

Kosher Mains

These meals are specifically prepared for patients who follow a kosher diet, in accordance with kosher dietary requirements.

Chicken Balls **E**

Served in tomato & basil sauce with pasta, mushrooms & green beans

Poached Chicken Leg **E GF HP**

Served with parsley sauce, new potatoes, peas and sweetcorn

Steak & Mushroom Pie **E HP**

Served with mashed potatoes, carrots & green beans

Cottage Pie **♥ GF**

Served with peas & sweetcorn

Fish Casserole in a Tomato and Basil Sauce **♥ ★ GF HP**

Served with mashed potatoes and roasted vegetables

Grilled Salmon in Dill Sauce **E HP**

Served with new potatoes and stir-fried vegetables

Vegetable Omelette **V E GF**

Served with baked beans & roasted vegetables

Vegetarian Lasagne **V ♥ ★ HP**

Served with sautéed mushrooms

The Kedassia Kashrus authority have approved that probing of meals can be done for food safety reasons to ensure the meal is cooked to the correct temperature.

Kosher soups, desserts and Shabbat meals are also available. Please ask your ward host for options.



Food@King's

Desserts

Please choose a suitable dessert from the Lunch & Supper menu and ask about additional soya/vegan options.

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.



Religious, Cultural and Vegan Lunch & Supper Menu

SPRING SUMMER 2026

Please leave this menu for the next patient

Using This Menu

This menu is designed to offer you a varied choice of meals with the reassurance that they meet your dietary needs. All main courses include potato/ rice/pasta and vegetables.

For details of ingredients and allergens in all our dishes, please ask a member of the team. Alternative menus, including Allergy Aware and Texture Modified are available on request.

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. In addition, some of the other main courses on this menu may not have gluten containing ingredients; please ask a member of the catering team for further details.

HS **Higher Salt.** These dishes are particularly high in salt.

HP **Higher Potassium.** These dishes are particularly high in potassium.

HALAL **Halal.** All vegetarian and vegan main courses are also suitable for people following a Halal diet.

🔥 **Hot & Spicy.**

To Start

Fruit Juice **V** **VEGAN** **♥** **★** **GF**

Hard Boiled Egg **V** **♥** **GF**

Houmous & Pitta Bread **V** **HS**

Halal Mains

The following dishes do not have any gluten containing ingredients:

Chicken Korma **E** **HALAL**

Served with masoor dal & rice

Chicken Tikka Masala **E** **HP** **HALAL**

Served with chana & rice

Sweet & Sour Chicken **E** **HALAL**

Served with vegetables & rice

Minced Lamb & Peas **E** **★** **HALAL**

Served with masoor dal & rice

Lamb Biryani **E** **HALAL**

Served with whole moong dal & rice

Lamb Korma **E** **HP** **HALAL**

Served with masoor dal & rice

Lamb & Rice **♥** **HALAL**

Served with arabic rice & vegetables

The following dishes contain gluten:

Beef Bolognese **E** **★** **HS** **HALAL**

Served with pasta & carrots

Chicken Fillet Bites **E** **HS** **HP** **HALAL**

Served with baked beans & vegetables

Asian Vegetarian Mains

The following dishes do not have any gluten containing ingredients:

Aloo Gobi **V** **VEGAN** **E** **★**

Served with whole moong dal & rice

Brinjal **V** **VEGAN** **E** **HP**

Served with potato, chana dal & rice

Vegetable Jalfrezi **V** **VEGAN** **♥**

Served with mixed lentils & vegetable rice

Vegetable Biryani **V** **E** **HP**

Served with urad dal & rice

Vegetable Korma **V** **E** **HP**

Served with masoor dal & rice

Khichdi & Kadhi **V** **♥** **★**

Vegan Mains

Ratatouille **V** **VEGAN** **♥** **GF**

Served with rice & peas

Vegetable Chilli **V** **VEGAN** **GF** **🔥**

Served with chickpea stew & boiled rice

Harvester Casserole **V** **VEGAN** **♥** **GF**

Served with roast potatoes, green beans & mixed vegetables

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



Additional vegan meals can be found on our Lunch & Supper menu and Asian Vegetarian section.

African & Caribbean Mains

The following dishes do not have any gluten containing ingredients:

Jerk Chicken **E** **HS** **HALAL** **🔥**

Served with spicy vegetables & rice

Curried Mutton **♥** **HALAL**

Served with spicy vegetables & rice

West African Chicken Stew **♥** **HALAL**

West African Jollof Rice **E** **★** **HALAL**

Served with chicken



Enjoy your meal