

## Caribbean Menu - Lunch

All meals subject to availability  
Please **X** next to your choice

### Please choose one starter

- Fruit Juice of the day
- Soup of the day
- Wholemeal Bread Roll
- Sunflower Spread

### Please choose one main course

- Chicken Curry & White Rice
- Mutton Curry & White Rice
- Ackee Salt Fish, Yam & Sweet Potato **GF V**
- Brown Beef Stew, Yam, Banana & Sweet Potato
- Jerk Chicken with Rice & Peas

### Please choose one dessert

- Hot Pudding choice of the day
- Peach & Pear in Syrup **GF**
- Apple
- Puree Fruit Pot **GF**
- Banana **GF**

### Diet codes

**GF** Gluten Free    **V** Vegetarian

Ward/Bed:

Patient's name:

Please see overleaf for more information

## Caribbean Menu - Supper

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- Soup of the day
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- Sunflower Spread

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# Catering Services at Gloucestershire Hospitals NHS Foundation Trust

The Catering Departments at [Gloucestershire Hospitals NHS Foundation Trust](#) provide an average of 2,000 patient meals every day, plus they provide meals and beverages for over 7,000 staff. Catering services are committed to sustainability and purchasing local produce wherever practical and cost effective. We are dedicated to reduce food wastage, so your support is imperative to achieve this. You can help us to reach our targets by only choosing food items that you are going to consume.

## Delicious food made with you in mind.

The menus contain a large number of choices to suit most people's needs. We hope that they will tempt your appetite as good nutrition will improve your well-being. There is a two week menu cycle to avoid menu fatigue

## Patients Meal and Beverage Service

### Meals

As a patient you are served three meals a day

- Breakfast served from 7.30
- Lunch is served from 12.00
- Supper from 17.00

If you have missed a meal, catering services will provide a packed lunch to tide you over till the next meal service.

Speciality menus on offer are for Special Dietary requirements only.

Ward teams can advise if you need to see a Dietician or someone from Speech and Language Team, about your dietary requirements.

**Allergen information is available upon request from ward teams from the Trust Intranet.**

### Condiments and sauces

Salt, pepper, vinegar and sauces are available with your meals; please ask a member of the ward team if you require them.

As a patient you are served seven hot beverages a day unless you request more

## Beverage Service

Drinks available

- Blackcurrant, orange & lemon cordial (no added sugar)
- Regular and decaffeinated teas and coffee
- Fruit and herbal tea
- Hot chocolate
- Malted milk

Snacks will be offered with every hot beverage round.

## Protected Meal Times

We aim to minimise disruptions during meal times and therefore "protected mealtimes" are standard on our wards, however support to patients during mealtimes is warmly welcomed, please discuss with nurse in charge.

## Can you help?

The catering department have to replace lost crockery and cutlery each year

Can you help us by allowing staff to collect and return all cutlery and crockery to Catering Services; all you need to do is leave everything on your meal tray.

## Infection control and prevention

Don't forget to wash your hands before eating food.

Please ask the staff for assistance if you need help.

If you have any comments which will help us to improve our services please write in the comments box below.

Name
Ward
Comments