

Our Heroes Kitchen team have specially created our nutritionally balanced menu with you in mind providing all the dishes you love to eat when at home. We use the freshest of ingredients and offer you a wide variety of dishes that are full of flavour and that we hope you will enjoy. And as well as making sure you have great food to eat, the Heroes Kitchen team also bring you puzzles and games to keep you entertained during your stay with us. We really hope that you like Heroes Kitchen meals as much as we do.

Whilst we endeavour to prevent traces of allergens or cross contamination in our meals as far as possible, the nature of an allergen means we cannot fully guarantee this may not have occurred. Please ask for our Allergy Menu or alert your nurse if you have a nut or other food allergy. Please ask a member of the team for information about any allergens in our food.

If you have any comments, please ask to speak to the Catering Manager as we would love to hear what you think.

Other menus are available for those requiring special diets or ethnic and religious choices.

Baby food may be available for infants aged 6+ months on request.

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?



PERFORMANCE
WITH HEART



Feedback
Survey

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



Sophie's Legacy

Medirest is proud to support Sophie's Legacy, and we will provide food for a parent or carer of paediatric in-patients in our hospitals.

www.sophieslegacy.co.uk

Heroes Kitchen is brought to you by



LUNCH AND SUPPER MENU

SPRING SUMMER 2026 FOR OUR YOUNGER DINERS



TRADITIONAL FAVOURITES

FISH IN PARSLEY SAUCE

Steamed white fish in a creamy parsley sauce served with mashed potato and root vegetable mash

FISH & CHIPS

Breaded white fish served with chips and mushy peas

SALMON & POTATO BAKE

Salmon in a creamy garlic and herb sauce with peas, edamame beans and diced potatoes

COTTAGE PIE

Minced beef in a rich gravy, topped with fluffy mashed potato and served with root vegetable mash

BEEF PASTA BOLOGNESE

Pasta served in a minced beef and tomato sauce

SAVOURY MINCED LAMB & DUMPLING

Minced lamb and lentils, with a dumpling served with mashed potato and a vegetable medley

ROAST CHICKEN

Roast chicken in a rich gravy served with roast potatoes, stuffing and a vegetable medley

SEASONED CHICKEN GOUJONS & POTATO WEDGES

Served with carrot batons and broccoli

CHICKEN CASSEROLE

Tender chicken in a creamy mushroom sauce with a dumpling

CHICKEN TIKKA MASALA & RICE

Tender pieces of chicken in a spicy tikka masala sauce, served with yellow rice

ITALIAN CHICKEN

Roasted chicken breast in a rich tomato and basil sauce, diced potatoes and peppers served with sweetcorn and peas

ROAST PORK

Served in a rich chicken gravy with roast potatoes, braised red cabbage and peas

SAUSAGES & MASH

Served with garden peas

ALL DAY BREAKFAST

Sausage, baked beans, bacon, omelette and a hash brown

MACARONI CHEESE

Pasta in a cheesy sauce

TOMATO & CHEESE PASTA

Pasta in a rich tomato sauce, topped with cheese

PLAIN OMELETTE

A light fluffy omelette served with potato wedges and baked beans

LENTIL SHEPHERD'S PIE

Lentils and vegetables in a tomato gravy with a mashed potato top and vegetable medley

SMOKY BEAN CHILLI

A medley of beans, sweet potato and peppers in a smoky sauce served with wholegrain brown rice

VEGETABLE & LENTIL PASTA

Pasta in a rich tomato and lentil sauce with grilled mediterranean vegetables

CHICKPEA & SPINACH CURRY

A mild chickpea and vegetable curry served with steamed rice

Sausages can be a choking hazard for children aged 4 and under so we advise against these being ordered for young children



SANDWICHES

PLAIN HAM
PLAIN CHEESE
TUNA MAYO

EGG MAYO
CHICKEN MAYO
CHEESE SPREAD

TOASTED SANDWICHES

CHEESE MELT
TUNA MELT

JACKET POTATOES

A plain jacket potato served with a filling of your choice:

BAKED BEANS
GRATED CHEESE
TUNA MAYO
PLAIN TUNA

SALADS

CHICKEN SALAD
CHEESE SALAD

ON THE SIDE

SALAD SNACK POT
TINNED SPAGHETTI IN TOMATO SAUCE
BREAD WITH SPREAD
GARLIC BREAD
JACKET WEDGES

DRINKS

FRUIT SQUASH
FRESH COLD MILK
CHOCOLATE OR STRAWBERRY MILKSHAKE
ORANGE OR APPLE JUICE
WATER

DESSERTS

JAM SPONGE
APPLE CRUMBLE
CHOCOLATE SPONGE
SWEET WAFFLE
RICE PUDDING POT
CUSTARD POT
CHOCOLATE MINI MUFFIN
ICE LOLLY
TINNED FRUIT IN JUICE

FRESH APPLE
FRESH BANANA
FRUIT YOGHURT
LOW FAT FRUIT YOGHURT
CHEESE AND BISCUITS
ICE CREAM
JELLY
CHOCOLATE SAUCE TOPPING



LIGHT BITES

CREAM OF TOMATO SOUP
CHEESE AND TOMATO PIZZA

BEEF BURGER IN A BUN
VEGETABLE SAMOSAS (2)



ENJOY YOUR MEAL!
V VEGETARIAN VG VEGAN GF GLUTEN FREE