

Kosher Mains

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

Vegetable & Bean Korma V VEGAN ♥ GF

Served with rice

Mixed Vegetable Letcho V VEGAN HS

Vegetable stew with chickpeas, sweet potato, aubergine & tomatoes, served with couscous

Moroccan Salmon E ★ SF HS

Tender salmon in a fragrant spiced tomato sauce, served over fluffy basmati rice

Fish Fingers E HP

Crispy breaded fish pieces served with sautéed potatoes, glazed carrots & tartare sauce

Stuffed Capon E SF

Roasted chicken stuffed with traditional kishka, served with farfel, glazed carrots & rich chicken stock

Chicken Balls E ★ HS

Served with conchiglie pasta in a rich San Marzano tomato sauce

Cholent & Kugel E SF HS HP

Slow-cooked beef, potatoes, beans and barley in a rich, traditional stew, served with golden slow-baked kugel

Beef Cottage Pie E ★ GF HP

Minced beef topped with mashed potatoes

Meals are supervised under Kedassia and London Beth Din. For food safety reasons, the Kedassia Kashrus authority has approved the use of dedicated temperature probes that are only used for kosher food, to ensure each meal is cooked to the correct temperature.

Kosher breakfast, snacks, soups, desserts and a small selection of modified texture level 4, 5 and 6 meals may be available. Please ask your ward host for options.

On Shabbat, our Shabbat Friendly SF dishes include a Shabbat box with Grape Juice, Challah, Cold Salmon, Apple Sauce and Dip. These must be pre-ordered one day in advance.



Enjoy your meal

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

AUTUMN WINTER 2026/27

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** **♥**

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

Desserts

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

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

