Nourishing Soups

Bread roll and spread on request with your soup. Soup is not available on renal wards.

Cream of Tomato Soup
V ♥ ★ GF

Chunky Chicken, Pearl Barley & Vegetable Soup
♥

Sandwiches

A small selection of sandwiches made with GF bread and no gluten containing ingredients is available from the diet kitchen.

On Malted Bread

Vegan Sliced Cheese V VEGAN HS FF
Cheese & Pickle V E HS FF
Egg Mayonnaise V ♥ FF
Tuna Mayonnaise ♥ FF
Chicken Mayonnaise E FF

On White Bread

Simply Cheese V FF
Simply Ham HS FF

Salads

Lettuce, cucumber, peppers, tomato and potato salad. Choose protein:

Egg V ♥
Mixed Bean & Tuna ♥
Cheddar Cheese V
Chicken

Moroccan Couscous V VEGAN ♥
With houmous, lettuce, cucumber, peppers and tomato

Hot Desserts

Served with or without custard

Apple Crumble V VEGAN
Rhubarb & Mandarin Crumble V VEGAN
Low sugar option
Chocolate Sponge V E ★ HS
Raspberry Jam Sponge V E ★
Treacle Sponge V E ★ HS
Pineapple Upside Down Pudding V E HS

Cold Desserts

Fresh Apple V VEGAN ♥ GF FF
Fresh Orange V VEGAN ♥ GF FF
Fresh Banana V VEGAN ♥ ★ GF HP FF (not available on renal wards)
Pears in Juice V VEGAN ♥ ★ GF
Fruit Cocktail in Juice V VEGAN ♥ GF
Jelly V VEGAN ♥ ★ GF (not available on renal wards)
Low sugar option
Custard Pot V ♥ ★ GF
Profiteroles with Chocolate Sauce V ★ FF
Plain Low Fat Yoghurt V ♥ ★ GF
Alpro Soya Yoghurt V VEGAN ♥ ★ GF
Alpro Soya Dessert V VEGAN ♥ ★ GF

müller Thick & Creamy Yoghurt V ★ GF
müller Low Fat Fruit Yoghurt V ♥ ★ GF
Rice Pudding Pot V ★
Served hot or cold
Cheese & Biscuits V HS FF

If you have a catering concern, please speak with the Ward Manager or Nurse in Charge. The Patient Advice and Liaison Services (PALS) offers support, information and assistance to patients, relatives, and visitors. Their office is located on the ground floor of the Hambleden Wing. 020 3299 3601/kch-tr.PALS@nhs.net

Feedback Survey

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.

PERFORMANCE WITH HEART

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medirest

Freshly cooked for you

Food & Drink Menu

AUTUMN WINTER 2026/27

Serving Times:
Breakfast is served between 8am and 9am.
Lunch is served between 12 noon and 1pm.
Supper is served between 6pm and 7pm

Please leave this menu for the next patient

Using This Menu

During your stay in hospital, you will be offered breakfast, lunch and supper. Snacks and drinks will also be offered throughout the day. Please use this menu to make your meal and snack selections. If you are having difficulty finding food you can eat, please speak to a member of the catering team.

This menu has been translated into 13 additional languages. A braille version is available upon request. The following menus are also available on request: Halal, Kosher, Caribbean, Asian Vegetarian, additional Vegan, Allergy and Modified Textures.

Please alert your nurse and a member of the catering team if you have any food allergies and ask for our Allergy Menu. For the nutritional information of our dishes, including carbohydrate content, ingredients and allergens, or if you need help opening food packaging, please ask a member of the team who will be happy to assist you.

If you miss a meal, snack boxes or hot meals are available 24 hours a day. Please ask a member of the ward team for further information.

Nutritional Symbols

If you have a special dietary requirement or you've been advised to follow a certain diet by the Dietitian, 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.
E **Higher Energy and Protein.** These items are higher in calories and protein making them particularly suitable for people who need extra nutritional support.
★ **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.
GF **Gluten Free.** Gluten free meals and desserts and naturally gluten free foods are coded GF.
HS **Higher Salt.** These dishes are particularly high in salt.
HP **Higher Potassium.** These dishes are particularly high in potassium.
FF **Finger Food.** Meals suitable to eat without cutlery.
Hot & Spicy.

Breakfast

Please choose one item from each of the sections below. In addition to your hot drink choices, you can choose Apple or Orange Juice with your breakfast.

Cereals Non-dairy milk options available

Cornflakes V
Rice Krispies V
Weetabix V VEGAN ♥ ★
Ready Brek V ♥ ★
Gluten free Cornflakes also available

Bread & Toast Gluten free options available

White Bread or Toast V VEGAN
Wholemeal Bread or Toast V VEGAN ♥
Sunflower Spread V VEGAN ♥ ★ GF
Honey V ★ GF
Jam V ★ GF
Marmalade V ★ GF (not suitable for liver patients)
Marmite® V VEGAN ★ HS HP

Fresh Fruit

Apple V VEGAN ♥ GF
Banana V VEGAN ♥ ★ GF HP (not available on renal wards)
Orange V VEGAN ♥ GF

Drinks

Hot drinks are available throughout the day and will be served to you; in the morning, with breakfast, mid-morning, after lunch, mid-afternoon, after supper and in the evening.

A selection of teas (including decaffeinated, fruit and herbal), coffee (including decaffeinated) and hot chocolate will be available. Non-dairy milk is available on request.

Your Ward Host will also provide you with fresh cold water. If you would like fruit squash added to this, please speak to your Ward Host.

Snacks

Snacks are available with your mid-morning, mid-afternoon and evening drink.

Fresh Fruit V VEGAN ♥ GF (Banana is also ★ HP)
Biscuits V
Muffins and Cakes V E
Rice Pudding Pot V E ★
Custard Pot V E ★ GF
Soya Yoghurt V VEGAN ♥ ★ GF
Mini Cheddars E

Lunch & Supper

Your Ward Host will take your lunch order after breakfast and your supper order after lunch. Please choose:

- One starter
- One main meal from either the hot meals (Traditional Favourites, Global Dishes, Pasta, Nourishing Soups), sandwiches, salads or jacket potato sections
- One dessert from either the hot or cold dessert sections

To Start

Bread roll and spread on request with your soup. Soup is not available on renal wards.

Fruit Juice
V VEGAN ★ GF

Hard Boiled Egg
V ♥ FF

Soup of the Day
★ HS

Houmous & Pitta Bread
V HS FF

Pasta

Mediterranean Vegetable & Lentil Pasta V VEGAN ♥
Pasta in a rich tomato and lentil sauce with grilled Mediterranean vegetables

Cheese & Tomato Pasta V E ★
Pasta in a rich tomato sauce, topped with Cheddar cheese

Macaroni Cheese V E ★ HS
Pasta in a mature Cheddar cheese sauce

Beef Pasta Bolognese E ★
Pasta served in a rich minced beef, tomato and herb sauce

Traditional Favourites

Lentil Shepherd's Pie V VEGAN ♥ GF HP
Lentils and vegetables in a tomato gravy with a mashed potato top, served with a vegetable medley

Creamy Cheddar & Vegetable Bake V E ★ GF
Mixed vegetables in a creamy Cheddar cheese sauce topped with sauté potatoes and served with root vegetable mash

Vegetarian All Day Breakfast V
A vegetarian version of our all day breakfast with an omelette, baked beans, mushrooms and hash browns

Fish & Chips ★
Breaded white fish served with chips and mushy peas

Roast Chicken & Stuffing ♥
Roasted chicken breast in a rich gravy served with roast potatoes, a stuffing ball and a vegetable medley

Roast Pork E GF
Roast pork in a rich gravy served with roast potatoes, braised red cabbage, carrots and peas

Sausage & Mash E HS
Traditional Lincolnshire pork sausages in a rich onion gravy served with mashed potato and garden peas

Plain Omelette & Potato Wedges V GF HS
A plain omelette served with seasoned potato wedges and baked beans

Fish in Parsley Sauce ★ GF
Steamed white fish in a creamy parsley sauce served with mashed potato and root vegetable mash

Salmon & Potato Bake E
Salmon in a creamy garlic and herb sauce with peas, edamame beans and diced potatoes

Chicken & Butterbean Casserole ♥
Chicken and butterbeans in a vegetable casserole sauce served with a fluffy dumpling, boiled potatoes and a vegetable medley

Chicken Goujons & Potato Wedges HS FF
Seasoned chicken goujons served with seasoned potato wedges, carrot batons and broccoli florets

All Day Breakfast E HS
Traditional English breakfast with a Lincolnshire pork sausage, streaky bacon, omelette, baked beans and a hash brown

Cottage Pie ★ GF
Minced beef in a rich gravy topped with mashed potato and served with root vegetable mash

Global Dishes

Smoky Bean Chilli V VEGAN E GF
A medley of beans, sweet potato and peppers in a smoky sauce served with wholegrain brown rice

Chickpea & Spinach Curry V VEGAN GF
A mild chickpea curry served with yellow rice

Chicken Tikka Masala E GF
Tender pieces of chicken in a spicy tikka masala sauce served with yellow rice

Chinese Style Chicken Curry ♥ ★ GF
Mild chicken curry with sultanas served with white rice

Jacket Potato

Choose up to two fillings/side salad.

Plain Jacket Potato V VEGAN ♥ GF HP
HEINZ Baked Beans V VEGAN ♥ GF
Cheddar Cheese V E
Plain Tuna ♥
Tuna Mayonnaise E
Side Salad V VEGAN ♥