

NGH Patient Menu – Monday Lunch

Please choose one item from each section

Tick	Starter		Diet Codes
	Fresh fruit juice	V	GF

Please tick box for small portion ☐

V = Suitable for vegetarian

Tick	Main Course		Diet Codes
	2 British pork sausages served with creamy mash potato & garden peas, served with a rich onion gravy.		E
	Oven roasted breast of farm assured chicken with a leek & lentil sauce served with roast potatoes & seasonal vegetables		E
	Butternut squash & broccoli with penne pasta & cheese sauce	V	LP
	Oven baked jacket potato & side salad garnish Tuna mayo <input type="checkbox"/> Cheese and coleslaw <input type="checkbox"/>	V	E/S/FM/GF
	Plain omelette – individual omelette served with real mashed potatoes & baked beans	V	FM/S
	Pasta with a mature cheddar & chive sauce	V	FM/S
	Free range egg mayo sandwich (white or brown bread)	V	S/E/LR/LP
	Double mature cheddar cheese, mayonnaise & spring onion sandwich (white or brown)	V	LR/LP
	Tuna Sandwich – flaked tuna blended with a light mayonnaise (white/brown)		E/LR/LP
	Ham sandwich – plain honey roast ham sandwich (white/brown)		LR/LP
	Cheddar ploughman's – chunks of British cheddar with sweet pickle, bread roll, pickled onion & mixed salad	V	E/LR/LP
	Ham salad – slices of UK farm assured honey roasted ham served with seasonal salad. Ask your ward host for some salad dressing		LP/GF

Tick	Desserts		Diet Codes
	Homemade creamy rice pudding	V	S/GF/LR/LP/FM
	Stewed apple & sultanas served with custard	V	S/FM/GF
	Red Leicester cheese with butter and two traditional cream crackers	V	E/LR/LP
	Seasonal fresh fruit	V	GF
	Thick and creamy Muller yoghurt	V	S/GF/LR/LP/FM
	Fruit jelly		S/GF/LR/FM/LP
	Gallones vanilla ice cream – dairy ice cream, made and supplied by a local Northampton family run business		S/GF/LR/LP/FM

Please see reverse for information on our special diets and menu alternatives

<p>Patient Name:</p> <p>.....</p> <p>Ward:</p> <p>.....</p> <p>Date:</p> <p>.....</p>	<p>All menus are freshly prepared on the premises. If you wish to speak to a member of our team regarding your meals, please tick the box <input type="checkbox"/> or leave a comment below:</p> <p>Your comments</p>
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Menu Ordering

Your easy guide to ordering your meals

Your menus for ordering meals are given to you the day prior to service; these will be standard meal choices on daily colour coded sheets. If you require a special diet please ask for a therapeutic menu from your ward team and a copy of the menu to suit your diet.

Please make sure you complete the section with your name and ward so your meal arrives to you on time.

Your menus will be collected by a member of the ward team from your bedside, the catering team will then collect and collate all menus ready for the meal assembly.

If you have any problems ordering your meals please speak to a member of the ward team who will be more than happy to assist you.

Please note that all of our allergen and special diet information is located in your catering ward guide. Many of our dishes are suitable for patients who require a soft or fork mashable diet. Should you require further information please speak to a member of the ward team.

Diet codes:	S = Soft	FM = Fork mashable	GF = Gluten free
	E = Energy	LR = Low residue	LP = Low potassium
	V = Vegetarian	H = Halal	

Finger food boxes are available for dementia patients, please speak to member of the nursing team for further details.

Food for Life

Northampton General Hospital Trust are proud to have achieved the Soil Association's, Food for Life Bronze Award. We achieved this by serving freshly prepared meals made from basic unprocessed ingredients such as Homemade Soups and Desserts. We source environmentally sustainable and ethical food such as all our meat is from farms that satisfy UK animal welfare standards, the fish we serve is not on the Marine Conservation Society's 'Fish to Avoid' list and by only using Free range eggs. We are also making healthy eating easier as we comply to national standards for Food and Nutrition and all of our suppliers have been verified to ensure they apply appropriate food safety standards.

