



LUNCH AND SUPPER MENU

AUTUMN WINTER 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

CHICKEN & BUTTERBEAN CASSEROLE



Served with a fluffy dumpling, boiled potatoes 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

CHINESE STYLE CHICKEN CURRY



Mild chicken curry with sultanas served with white rice

CHICKEN TIKKA MASALA & RICE



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

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

CREAMY CHEDDAR & VEGETABLE BAKE



Mixed vegetables in a creamy Cheddar cheese sauce with sauté potatoes and root vegetable mash

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, served with a 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



LIGHT BITES

CREAM OF TOMATO SOUP (V GF)

CHEESE AND TOMATO PIZZA (V)

BEEF BURGER IN A BUN



VEGETABLE SAMOSAS (2) (V VG)

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 
1/2 tin

BREAD WITH SPREAD 
1 slice
GARLIC BREAD 
2 slices
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  
PROFITEROLES WITH
CHOCOLATE SAUCE 
ICE LOLLY   Check wrapper for carb info
TINNED FRUIT IN JUICE   

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



ENJOY YOUR MEAL!

 VEGETARIAN  VEGAN  GLUTEN FREE

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

