

Please remember your family, friends and other visitors are welcome to use the hospital restaurant between 7.30am and 7.30pm.

The dishes on the alternative menu are available daily as individual items.

Halal and Kosher meals strictly conform to requirements.

All Halal meals are served with Basmati Rice.

Any special diets not appearing here will be catered for as requested by the Dietician.

For details of all catering services can be found in the Catering Charter available upon request from your nurse or ward hostess.

If you experience any difficulties with the Catering Service please ask your nurse or ward hostess to contact the following.



**MICHAEL GRAVILLE**  
Head of Catering Services  
City Hospitals Sunderland



**DENISE CARR**  
Deputy Catering Manager  
City Hospitals Sunderland



**MAUREEN BOYLE**  
Senior Dietitian  
City Hospitals Sunderland



The National Health Service

# MENU

## Week 1



To make your stay more pleasant and to assist your recovery, our Catering Department would like to offer you a wide range of services, which we hope you will enjoy.

We want to cater for your needs and meet your expectations. Please tell us if we are not achieving this, we would like to know.



### Catering Standards



#### Our Standards Will Mean

- ❖ You will have a choice of dishes suitable to your dietary needs.
- ❖ You can choose your meal when you require it.
- ❖ You can have a choice of portion size.
- ❖ You are given the name of a Catering Manager.
- ❖ You will have help if you need it to read the menu. (This includes menus in larger print and other languages on request.)
- ❖ A copy of the full Catering Services Charter will be available on request.
- ❖ You may be asked to give your views of the Catering Service provided.

### The Menu

- ❖ Rotates weekly.
- ❖ Alternative menus available.
- ❖ Fresh fruit, yoghurts, cheeses available daily.
- ❖ Wholemeal bread available daily.
- ❖ Formed around healthy eating principles.

### How To Order Meals

- ❖ Choose your meal direct from the trolley.
- ❖ Ask the nurse or ward hostess for advice and give your requirements in advance.
- ❖ Understand the diet coding as follows:
  - D – Suitable for diabetics
  - H – Healthy Choice
  -  – Chefs Choice
  -  – Vegetarian Society Approved

### Healthy Eating

We encourage you to consider the comments below when choosing your meal:

- ❖ Have regular meals.
- ❖ Eat less fried foods and pastry.
- ❖ Avoid sugar and sugary foods.
- ❖ Leave salt until you taste the meal.
- ❖ Take more high fibre foods.
- ❖ Have more fresh fruit and vegetables.
- ❖ You choose healthier foods for a speedier recovery.

# Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Branflakes DH	Branflakes DH	Branflakes DH	Branflakes DH	Branflakes DH	Branflakes DH	Branflakes DH
	Cornflakes DH	Cornflakes DH	Cornflakes DH	Cornflakes DH	Cornflakes DH	Cornflakes DH	Cornflakes DH
	Weetabix DH	Weetabix DH	Weetabix DH	Weetabix DH	Weetabix DH	Weetabix DH	Weetabix DH
	Porridge DH	Porridge DH	Porridge DH	Porridge DH	Porridge DH	Porridge DH	Porridge DH
	Sausage	Bacon D	Sausage	Bacon D	Sausage	Sausage	Bacon D
	Baked Beans DH	Tomatoes DH	Tomatoes DH	Baked Beans DH	Tomatoes DH	Baked Beans DH	Tomatoes DH
	Toast DH	Toast DH	Toast DH	Toast DH	Toast DH	Toast DH	Scrambled Eggs D
	Roll (& Preserve) DH	Roll (& Preserve) DH	Roll (& Preserve) DH	Roll (& Preserve) DH	Roll (& Preserve) DH	Roll (& Preserve) DH	Toast DH
							Roll (& Preserve) DH

*Scrambled egg is available for special diets on request.*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lunch</b>	<b>Soup</b> Scotch Broth	<b>Soup</b> Minestrone	<b>Soup</b> Vegetable	<b>Soup</b> Tomato	<b>Soup</b> Vegetable & Herb	<b>Soup</b> Potato & Leek	Roast Turkey DH
	<b>Choice of Sandwich</b> Turkey Salad DH	<b>Choice of Sandwich</b> Corned Beef & Tomato DH	<b>Choice of Sandwich</b> Egg & Tomato DH	<b>Choice of Sandwich</b> Ham Salad DH	<b>Choice of Sandwich</b> Simply Tuna DH	<b>Choice of Sandwich</b> Cheese & Onion	Roast Beef DH
	Egg Mayonnaise	Tuna Mayonnaise	Ham Salad DH	Cheese Savoury	Turkey Salad DH	Ham & Tomato DH	Minced Beef DH
	Corned Beef & Tomato DH	Turkey Salad DH	Cheese Savoury	Corned Beef & Tomato DH	Cheese & Onion	Turkey Salad DH	Yorkshire Pudding
							Harvest Casserole DH
							Creamed Turnip DH
							Carrots DH
							Sprouts DH

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Supper</b>	Braised Steak & Mushrooms DH	Roast Pork DH	Hungarian Beef Goulash DH	Roast Lamb DH	Loin of Pork with Sage & Apple DH	Chicken Chasseur DH	Roast Turkey DH
	Real Cornish Pasty DH	Savoury Minced Beef DH	Roast Turkey DH	Cheese, Leek & Egg Pie DH	Corned Beef Hash DH	Mince Pie	Creamed Potato DH
	Cauliflower Cheese DH	Vegetable Pasta DH	Cod in Parsley Sauce DH	Savoury Bean Casserole DH	Battered Cod	Beef Lasagne DH	Ginger Sponge with Custard
	Shepherds Pie DH	Braised Chicken with Lentils DH	Cheese and Tomato Omelette	Fisherman's Pie DH	Vegetable Curry & Patna Rice DH	Bean & Vegetable Casserole DH	Pear Halves DH
	Mixed Vegetables DH	Cauliflower DH	Green Beans DH	Broccoli DH	Cod in Parsley Sauce	Creamed Turnip DH	
	Creamed Turnip DH	Peas DH	Carrots DH	Mixed Vegetables DH	Peas DH	Broccoli DH	
	Creamed Potato DH	Noisette Potatoes	Jacket Wedges	Creamed Potato DH	Cauliflower DH	Creamed Potato DH	
	Jacket Potato DH	Creamed Potato DH	Creamed Potato DH	Baby Jacket Potatoes DH	Chipped Potatoes	Noisette Potatoes	
					Creamed Potato DH		
	Apple & Blackberry Pie with Custard	Chocolate Sponge with Custard	Rhubarb Crumble with Custard	Jam Sponge with Custard	Apple Crumble with Custard	Lemon Sponge with Custard	
	Fruit Cocktail DH	Mandarin Oranges DH	Sliced Peaches DH	Pear Halves DH	Fruit Cocktail DH	Apricot Halves DH	

## Alternative Menus

Halal
Meat & Daal
Chicken Curry
Keema & Peas
Aloo Gobi & Peas
Cauliflower & Aubergine Masala
Moong Bean Curry
Meat & Potatoes
Chicken Korma
Yellow Lentil Curry
Chick Pea Daal

Kosher
Roast Chicken
Chicken Casserole
Braised Steak
Steak Pie
Fish Pie
Plaice in Parsley Sauce
Vegetable Lasagne
Vegetable Pie

Childrens
Chicken Burgers
Beef Burgers
Chicken Goujons
Fish Fingers
Ravioli
Hot Dogs
Spaghetti
Vegetable Burgers
Scrambled Egg

Vegetarian
Leek & Mushroom Pasta
Nut Cutlet
Vegetable Casserole
Macaroni Cheese
Quorn Sausage
Vegetable Curry
Vegetable Chilli
Harvester Casserole
Cauliflower Cheese
Vegetable Bolognaise
Vegetable Quiche
Cheese & Onion Quiche

Sandwiches/Salads
Tossed Salad DH
Low Fat Cheese Salad DH
Ham Salad DH
Egg Salad DH
Chicken Salad DH
Turkey Salad DH
Salad Sandwich DH
Low Fat Cheese Sandwich DH
Turkey Sandwich DH
Corned Beef Sandwich DH
Ham Sandwich DH
Cottage Cheese Sandwich DH

Lite Bite
• Snacks
• Sandwiches
• Salads
Available 24 hours a day
Lite Bite Menu
12.00 midnight to 6.00 a.m.
Available Daily
Please ask your nurse for details

\*Some choices on the menu may be subject to availability or seasonal trends