

# Cheltenham General 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

Please choose one starter

Orange Juice **VHEC**   
Vegetable Soup **VHEC**

Please choose one main course

Creamy Vegetable Bake **VHEC**   
Cheesy Chicken Bake   
Vienna Steak in a Tomato Sauce   
White Cheese & Pickle Sandwich **VH**   
Wholemeal Tuna Mayonnaise Sandwich **H**

Please choose vegetables and potatoes

Colcannon Mash **VHEC**   
Sliced Potatoes Cooked in Cream **VHEC**   
Cabbage **VH**   
Green Beans **VHEC**

Gravy **VHEC**

Please choose one dessert

Jam Sponge **VHEC**   
Strawberry Sundae **VHEC**   
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

## MONDAY SUPPER

Week One

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

Cheese and Tomato Omelette **VHEC**   
Beef Lasagne **EC**   
Turkey Salad with a Bread Roll   
Wholemeal Cheese & Pickle Sandwich **VH**   
White Tuna Mayonnaise Sandwich **H**

Please choose vegetables and potatoes

Potato Wedges **VH**   
Broccoli **VHEC**   
Peas **VH**

Please choose one dessert

Stewed Fruits **VHEC**   
Smooth Fruit Yogurt **VHEC**   
Cheese & Biscuits **VH**   
Custard **VHEC**

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## Delicious food made with you in mind.

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## Patients Meal and Beverage Service

### 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 One

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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   | <b>VHEC</b> | <input type="checkbox"/> |
| Mushroom Soup | <b>VHEC</b> | <input type="checkbox"/> |
|               |             | <input type="checkbox"/> |

Please choose one main course

- |                               |            |                          |
|-------------------------------|------------|--------------------------|
| Cheese & Onion Quiche         | <b>VH</b>  | <input type="checkbox"/> |
| Minced Venison Hotpot         | <b>EC</b>  | <input type="checkbox"/> |
| Fishcakes                     | <b>HEC</b> | <input type="checkbox"/> |
|                               |            | <input type="checkbox"/> |
| White Egg Mayonnaise Sandwich | <b>VH</b>  | <input type="checkbox"/> |
| Wholemeal Cheese Sandwich     | <b>VH</b>  | <input type="checkbox"/> |
|                               |            | <input type="checkbox"/> |

Please choose vegetables and potatoes

- |                 |             |                          |
|-----------------|-------------|--------------------------|
| Mashed Potatoes | <b>VHEC</b> | <input type="checkbox"/> |
| Broccoli        | <b>VHEC</b> | <input type="checkbox"/> |
| Sweetcorn       | <b>VH</b>   | <input type="checkbox"/> |
|                 |             | <input type="checkbox"/> |
|                 |             | <input type="checkbox"/> |

- |       |             |                          |
|-------|-------------|--------------------------|
| Gravy | <b>VHEC</b> | <input type="checkbox"/> |
|       |             | <input type="checkbox"/> |

Please choose one dessert

- |                       |             |                          |
|-----------------------|-------------|--------------------------|
| Chocolate Chip Sponge | <b>VH</b>   | <input type="checkbox"/> |
| Cheese & Biscuits     | <b>VHEC</b> | <input type="checkbox"/> |
|                       |             | <input type="checkbox"/> |
| Custard               | <b>VHEC</b> | <input type="checkbox"/> |
|                       |             | <input type="checkbox"/> |

Diet codes

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## TUESDAY SUPPER

Week One

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                | <b>VHEC</b> | <input type="checkbox"/> |
| Tomato Soup                 | <b>VHEC</b> | <input type="checkbox"/> |
| Bread Roll Sunflower Spread | <b>VH</b>   | <input type="checkbox"/> |

Please choose one main course

- |   |            |                          |
|---|------------|--------------------------|
| Lentil Topped Flakey Topped Pie         | <b>VEC</b> | <input type="checkbox"/> |
| Savoury Minced Beef                     | <b>EC</b>  | <input type="checkbox"/> |
| Tuna Mayonnaise Salad with a Bread Roll | <b>H</b>   | <input type="checkbox"/> |
|   |            | <input type="checkbox"/> |
| Wholemeal Egg Mayonnaise Sandwich       | <b>VH</b>  | <input type="checkbox"/> |
| White Cheese Sandwich                   | <b>VH</b>  | <input type="checkbox"/> |
|   |            | <input type="checkbox"/> |

Please choose vegetables and potatoes

- |                  |             |                          |
|------------------|-------------|--------------------------|
| Mashed Potatoes  | <b>VHEC</b> | <input type="checkbox"/> |
| Vegetable Medley | <b>VH</b>   | <input type="checkbox"/> |
| Carrots          | <b>VHEC</b> | <input type="checkbox"/> |
|                  |             | <input type="checkbox"/> |
|                  |             | <input type="checkbox"/> |

- |       |             |                          |
|-------|-------------|--------------------------|
| Gravy | <b>VHEC</b> | <input type="checkbox"/> |
|       |             | <input type="checkbox"/> |

Please choose one dessert

- |                         |             |                          |
|-------------------------|-------------|--------------------------|
| Apple Pie               | <b>VHEC</b> | <input type="checkbox"/> |
| Blackcurrant Cheesecake | <b>VH</b>   | <input type="checkbox"/> |
| Ice Cream               | <b>VEC</b>  | <input type="checkbox"/> |
|                         |             | <input type="checkbox"/> |
|                         |             | <input type="checkbox"/> |

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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
Ward
Comments

## WEDNESDAY LUNCH

Week One

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       | <b>VHEC</b> | <input type="checkbox"/> |
| Leek & Potato Soup | <b>VHEC</b> | <input type="checkbox"/> |
|                    |             | <input type="checkbox"/> |

Please choose one main course

- |  |             |                          |
|--|-------------|--------------------------|
| Meat Free Mushroom & Chicken Style Pie   | <b>VH</b>   | <input type="checkbox"/> |
| Cauliflower Cheese                       | <b>VHEC</b> | <input type="checkbox"/> |
| Chicken Breast in Tomato and Basil Sauce |             | <input type="checkbox"/> |
|  |             | <input type="checkbox"/> |
| White Tuna Mayonnaise Sandwich           | <b>H</b>    | <input type="checkbox"/> |
| Wholemeal Ham & Cheese Sandwich          |             | <input type="checkbox"/> |
|  |             | <input type="checkbox"/> |

Please choose vegetables and potatoes

- |                    |             |                          |
|--------------------|-------------|--------------------------|
| Saute Potatoes     | <b>VHEC</b> | <input type="checkbox"/> |
| Roast Potatoes     | <b>VH</b>   | <input type="checkbox"/> |
| Carrots            | <b>VHEC</b> | <input type="checkbox"/> |
| Sliced Green Beans | <b>VH</b>   | <input type="checkbox"/> |
|                    |             | <input type="checkbox"/> |

- |       |             |                          |
|-------|-------------|--------------------------|
| Gravy | <b>VHEC</b> | <input type="checkbox"/> |
|       |             | <input type="checkbox"/> |

Please choose one dessert

- |                  |             |                          |
|------------------|-------------|--------------------------|
| Sultana Sponge   | <b>VHEC</b> | <input type="checkbox"/> |
| Chocolate Mousse | <b>VHEC</b> | <input type="checkbox"/> |
|                  |             | <input type="checkbox"/> |
| Cream            | <b>VHEC</b> | <input type="checkbox"/> |
|                  |             | <input type="checkbox"/> |

Diet codes

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Ward-bed:

Red tray:

Nurse's name:                      Nurse's signature:

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## WEDNESDAY SUPPER

Week One

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                 | <b>VHEC</b> | <input type="checkbox"/> |
| Red Lentil Broth            | <b>VHEC</b> | <input type="checkbox"/> |
| Bread Roll Sunflower Spread | <b>VH</b>   | <input type="checkbox"/> |

Please choose one main course

- |                                       |             |                          |
|---------------------------------------|-------------|--------------------------|
| Lamb Burgers in Minted Gravy          | <b>EC</b>   | <input type="checkbox"/> |
| Potato, Cheese and Leek Bake          | <b>VHEC</b> | <input type="checkbox"/> |
| Chicken Tikka Salad with a Bread Roll |             | <input type="checkbox"/> |
|                                       |             | <input type="checkbox"/> |
| Wholemeal Tuna Mayonnaise Sandwich    | <b>H</b>    | <input type="checkbox"/> |
| White Ham & Cheese Sandwich           |             | <input type="checkbox"/> |
|                                       |             | <input type="checkbox"/> |

Please choose vegetables and potatoes

- |                  |             |                          |
|------------------|-------------|--------------------------|
| Mashed Potatoes  | <b>VHEC</b> | <input type="checkbox"/> |
| Vegetable Medley | <b>VH</b>   | <input type="checkbox"/> |
| Cauliflower      | <b>VHEC</b> | <input type="checkbox"/> |
|                  |             | <input type="checkbox"/> |

- |       |             |                          |
|-------|-------------|--------------------------|
| Gravy | <b>VHEC</b> | <input type="checkbox"/> |
|       |             | <input type="checkbox"/> |

Please choose one dessert

- |                      |             |                          |
|----------------------|-------------|--------------------------|
| Lemon Sponge         | <b>VHEC</b> | <input type="checkbox"/> |
| Cheese & Biscuits    | <b>VH</b>   | <input type="checkbox"/> |
| Smooth Fruit Yoghurt | <b>VHEC</b> | <input type="checkbox"/> |
| Custard              | <b>VHEC</b> | <input type="checkbox"/> |
|                      |             | <input type="checkbox"/> |

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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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## Protected Meal Times

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Week One

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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

- Cauliflower, Spinach and Lentil Curry **VHEC**   
Quiche Lorraine **EC**   
Chicken Tikka Masala **EC**   
  
White Cheese & Pickle Sandwich **VH**   
Wholemeal Chicken Mayonnaise Sandwich

Please choose vegetables and potatoes

- White Rice **VHEC**   
Potato Croquettes **VHEC**   
Mashed Swede **VHEC**   
Peas **VH**

- Gravy **VHEC**

Please choose one dessert

- Bakewell Tart **VHEC**   
Banana **VHEC**   
**VHEC**   
Custard **VHEC**

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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

Please choose one starter

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

Please choose one main course

- Plant Based Shepherds Pie **VHEC**   
Tuna Pasta Bake **VEC**   
Baked Ham Salad with a Bread Roll   
  
Wholemeal Cheese & Pickle Sandwich **VH**   
White Chicken Mayonnaise Sandwich

Please choose vegetables and potatoes

- Boiled Potatoes **VHEC**   
Carrots **VHEC**   
Sliced Green Beans **VH**

- Gravy **VHEC**

Please choose one dessert

- Bread and Butter Pudding **VH**   
Raspberry Trifle **VHEC**   
Ice Cream **VEC**   
Custard **VHEC**

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- Fruit and herbal tea
- Hot chocolate
- Malted milk

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

Please choose one main course

- Vegetable Quiche **VH**
- Salmon Crumble **VEC**
- Sausages in onion gravy
- White Egg Mayonnaise Sandwich **VH**
- Wholemeal Tuna Mayonnaise Sandwich **H**

Please choose vegetables and potatoes

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

Please choose one dessert

- Jamaican Ginger Pudding with Orange Sauce **VHEC**
- Fresh Fruit Bag **VH**
- Custard **VHEC**

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Small  Large  Children's

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

Please choose one main course

- Vegetable Lasagne **VHEC**
- Breaded Chicken Fillets
- Cheese Ploughman's Salad **VH**
- Wholemeal Egg Mayonnaise Sandwich **VH**
- White Tuna Mayonnaise Sandwich **H**

Please choose vegetables and potatoes

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

Please choose one dessert

- Apple Crumble **VHEC**
- Cheese & Biscuits **VH**
- Smooth Fruit Yoghurt **VHEC**
- Custard **VHEC**

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**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

# Cheltenham General Hospital

## SATURDAY LUNCH

Week One

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**   
Leak & Potato Soup **VHEC**

Please choose one main course

- Cauliflower and Broccoli Pasta **VHEC**   
Pork Meatballs in a Tomato Sauce **EC**   
Baked Steak & Potato Pie   
White Chicken Mayonnaise Sandwich   
Wholemeal Cheese Sandwich **VH**

Please choose vegetables and potatoes

- Potato Wedges **VH**   
Mashed Potatoes **VHEC**   
Broccoli **VHEC**   
Baked Beans **VH**

- Gravy **VHEC**

Please choose one dessert

- Clotted Cream Rice Pudding **VHEC**   
Raspberry Dessert **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

## SATURDAY SUPPER

Week One

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

Please choose one main course

- Cauliflower and Spinach Curry **VHEC**   
Beef Chilli Con Carne   
Wholemeal Chicken Mayonnaise Sandwich   
White Cheese Sandwich **VH**

Please choose vegetables and potatoes

- Jacket Potato **VH**   
Vegetable Rice **VHEC**   
Sliced Green Beans **VH**   
Carrots **VHEC**

- 

Please choose one dessert

- Hot Chocolate Brownie **VHEC**   
Peach & Pear Fruit Pot **VH**   
Ice Cream **VHEC**

- 

Diet codes

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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.

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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

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

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

Name
Ward
Comments

# Cheltenham General Hospital

## SUNDAY LUNCH

Week One

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       | <b>VHEC</b> | <input type="checkbox"/> |
| Tomato & Bean Soup | <b>VHEC</b> | <input type="checkbox"/> |
|                    |             | <input type="checkbox"/> |

Please choose one main course

- |                                 |             |                          |
|---------------------------------|-------------|--------------------------|
| Cheese & Tomato Omelette        | <b>VHEC</b> | <input type="checkbox"/> |
| Plant Based Shepherds Pie       | <b>VHEC</b> | <input type="checkbox"/> |
| Roast Chicken in Gravy          |             | <input type="checkbox"/> |
|                                 |             | <input type="checkbox"/> |
| White Egg Mayonnaise Sandwich   | <b>VH</b>   | <input type="checkbox"/> |
| Wholemeal Ham & Cheese Sandwich |             | <input type="checkbox"/> |
|                                 |             | <input type="checkbox"/> |

Please choose vegetables and potatoes

- |                        |             |                          |
|------------------------|-------------|--------------------------|
| Golden Roast Potatoes  | <b>VH</b>   | <input type="checkbox"/> |
| Mashed Potatoes        | <b>VHEC</b> | <input type="checkbox"/> |
| Cabbage                | <b>VH</b>   | <input type="checkbox"/> |
| Mashed Root Vegetables | <b>VHEC</b> | <input type="checkbox"/> |
|                        |             | <input type="checkbox"/> |

- |       |             |                          |
|-------|-------------|--------------------------|
| Gravy | <b>VHEC</b> | <input type="checkbox"/> |
|       |             | <input type="checkbox"/> |

Please choose one dessert

- |                   |             |                          |
|-------------------|-------------|--------------------------|
| Syrup Sponge      | <b>VHEC</b> | <input type="checkbox"/> |
| Cheese & Biscuits | <b>VH</b>   | <input type="checkbox"/> |
|                   |             | <input type="checkbox"/> |
| Custard           | <b>VHEC</b> | <input type="checkbox"/> |
|                   |             | <input type="checkbox"/> |

Diet codes

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Red tray:

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## SUNDAY SUPPER

Week One

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                 | <b>VHEC</b> | <input type="checkbox"/> |
| Minestrone Soup             | <b>VHEC</b> | <input type="checkbox"/> |
| Bread Roll Sunflower Spread | <b>VH</b>   | <input type="checkbox"/> |

Please choose one main course

- |                                   |             |                          |
|-----------------------------------|-------------|--------------------------|
| Cauliflower Cheese                | <b>VHEC</b> | <input type="checkbox"/> |
| Chicken Pasta With Tomato & Herbs |             | <input type="checkbox"/> |
|                                   |             | <input type="checkbox"/> |
|                                   |             | <input type="checkbox"/> |
| Wholemeal Egg Mayonnaise Sandwich | <b>VH</b>   | <input type="checkbox"/> |
| White Ham & Cheese Sandwich       |             | <input type="checkbox"/> |
|                                   |             | <input type="checkbox"/> |

Please choose vegetables and potatoes

- |                |             |                          |
|----------------|-------------|--------------------------|
| Saute Potatoes | <b>VHEC</b> | <input type="checkbox"/> |
| Broccoli       | <b>VHEC</b> | <input type="checkbox"/> |
| Carrots        | <b>VHEC</b> | <input type="checkbox"/> |
|                |             | <input type="checkbox"/> |
|                |             | <input type="checkbox"/> |

- |       |             |                          |
|-------|-------------|--------------------------|
| Gravy | <b>VHEC</b> | <input type="checkbox"/> |
|       |             | <input type="checkbox"/> |

Please choose one dessert

- |                       |             |                          |
|-----------------------|-------------|--------------------------|
| Sticky Toffee Pudding | <b>VHEC</b> | <input type="checkbox"/> |
| Strawberry Cheesecake | <b>VH</b>   | <input type="checkbox"/> |
| Smooth Fruit Yoghurt  | <b>VHEC</b> | <input type="checkbox"/> |
| Custard               | <b>VHEC</b> | <input type="checkbox"/> |
|                       |             | <input type="checkbox"/> |

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