

Guide to portion sizes

Main courses and desserts are served in a standardised size, designed to ensure the menu delivers balanced nutrition. A smaller portion can be selected if required. Potatoes, rice and vegetables are always available in small and regular portion sizes.

Protected mealtimes

Every ward operates a protected mealtimes policy

This is a period of time when meal services take priority over other routine activities. Our aim is to provide a quiet and calm environment and the time you need to enjoy your meals without interruption.

Visitors are welcome at meal times to assist patients who need help with eating following agreement with the ward senior nurse.

Clean hands policy

We encourage all patients to wash their hands before eating. Please ask a member of staff if you need any assistance. A hand wipe will also be provided.

Your feedback is important to us

If the dining service does not meet your expectations please do not hesitate to speak to your ward nurse.

It is also helpful to learn which meals you enjoyed and to hear from you when you think we are doing well.

During your stay we may ask if you would like to complete a short survey about your experience. Your feedback is important to us so that we continually review and improve the catering services for everyone.

Menu



**University Hospitals
of North Midlands**
NHS Trust

WELCOME TO COUNTY HOSPITAL

Please find enclosed your guide to meals, beverages and snacks. A wide range of menus for special diets are also available. Please let us know your requirements.

Please leave this booklet by your bedside. Thank you.