

# Cheltenham General Hospital

## MONDAY LUNCH

Week Two

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

Please choose your portion size

Small  Large  Children's

Please choose one starter

- Orange Juice **VHEC**   
 Red Lentil Soup **VHEC**

Please choose one main course

- Vegetable Bean Chilli **VH**   
 Shepherds Pie **EC**   
 Mozzarella & Mixed Salad with Jacket Potato **VH**   
 Potato   
 White Cheese & Pickle Sandwich   
 Wholemeal Tuna Mayonnaise Sandwich **H**

Please choose vegetables and potatoes

- Boiled Rice **VHEC**   
 Potato Wedges **VHEC**   
 Green Beans **VH**   
 Carrots **VHEC**

- Gravy **VHEC**

Please choose one dessert

- Rhubarb Crumble **VHEC**   
 Strawberry Sundae **VHEC**   
 Cream **VHEC**

Diet codes

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

Special diets

We provide a separate menu for Clinical Dietary needs which include **Modified Texture, 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:

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## MONDAY SUPPER

Week Two

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

Please choose your portion size

Small  Large  Children's

Please choose one starter

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

Please choose one main course

- Cauliflower Cheese **VHEC**   
 Quiche Lorraine **EC**   
 Egg Mayonnaise Salad with Bread Roll **VH**   
 Wholemeal Cheese & Pickle Sandwich **VH**   
 White Tuna Mayonnaise Sandwich **H**

Please choose vegetables and potatoes

- Boiled Potatoes **VHEC**   
 Peas **VH**   
 Mashed Swede **VHEC**

- 

Please choose one dessert

- Sultana Sponge **VHEC**   
 Cheese & Biscuits **VH**   
 Custard **VHEC**

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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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## Infection control and prevention

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Name
Ward
Comments

# Cheltenham General Hospital

## TUESDAY LUNCH

Week Two

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Please choose your portion size

Small  Large  Children's

Please choose one starter

Apple Juice **VHEC**   
Mushroom Soup **VHEC**

Please choose one main course

Macaroni Cheese **VHEC**   
Fish Pie **EC**   
Mexican Bean Salad with Jacket potato **VH**   
White Egg Mayonnaise Sandwich **VH**   
Wholemeal Cheese Sandwich **VH**

Please choose vegetables and potatoes

Sauté Potatoes **VHEC**   
Broccoli **VHEC**   
Sweetcorn **VH**

Please choose one dessert

Apple Sponge Pudding **VHEC**   
Banana **VHEC**   
Custard **VHEC**

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## TUESDAY SUPPER

Week Two

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Please choose your portion size

Small  Large  Children's

Please choose one starter

Orange Juice **VHEC**   
Tomato Soup **VHEC**   
Bread Roll Sunflower Spread **VH**

Please choose one main course

Vegetarian Tikka Masala **VHEC**   
Pork Meatballs in a Tomato & Herb Sauce **EC**   
Ham & Pineapple Salad With a Bread Roll   
Wholemeal Egg Mayonnaise Sandwich **VH**   
White Cheese Sandwich **VH**

Please choose vegetables and potatoes

Mashed Potatoes **VHEC**   
Vegetable Rice **VHEC**   
Broccoli **VHEC**

Please choose one dessert

Coconut Rice Pudding **VHEC**   
Strawberry Cheesecake **VH**

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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 Two

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Please choose your portion size

Small  Large  Children's

Please choose one starter

- Orange Juice **VHEC**   
 Tomato Soup **VHEC**

Please choose one main course

- Cauliflower & Broccoli Pasta **VHEC**   
 Chicken & Ham Pie with Flaky Pastry **EC**   
 Smoked Mackerel Salad with Jacket Potato **H**   
 White Cheese Sandwich **VH**   
 Wholemeal Ham & Cheese Sandwich

Please choose vegetables and potatoes

- Minted Boiled Potatoes **VHEC**   
 Peas **VH**   
 Carrots **VHEC**   
 Gravy **VHEC**

Please choose one dessert

- Cooked Summer Fruits **VHEC**   
 Chocolate Mousse **VHEC**   
 Custard **VHEC**

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## WEDNESDAY SUPPER

Week Two

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Please **X** next to your choice

Please choose your portion size

Small  Large  Children's

Please choose one starter

- Apple Juice **VHEC**   
 Red Lentil Broth **VHEC**   
 Bread Roll Sunflower Spread **VH**

Please choose one main course

- Potato Cheese & Leek Bake **VHEC**   
 Chicken & Vegetable Casserole **VHEC**   
 Tuna Mayonnaise Salad with a Bread Roll **VH**   
 Wholemeal Cheese Sandwich **VH**   
 White Ham & Cheese Sandwich

Please choose vegetables and potatoes

- Mashed Potatoes **VHEC**   
 Sliced Green Beans **VH**   
 Broccoli **VHEC**   
 Gravy **VHEC**

Please choose one dessert

- Bread & Butter Pudding **VHEC**   
 Smooth Fruit Yoghurt **VHEC**   
 Custard **VHEC**

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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

Snacks will be offered with every hot beverage round.

## Protected Meal Times

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Name
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## THURSDAY LUNCH

Week Two

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Please **X** next to your choice

Please choose your portion size

Small  Large  Children's

**Please choose one starter**

Apple Juice **VHEC**   
Vegetable Soup **VHEC**

**Please choose one main course**

Tomato, Lentil & Sweet Potato Crumble **VHEC**   
Beef Bolognese with Pasta **EC**   
Coronation Chicken Salad and Jacket Potato   
  
White Cheese & Pickle Sandwich **VH**   
Wholemeal Chicken Mayonnaise Sandwich

**Please choose vegetables and potatoes**

Sauté Potatoes **VHEC**   
Carrots **VHEC**   
Sliced Green Beans **VH**

**Please choose one dessert**

Sticky Toffee Pudding **VHEC**   
Pear & Peach Pot **VHEC**   
  
Custard **VHEC**

**Diet codes**

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

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## THURSDAY SUPPER

Week Two

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Please **X** next to your choice

Please choose your portion size

Small  Large  Children's

**Please choose one starter**

Orange Juice **VHEC**   
Leek & Potato Soup **VHEC**   
Bread Roll Sunflower Spread **VH**

**Please choose one main course**

Cheese & Onion Quiche **VHEC**   
Chicken Korma **EC**   
Feta Cheese & Olive Salad with a Bread Roll **H**   
  
Wholemeal Cheese & Pickle Sandwich **VH**   
White Chicken Mayonnaise Sandwich

**Please choose vegetables and potatoes**

Baby Potatoes **VHEC**   
Vegetable Rice **VHEC**   
Carrots **VHEC**   
Peas **VH**

**Please choose one dessert**

Mixed Fruit Pie **VHEC**   
Cheese & Biscuits **VHEC**   
  
Cream **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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Week Two

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Please choose your portion size

Small  Large  Children's

Please choose one starter

- Orange Juice **VHEC**
- Tomato Red Pepper & Lentil Soup **VHEC**

Please choose one main course

- Cauliflower & Broccoli Pasta **VHEC**
- Breaded Haddock / Lemon Wedge **H**
- Falafel Salad with a Flat Bread **VH**
- White Egg Mayonnaise Sandwich **VH**
- Wholemeal Tuna Mayonnaise Sandwich **H**

Please choose vegetables and potatoes

- Chipped Potatoes **VH**
- Mashed Potatoes **VHEC**
- Broccoli **VHEC**
- Peas **VH**

Please choose one dessert

- Apricot Crumble **VHEC**
- Fresh Fruit Bag **VHEC**
- Cream **VHEC**

Diet codes

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## FRIDAY SUPPER

Week Two

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Please **X** next to your choice

Please choose your portion size

Small  Large  Children's

Please choose one starter

- Apple Juice **VHEC**
- Tomato & Bean Soup **VHEC**
- Bread Roll Sunflower Spread **VH**

Please choose one main course

- Vegetarian Thai Red Curry With Chicken Style Pieces **VHEC**
- Chicken Cheese & Bacon Bake **EC**
- Cheese Salad with Bread Roll
- Wholemeal Egg Mayonnaise Sandwich **VH**
- White Tuna Mayonnaise Sandwich **H**

Please choose vegetables and potatoes

- Rice **VHEC**
- Baby Potatoes **VHEC**
- Carrots **VHEC**

Please choose one dessert

- Syrup Sponge **VHEC**
- Strawberry Mousse **VHEC**
- Custard **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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Small  Large  Children's

Please choose one starter

Apple Juice **VHEC**   
Tomato Soup **VHEC**

Please choose one main course

Vegetarian Cottage Pie **VHEC**   
Pork Meatballs in Tomato & Herb Sauce **EC**   
Cheese & Tomato Omelette **VHEC**   
White Chicken Mayonnaise Sandwich   
Wholemeal Cheese Sandwich **VH**

Please choose vegetables and potatoes

Potato Wedges **VH**   
Penne Pasta **VHEC**   
Peas **VH**   
Carrots **VHEC**

Please choose one dessert

Mixed Fruit Pie **VH**   
Raspberry Trifle **VHEC**   
Custard **VHEC**

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Small  Large  Children's

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Vegetable Soup **VHEC**   
Bread Roll Sunflower Spread **VH**

Please choose one main course

Cauliflower Spinach & Lentil Curry **VHEC**   
Chilli Con Carne **EC**   
Wholemeal Chicken Mayonnaise Sandwich   
White Cheese Sandwich **VH**

Please choose vegetables and potatoes

Chipped Potatoes **VHEC**   
Vegetable Rice **VHEC**   
Mashed Root Vegetables **VHEC**

Please choose one dessert

Jam Sponge **VHEC**   
Cheese & Biscuits **VH**   
Custard **VHEC**

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Week Two

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

Please choose your portion size

Small  Large  Children's

Please choose one starter

- Orange Juice **VHEC**   
 Tomato & Bean Soup **VHEC**

Please choose one main course

- Meat free Mushroom & Chicken Style pie **VHEC**   
 Roast Beef & Yorkshire Pudding   
 Orange & Ginger Chicken **EC**   
 White Egg Mayonnaise Sandwich **VH**   
 Wholemeal Ham & Cheese Sandwich

Please choose vegetables and potatoes

- Roast Potatoes **VH**   
 Mashed Potatoes **VHEC**   
 Mashed Root Vegetables **VHEC**   
 Cabbage **VH**

- Gravy **VHEC**

Please choose one dessert

- Apple Crumble **VHEC**   
 Cheese & Biscuits **VH**   
 Custard **VHEC**

Diet codes

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

Special diets

We provide a separate menu for Clinical Dietary needs which include **Modified Texture, 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 Two

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

Please choose your portion size

Small  Large  Children's

Please choose one starter

- Apple Juice **VHEC**   
 Mushroom Soup **VHEC**   
 Bread Roll Sunflower Spread **VH**

Please choose one main course

- Macaroni Cheese **VHEC**   
 Sweet & Sour Chicken **EC**   
 Wholemeal Egg Mayonnaise Sandwich **VH**   
 White Ham & Cheese Sandwich

Please choose vegetables and potatoes

- Mashed Potatoes **VHEC**   
 Boiled Rice **VHEC**   
 Peas **VH**   
 Carrots **VHEC**

- Gravy **VHEC**

Please choose one dessert

- Hot Chocolate Brownie   
 Caramel Sundae **VHEC**   
 Cream **VHEC**

Diet codes

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

Special diets

We provide a separate menu for Clinical Dietary needs which include **Modified Texture, 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

# 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