

# Gloucestershire Royal Hospital

## MONDAY LUNCH

Week One

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

Please choose your portion size

Small  Large  Children's

Orange Juice **VHECP**   
 Cream of Onion Soup **VHECP**

Please choose one main course

Mushroom Stroganoff **VHECP**   
 Beef Curry **ECP**   
 Feta Cheese Salad & Jacket Potato **VH**   
 White Cheese & Pickle Sandwich **VH**   
 Wholemeal Tuna Mayonnaise Sandwich **H**

Please choose vegetables and potatoes

Buttered Steamed Potatoes **VHECP**   
 Steamed Rice **VH**   
 Country Vegetables **VHECP**

Please choose one dessert

Sticky Toffee Pudding **VHECP**   
 Banana **VHECP**   
 Custard **VHECP**

Diet codes

**V** Vegetarian **EC** Easy to Chew  
**H** Suitable for Halal **P** Puree

Special diets

We provide a separate menu for Clinical Dietary needs which include **Allergens, Religious and Cultural** diets so please ask a member of the Ward Team for the menu.

Patient's name:

Ward-bed:

Red tray:

Nurse's name: Nurse's signature:

Please see overleaf for more information

## MONDAY SUPPER

Week One

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Please **X** next to your choice

Please choose your portion size

Small  Large  Children's

Apple Juice **VHECP**   
 Leek & Potato Soup **VHECP**   
 Bread Roll Sunflower Spread **VH**

Please choose one main course

Spinach Cheese Tart **VHECP**   
 Braised Pork Sausage in Apple & Onion Gravy **ECP**   
 Turkey Salad with a Bread Roll   
 Wholemeal Cheese & Pickle Sandwich **VH**   
 White Tuna Mayonnaise Sandwich **H**

Please choose vegetables and potatoes

Mashed Potatoes **VHECP**   
 Herby Saute Potatoes **VH**   
 Broccoli **VHECP**

Please choose one dessert

Jam & Coconut Sponge **VHECP**   
 Cheese and Biscuits **VH**   
 Custard **VHECP**

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### Meals

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### Condiments and sauces

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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

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## Can you help?

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## Infection control and prevention

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Name
Ward
Comments

## TUESDAY LUNCH

Week One

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Please **X** next to your choice

Please choose your portion size

Small  Large  Children's

Apple Juice **VHECP**   
Minted Pea soup **VHECP**

Please choose one main course

Vegetarian Sausages in Onion Gravy **VHP**   
Chicken, Peppers & Mushrooms in Creamy Sauce **ECP**   
Smoked Mackerel Salad & Jacket Potato **H**   
White Egg Mayonnaise Sandwich **VH**   
Wholemeal Cheese Sandwich **VH**

Please choose vegetables and potatoes

Mashed Potatoes **VHECP**   
Steamed Rice **VH**   
Country Style Vegetables **VHECP**

Please choose one dessert

Red Fruit, Apple & Coconut Crumble **VHECP**   
Raspberry Dessert **VHECP**   
Custard **VHECP**

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## TUESDAY SUPPER

Week One

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Please choose your portion size

Small  Large  Children's

Orange Juice **VHECP**   
Cream of Tomato Soup **VHECP**   
Bread Roll Sunflower Spread **VH**

Please choose one main course

Courgette & Spinach Pasta Bake **VHECP**   
Chicken Chasseur **ECP**   
Chicken Tikka Salad With a Bread Roll **H**   
White Cheese Sandwich **VH**   
Wholemeal Egg Mayonnaise Sandwich **VH**

Please choose vegetables and potatoes

Mashed Potatoes **VHECP**   
Peas **VH**   
Carrots **VHECP**

Please choose one dessert

Rice Pudding **VHECP**   
Pear & Peach Pot **VHEC**

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## Beverage Service

Drinks available

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- Regular and decaffeinated teas and coffee
- Fruit and herbal tea
- Hot chocolate
- Malted milk

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## WEDNESDAY LUNCH

Week One

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Please **X** next to your choice

Please choose your portion size  
Small  Large  Children's

Orange Juice **VHECP**   
Curried Parsnip & Apple Soup **VHECP**

### Please choose one main course

Macaroni Cheese **VHECP**   
Baked Fish with Cheese & Tomato Topping **ECP**   
Southern Fried Chicken Salad with Jacket Potato   
White Cheese Sandwich **VH**   
Wholemeal Ham & Cheese Sandwich

### Please choose vegetables and potatoes

Parsley Potatoes **VHECP**   
Carrots **VHECP**   
Green Beans **VH**

### Please choose one dessert

Sultana Sponge **VHECP**   
Chocolate Mousse **VHEC**   
Custard **VHECP**

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## WEDNESDAY SUPPER

Week One

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Please **X** next to your choice

Please choose your portion size  
Small  Large  Children's

Apple Juice **VHECP**   
Creamed Spring Vegetable Soup **VHECP**   
Bread Roll & Sunflower Spread **VH**

### Please choose one main course

Spinach & Potato Bake **VHECP**   
Pork Sweet Pepper & Tomato Casserole **ECP**   
Tuna Mayonnaise Salad With a Bread Roll **H**   
Wholemeal Cheese Sandwich **H**   
White Ham & Cheese Sandwich

### Please choose vegetables and potatoes

Mashed Potatoes **VHECP**   
Country Vegetables **VHECP**   
Broccoli **VHECP**

### Please choose one dessert

Apple Crumble **VHECP**   
Apricot & Peach Dessert **VH**   
Custard **VHECP**

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## 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

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## THURSDAY LUNCH

Week One

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

Please choose your portion size

Small  Large  Children's

Apple Juice **VHECP**   
Sweet Potato & Ginger Soup **VHECP**

Please choose one main course

Cauliflower & Broccoli Pasta **VHECP**   
Cumberland Sausages **ECP**   
Mediterranean Quinoa Salad With Jacket Potato **ECP**   
White Cheese & Pickle Sandwich **VH**   
Wholemeal Chicken Mayo Sandwich

Please choose vegetables and potatoes

Mashed Potatoes **VHECP**   
Country Style Vegetables **VHECP**

Gravy **VHECP**

Please choose one dessert

Rhubarb Crumble **VHECP**   
Cheese & Biscuits **VH**   
Custard **VHECP**

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## THURSDAY SUPPER

Week One

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Please **X** next to your choice

Please choose your portion size

Small  Large  Children's

Orange Juice **VHECP**   
Carrot & Parsnip Soup **VHECP**   
Bread Roll Sunflower Spread **VH**

Please choose one main course

Cauliflower, Spinach & Lentil Curry **VHECP**   
Creamy Chicken & Vegetable Pasta Bake **ECP**   
Cheese Salad with a Bread Roll   
Wholemeal Cheese & Pickle Sandwich **VH**   
White Chicken Mayonnaise Sandwich

Please choose vegetables and potatoes

Parsley Potatoes **VHECP**   
Steamed Rice **VH**   
Carrots **VHECP**

Please choose one dessert

Hot Cherry and Almond Sponge **VHECP**   
Banana **VHECP**   
Custard **VHECP**

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## 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

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## FRIDAY LUNCH

Week One

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Please choose your portion size

Small  Large  Children's

Orange Juice **VHECP**   
Red Lentil Broth **VHECP**

Please choose one main course

Vegetarian Quiche **VHECP**   
Breaded Fish **HECP**   
Ham Salad with Jacket Potato   
White Egg Mayonnaise Sandwich **VH**   
Wholemeal Tuna Mayonnaise Sandwich **H**

Please choose vegetables and potatoes

Chipped Potatoes **VH**   
Mashed Potatoes **VHECP**   
Mushy Peas **VHECP**   
Parsley Sauce **VHECP**

Please choose one dessert

Chocolate Sponge **VHECP**   
Fresh Fruit Bags **VH**   
Chocolate Sauce **VHECP**

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## FRIDAY SUPPER

Week One

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Please **X** next to your choice

Please choose your portion size

Small  Large  Children's

Apple Juice **VHECP**   
Cream of Mushroom Soup **VHECP**   
Bread Roll Sunflower Spread **VH**

Please choose one main course

Vegetable Lasagne **VHECP**   
Savoury Mince Beef **ECP**   
Cheese Ploughman's Salad with Bread Roll **VH**   
Wholemeal Egg Mayonnaise Sandwich **VH**   
White Tuna Mayonnaise Sandwich **H**

Please choose vegetables and potatoes

Mashed Potatoes **VHECP**   
Carrots **VH**   
Sweetcorn

Please choose one dessert

Lemon Sponge **VHECP**   
Strawberry Mousse **VHEC**   
Custard **VHECP**

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## Beverage Service

Drinks available

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## SATURDAY LUNCH

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Please choose your portion size

Small  Large  Children's

Apple Juice **VHECP**   
 Cream of Spinach Soup **VHECP**

Please choose one main course

Vegetarian Swedish Meatballs **VHECP**   
 Beef Lasagne **ECP**   
 Cheese & Tomato Pizza **VH**   
 White Chicken Mayonnaise Sandwich   
 Wholemeal Cheese Sandwich **VH**

Please choose vegetables and potatoes

Mashed Potatoes **VHECP**   
 Herby Diced Potatoes **VH**   
 Country Vegetables **VHECP**   
 Broccoli **VHECP**

Please choose one dessert

Peach Melba Flapjack Crumble **VHECP**   
 Yoghurt **VH**   
 Custard **VHECP**

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Small  Large  Children's

Orange Juice **VHECP**   
 Tomato & Red Pepper Soup **VHECP**   
 Bread Roll & Sunflower Spread **VH**

Please choose one main course

Jacket Potato, Beans & Cheese **VHECP**   
 Chicken Curry **ECP**   
 White Cheese Sandwich **VH**   
 Wholemeal Chicken Mayonnaise Sandwich

Please choose vegetables and potatoes

Steamed Rice **VHECP**   
 Cauliflower **VHECP**   
 Peas **VH**

Please choose one dessert

Sticky Syrup Sponge **VHECP**   
 Blackcurrant Cheesecake **VH**   
 Custard **VHECP**

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- Hot chocolate
- Malted milk

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## SUNDAY LUNCH

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Please **X** next to your choice

Please choose your portion size

Small  Large  Children's

Orange Juice **VHECP**   
Carrot & Cumin Soup **VHECP**

Please choose one main course

Cauliflower Cheese **VHP**   
Minced Lamb Hotpot **ECP**   
Roast Chicken with Stuffing **P**   
White Egg Mayonnaise Sandwich **VH**   
Wholemeal Ham & Cheese Sandwich

Please choose vegetables and potatoes

Roast Potatoes **VH**   
Mashed Potatoes **VHECP**   
Cabbage **VH**   
Diced Swede **VHECP**

Gravy **VHECP**

Please choose one dessert

Apple Pie **VHECP**   
Cheese & Biscuits **VH**   
Custard **VHECP**

Diet codes

**V** Vegetarian **EC** Easy to Chew  
**H** Suitable for Halal **P** Puree

Special diets

We provide a separate menu for Clinical Dietary needs which include **Allergens, Religious and Cultural** diets so please ask a member of the Ward Team for the menu.

Patient's name:

Ward-bed:

Red tray:

Nurse's name: Nurse's signature:

Please see overleaf for more information

## SUNDAY SUPPER

Week One

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

Please choose your portion size

Small  Large  Children's

Apple Juice **VHECP**   
Thick Vegetable Soup **VHECP**   
Bread Roll Sunflower Spread **VH**

Please choose one main course

Broccoli and Herb Quiche **VHECP**   
Beef Bolognese Pasta Bake **ECP**   
Wholemeal Egg Mayonnaise Sandwich **VH**   
White Ham & Cheese Sandwich

Please choose vegetables and potatoes

Mashed Potatoes **VHECP**   
Carrots **VHECP**   
Peas **VH**

Please choose one dessert

Compote of Summer Fruits **VHECP**   
Banana **VHECP**   
Custard **VHECP**

Diet codes

**V** Vegetarian **EC** Easy to Chew  
**H** Suitable for Halal **P** Puree

Special diets

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Red tray:

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Please see overleaf for more information

# 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