

Service times

Breakfast service will be served between 7:30am and 8:30am

Lunch service will be served between 12:00pm and 1:00pm

Evening meal service will be served between 5:00pm and 6:00pm

A selection of hot and cold beverages will be served throughout the day.

Mid-morning, early afternoon and evening snacks are offered
(Please speak to member of the ward staff).

Missed a meal?

SNACK BOX

If you have missed a meal and would like a snack box please inform a member of the nursing staff, you can choose from the following items:

Fruit juice ✓

Jacket Potato ✓
with Beans & Cheese

Choice of sandwiches

Egg mayonnaise ✓
on white

Egg mayonnaise ✓
on wholemeal

Ham on white

Ham on wholemeal

Cheese on white ✓

Cheese on wholemeal ✓

Tuna mayonnaise
on white*

Tuna mayonnaise
on wholemeal*

Plus two items from
the list below:

Thick & creamy yoghurt ✓

Light yoghurt ✓

Apple & grape ✓
fruit pack

Fresh fruit ✓

Plain Crisps ✓

Cheese & Biscuits ✓

* May contain bones

Breakfast

JUICE

Orange juice ✓

Apple juice ✓

CEREALS

Served with hot or cold milk

Cornflakes ✓

Rice Krispies ✓

Ready Brek ✓

Weetabix ✓

Bran Flakes ✓

Natural Yoghurt ✓

Fruit Yoghurt Light ✓

Thick & creamy yoghurt ✓

TOAST & BREADS

All served with butter
or unsaturated spread

Brown bread

White bread

PRESERVES

Assorted jams

Marmalade

Beverages

Tea (inc. decaf)

Coffee (inc. decaf)

Hot chocolate

Fruit squash

Malted hot drink

Snacks

Eating a 'little bit of what you fancy' can help you on the road to recovery. That's why we provide our patients with a range of tempting, tasty snacks in-between meals.

Assorted biscuits

Chocolate cake slice ✓

Madeira cake ✓

Plain salted crisps ✓

Ambrosia custard ✓

Ambrosia chocolate ✓
custard

Fresh fruit ✓

Rice Pot ✓

Cheese & Biscuits ✓

Digestive Biscuit ✓



University Hospitals
of North Midlands
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