Sliced Carrots (V) (N) (EC) **(vegan)**
Mushy Peas (V) (N) (EC) **(vegan)**

Gravy (EC) (V) (GF) (N) **(vegan)**

Hot Dessert

Rhubarb Crumble (N) (V) (EC) **(vegan)**
Custard (N) (V) (EC)

Friday Evening Meal: Hot options

Mains:

Pork and Apple Casserole (N) (EC)
Fish in Cheese Sauce (N) (EC)
Penne Pasta in Tomato and Basil Sauce (V) (N) (EC) **(vegan)**

Sides:

West Country Cheddar Mash (EC) (V) (N)
Boiled Potatoes (EC) (V) (N) **(vegan)**

Vegetables:

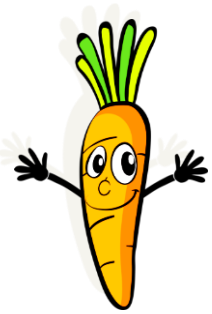
Sweetcorn (V) (N) **(vegan)**
Broccoli (EC) (V) (N) **(vegan)**

Gravy (EC) (GF) (V) (N) **(vegan)**

Hot Dessert

Sticky Toffee pudding (N) (V) (EC)
Custard (N) (V) (EC)

Saturday Lunch: Hot options



Mains:

Cottage Pie N EC
Chicken and Sweetcorn Bake N
Cauliflower and Broccoli Pasta N V

Sides:

Chips V N **(vegan)**
Garlic Bread V N

Vegetables:

Side Salad with Honey and Mustard Dip GF V (**vegan** without dip)
Mixed Vegetables V N **(vegan)**

Gravy EC V GF N **(vegan)**

Hot Dessert

Bakewell Tart N V EC
Custard N V EC

Saturday Evening Meal: Hot options

Mains:

Corned Beef Hash N EC
Fish Goujons N
Bean Chilli V N **(vegan)**

Sides:

White Rice EC V N **(vegan)**
Potato Wedges V N **(vegan)**

Vegetables:

Peas V N **(vegan)**
Sweetcorn V N **(vegan)**

Gravy EC GF V N **(vegan)**

Hot Dessert

Syrup Sponge N V EC
Custard N V EC

Sunday Lunch: Hot options



Mains:

Chicken Breast with Gravy N *(chicken is Halal, gravy is vegan)*
Fish Pie N EC
Vegetable Gratin V N **(vegan)**

Sides:

Roast Potatoes V N **(vegan)**
Baby Potatoes V N EC **(vegan)**

Vegetables:

Broccoli V EC **(vegan)**
Mashed Root Vegetables V N EC **(vegan)**

Gravy EC V GF N **(vegan)**

Hot Dessert

Apple Pie N V **(vegan)**
Custard N V EC

Sunday Evening Meal: Hot options

Mains:

Cowboy Sausage and Beans N
Breaded Cod N
Cheese and Onion Pie V N

Sides:

West Country Cheddar Mash EC V N
Potato Wedges V N **(vegan)**

Vegetables:

Sliced Carrots V EC N **(vegan)**
Mixed Vegetables V N **(vegan)**

Gravy EC GF V N **(vegan)**

Hot Dessert

Pineapple Sponge N V
Custard N V EC

Additional Options – available at each meal service

Jacket potatoes

Jacket Potato EC V GF N **(vegan)** served with Butter N GF EC V or Sunflower Spread N GF EC V **(vegan)** and a choice of filling:

Baked Beans N EC V GF **(vegan)**

Grated Cheddar Cheese EC V N

Tuna Mayonnaise EC N Plain Tuna EC N

Sandwiches (on White or Brown Bread)

Tuna Mayonnaise Sandwich EC N

Chicken Sandwich N

Mild Cheddar Cheese Sandwich N V

Ham Sandwich N

Egg Mayonnaise Sandwich EC V N

Salads

(All salads contain coleslaw, potato salad, lettuce, tomato, cucumber, grated carrot and sliced hard boiled egg)

Chicken Salad

Wiltshire Ham Salad

Tuna Mayo Salad

Cheese Salad V

Egg Mayonnaise Salad V

Side Salad with Honey and Mustard Dip GF V ((**vegan**) without dip)

Cold Desserts

Chocolate Custard Pot EC V N GF

Banana Custard Pot N EC GF V

Rice Pudding N EC V GF

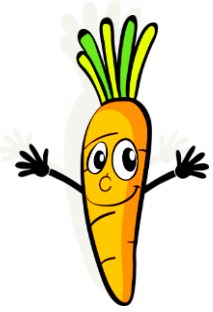
Plain Custard Pot N EC GF V

Peach and Pear in Juice V N GF **(vegan)**

Banana N EC V GF **(vegan)**

Apple or Orange GF V (N if peeled) **(vegan)**

Thick and Creamy Yoghurt N EC V GF



Traditional Asian Vegetarian & Halal menu

(Available at each meal service)

All curries will be accompanied with a Mini Naan (N) (V) **(vegan) and Natural yogurt** (EC) (N) (V) (GF)

Vegetarian & Vegan Curries

Alu Brinjal Peas, Chana Dal & Basmati Rice (N) (V) (GF) **(vegan)**

Cabbage Peas, Rajasthani Dal & Saffron Rice (N) (V) (GF) **(vegan)**

Corn Peas Methi, Rajasthani Dal & Saffron Rice (N) (EC) (V) (GF)

Methi Paneer, Mixed Dal & Basmati Rice (N) (V) (GF)

Corn, Peas, Potato with Chana Dal and Basmati Rice (N) (V) (GF) (EC) **(vegan)**

Chicken & Fish Curries (HMC approved Halal)

Chicken Coconut, Mixed Dal & Basmati Rice (N) (EC) (GF)

Chicken Saag, Rajasthani Dal & Saffron Rice (N) (GF)

Chicken Dal, Kadai Vegetables & Saag Rice (N) (GF)

Fish Curry, Split Masoor Dal & Saag Rice (N) (EC) (GF)

Leicester Children's Hospital