

Meals Without Peanuts & Tree Nuts To Start

Fruit Juice V VEGAN GF

Mains

- Roast Chicken Meal
- Chicken Goujons & Wedges
- Chicken Tikka Masala & Rice GF
- Chinese Style Chicken Curry GF
- Chicken, Pearl Barley & Vegetable Soup
- Chicken & Butterbean Casserole GF
- Cottage Pie GF
- Beef Pasta Bolognese GF
- Roast Pork Meal GF
- Sausage & Mash
- All Day Breakfast
- Fish & Chips
- Fish in Parsley Sauce GF
- Salmon & Potato Bake
- Macaroni Cheese V GF
- Cheese & Tomato Pasta V GF
- Creamy Cheddar & Vegetable Bake V GF
- Lentil & Vegetable Shepherd's Pie V VEGAN GF
- Chickpea & Spinach Curry & Rice V VEGAN GF
- Smoky Bean Chilli & Rice V VEGAN GF
- Plain Omelette & Potato Wedges V GF
- Cream of Tomato Soup V GF
- Mediterranean Vegetable & Lentil Pasta V VEGAN GF

Desserts

- Rice Pudding Pot V GF
- Custard Pot V GF
- Fresh or Tinned Fruit V VEGAN GF
- Easy to chew GF options available
- müller Fruit Yoghurt V GF
- müller Low Fat Fruit Yoghurt V GF
- Plain Low Fat Yoghurt V GF
- Jelly V VEGAN GF

Meals Without 14 Major Allergens

The following meals do not contain any of the 14 major allergens including cereals containing gluten, milk, egg, soya, fish, crustaceans, molluscs, peanuts, tree nuts, sesame seeds, celery, mustard, lupin or sulphites.

To Start

Fruit Juice V VEGAN GF

Mains Special Allergy Range

- Beef Casserole GF Served with new potatoes, sweetcorn & green beans
- Savoury Minced Beef GF Served with new potatoes & broccoli
- Chilli Con Carne GF Served with rice & mixed vegetables
- Chicken Casserole GF Served with parmentier potatoes, cauliflower & green beans
- Savoury Minced Chicken GF Served with new potatoes, carrots & peas
- Lamb Casserole GF Served with parmentier potatoes & broccoli
- Ratatouille V VEGAN GF Served with rice & peas
- Harvester Casserole V VEGAN GF Served with roast potatoes, sweetcorn & mixed vegetables
- Vegetable Chilli & Chickpea Stew V VEGAN GF Served with rice
- Savoury Bean Casserole V VEGAN GF Served with roast potatoes, carrots & mixed vegetables
- Mediterranean Vegetable Stew V VEGAN GF Served with parmentier potatoes, sweetcorn & cauliflower

Desserts

- Fresh Fruit V VEGAN GF
- Easy to chew GF options available

Medirest aims to provide the highest standards of catering and cleaning services in hospitals. We would appreciate a few minutes of your time to give us your views on our service.

Did a member of our team make you smile, or do you want us to recognise an individual's efforts?

Please scan the QR code below to access the survey or go to www.performancewithheart.co.uk and choose the hospital you wish to comment on.



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Allergy Aware Lunch & Supper Menu

AUTUMN WINTER 2026/27

Please leave this menu for the next patient

Enjoy your meal

Using This Menu

We consider the enjoyment of your meals to be very important and we have planned this allergy menu to include dishes we hope you will like. It is designed to offer you an interesting choice with the reassurance that it meets your dietary restrictions. All reasonable and proportionate steps have been taken to ensure these meals do not contain the allergens stated.

We also have a range of meals made without all 14 major allergens, as well as sections for meals without nuts and the more common allergens, egg, milk and soya.

Meals are served with vegetables and starchy accompaniments where applicable. Ask the ward host for full descriptions.

For details of ingredients and allergens in all our dishes, please ask a member of the team. We have food and drinks available outside of normal mealtimes. If you have missed a meal, please ask a member of the team.

Nutritional Symbols

If you have a special dietary requirement which the dietitian has told you about, look for the relevant symbol on the menu next to each dish.

- V Vegetarian.**
- VEGAN Vegan.**
- ♥ Healthier Choice.** More suitable for people with diabetes and those requiring choices with less fat, saturated fat, sugar and salt.
- ★ Easy to Chew.** These items are suitable for people requiring IDDSI level 7 easy to chew. These are not designed for people with a swallowing difficulty or those who need supervision whilst eating who will be given a separate menu. Local discretion is advised for specific patients.
- GF Gluten Free.** Gluten free meals and desserts and naturally gluten free foods are coded GF.

Meals Without Egg & Milk To Start

Fruit Juice V VEGAN ★ GF

Mains Steamplicity Meals

- Roast Chicken Meal
- Chicken Goujons & Wedges
- Chicken, Pearl Barley & Vegetable Soup
- Chicken & Butterbean Casserole ♥
- Chinese Style Chicken Curry ♥ ★ GF
- Beef Pasta Bolognese ★
- Fish & Chips
- Roast Pork Meal GF
- Chickpea & Spinach Curry & Rice V VEGAN GF
- Smoky Bean Chilli & Rice V VEGAN GF
- Mediterranean Vegetable & Lentil Pasta V VEGAN ♥

Jacket Potato

- Plain Jacket Potato V VEGAN GF
- With Plain Tuna
- With HEINZ Baked Beans V VEGAN GF

Salads Adapted in our diet kitchen and made without egg, milk or gluten containing ingredients

- Chicken Salad
- Tuna Salad

Desserts From standard menu

- Fresh or Tinned Fruit V VEGAN GF
- Easy to chew ★ options available
- Jelly V VEGAN ♥ ★ GF
- Alpro Soya Yoghurt or Dessert V VEGAN ♥ ★ GF

Meals Without Milk To Start

Fruit Juice V VEGAN ★ GF

Mains Steamplicity Meals

- Roast Chicken Meal
- Chicken Goujons & Wedges
- Chicken & Butterbean Casserole ♥
- Chinese Style Chicken Curry ♥ ★ GF
- Chicken, Pearl Barley & Vegetable Soup
- Beef Pasta Bolognese ★
- Fish & Chips
- Roast Pork Meal GF
- Chickpea & Spinach Curry & Rice V VEGAN GF
- Smoky Bean Chilli & Rice V VEGAN GF
- Mediterranean Vegetable & Lentil Pasta V VEGAN ♥

Jacket Potato

- Plain Jacket Potato V VEGAN GF
- With Tuna Mayonnaise
- With Plain Tuna
- With HEINZ Baked Beans V VEGAN GF

Salads Adapted in our diet kitchen and made without milk or gluten containing ingredients

- Chicken Salad
- Tuna Salad
- Egg Salad V

Desserts From standard menu

- Fresh or Tinned Fruit V VEGAN GF
- Easy to chew ★ options available
- Jelly V VEGAN ♥ ★ GF
- Alpro Soya Yoghurt or Dessert V VEGAN ♥ ★ GF

Meals Without Egg To Start

Fruit Juice V VEGAN ★ GF

Mains Steamplicity Meals

- Roast Chicken Meal
- Chicken Tikka Masala and Rice GF
- Chicken, Pearl Barley & Vegetable Soup
- Chicken Goujons & Wedges
- Chicken & Butterbean Casserole ♥
- Chinese Style Chicken Curry ♥ ★ GF
- Cottage Pie ★ GF
- Beef Pasta Bolognese ★
- Roast Pork Meal GF
- Sausages & Mash
- Fish in Parsley Sauce ★ GF
- Fish & Chips
- Salmon & Potato Bake
- Lentil & Vegetable Shepherd’s Pie V VEGAN GF
- Chickpea & Spinach Curry & Rice V VEGAN GF
- Smoky Bean Chilli & Rice V VEGAN GF
- Mediterranean Vegetable & Lentil Pasta V VEGAN ♥
- Macaroni Cheese V ★
- Cheese & Tomato Pasta V ★
- Creamy Cheddar & Vegetable Bake V ★ GF
- Cream of Tomato Soup V ★ GF

Jacket Potato

- Plain Jacket Potato V VEGAN GF
- With Cheddar Cheese V
- With Plain Tuna
- With HEINZ Baked Beans V VEGAN GF

Salads Adapted in our diet kitchen and made without egg or gluten containing ingredients

- Chicken Salad
- Tuna Salad
- Cheese Salad V

Desserts From standard menu

- Custard Pot V ★ GF
- Fresh or Tinned Fruit V VEGAN GF
- Easy to chew ★ options available
- müller Fruit Yoghurt V ★ GF
- müller Low Fat Fruit Yoghurt V ★ GF
- Plain Low Fat Yoghurt V ★ GF
- Jelly V VEGAN ♥ ★ GF
- Vanilla Ice Cream V ★ GF
- Alpro Soya Yoghurt or Dessert V VEGAN ♥ ★ GF

Meals Without Soya To Start

Fruit Juice V VEGAN ★ GF

Mains Steamplicity Meals

- Roast Chicken Meal
- Chicken & Butterbean Casserole ♥
- Chinese Style Chicken Curry ♥ ★ GF
- Chicken Tikka Masala & Rice GF
- Chicken Goujons & Wedges
- Chicken, Pearl Barley & Vegetable Soup
- Cottage Pie ★ GF
- Beef Pasta Bolognese ★
- Roast Pork Meal GF
- Sausages & Mash
- All Day Breakfast
- Fish & Chips
- Chickpea & Spinach Curry & Rice V VEGAN GF
- Smoky Bean Chilli & Rice V VEGAN GF
- Cheese & Tomato Pasta V ★
- Plain Omelette & Potato Wedges V GF
- Cream of Tomato Soup V ★ GF
- Mediterranean Vegetable & Lentil Pasta V VEGAN ♥

Jacket Potato

- Plain Jacket Potato V VEGAN GF
- With Cheddar Cheese V
- With Tuna Mayonnaise
- With Plain Tuna
- With HEINZ Baked Beans V VEGAN GF

Salads Adapted in our diet kitchen and made without soya or gluten containing ingredients

- Tuna Salad
- Cheese Salad V
- Egg Salad V

Desserts From standard menu

- Rice Pudding Pot V ★
- Custard Pot V ★ GF
- Fresh or Tinned Fruit V VEGAN GF
- Easy to chew ★ options available
- müller Fruit Yoghurt V ★ GF
- müller Low Fat Fruit Yoghurt V ★ GF
- Plain Low Fat Yoghurt V ★ GF
- Jelly V VEGAN ♥ ★ GF
- Vanilla Ice Cream V ★ GF
- Cheese & Biscuits V