

Welcome

Dear Patient,

Firstly we would like to welcome you to County Hospital.

The bedside 'Patient Menu Guide' has been designed to allow you easy access to 'General Menus' and 'Special Diets.'

Our menus have been carefully selected to ensure patients nutritional needs as well as their religious and cultural beliefs are catered for.

Your meal order will be collated via our 'electronic menu ordering system' in the morning for your preferred lunch choice and again later in the day for your preferred evening meal choice. The 'Week at a Glance' bedside menu will inform you of your daily menu option in advance of your order being taken. Ward personnel will provide assistance should you require help when selecting your meal.

We hope you enjoy your meals.

Dietary coding and special diets

If you have any other specific dietary requirements or food allergies please inform your nurse when selecting meals and beverages. We have a full range of suitable dietary menus on offer, which include: Gluten Aware, Finger Food and Modified Textured Meals.

V VEGETARIAN

H HEALTHY OPTION

E HIGHER ENERGY

CULTURAL AND RELIGIOUS DIETARY CHOICES

Please ask for our Cultural menu if required.

If you would like to see a member of the Catering Management please ask a member of ward staff who will be happy to make the arrangements for you.

Contents

Service times	4
Missed a meal?	4
Breakfast	5
Beverages	5
Sandwiches	5
Snacks	5

Menus	
Monday Lunch	6
Monday Evening	7
Tuesday Lunch	8
Tuesday Evening	9
Wednesday Lunch	10
Wednesday Evening	11
Thursday Lunch	12
Thursday Evening	13
Friday Lunch	14
Friday Evening	15
Saturday Lunch	16
Saturday Evening	17
Sunday Lunch	18
Sunday Evening	19

The Eatwell Guide	20
Guidelines	22
Need extra help at mealtimes?	23
Food brought in from home	23
Guide to portion sizes	24
Protected mealtimes	24
Clean hands policy	24
Your feedback is important to us	24

