

# The Breakfast MENU

## Monday 1

**DIET CODES**

- Healthier Eating
- Higher Energy
- Easily Chewed
- Vegetarian

Please select only dishes suitable for your diet

Please place a cross **X** in the box next to your choice.

**Please choose ONE item from this section**

- 1  Pure Orange Juice

**Please choose ONE item from this section**

- 2  Cornflakes
- 3  Rice Krispies
- 4  Bran Flakes
- 5  Weetabix - 1 portion
- 6  Weetabix - 2 portions
- 7  Porridge

**Please choose ONE item from this section**

- 8  Bread - white
- 9  Bread - wholemeal
- 10  Toast - white
- 11  Toast - wholemeal
- 12  -
- 13  -
- 14  -

**Please choose TWO items from this section**

- 15  Fruit Jam
- 16  Marmalade
- 17  Marmite
- 18  Soft cheese
- 19  Honey
- 20  Butter
- 21  Sunflower Margarine

Your name

Your ward

Room

# The Breakfast MENU

## Tuesday 2

**DIET CODES**

- Healthier Eating
- Higher Energy
- Easily Chewed
- Vegetarian

Please select only dishes suitable for your diet

Please place a cross **X** in the box next to your choice.

**Please choose ONE item from this section**

- 1  Pure Orange Juice

**Please choose ONE item from this section**

- 2  Cornflakes
- 3  Rice Krispies
- 4  Bran Flakes
- 5  Weetabix - 1 portion
- 6  Weetabix - 2 portions
- 7  Porridge

**Please choose ONE item from this section**

- 8  Bread - white
- 9  Bread - wholemeal
- 10  Toast - white
- 11  Toast - wholemeal
- 12  -
- 13  -
- 14  -

**Please choose TWO items from this section**

- 15  Fruit Jam
- 16  Marmalade
- 17  Marmite
- 18  Soft cheese
- 19  Honey
- 20  Butter
- 21  Sunflower Margarine

Your name

Your ward

Room

# The Breakfast MENU

## Wednesday 3

**DIET CODES**

- Healthier Eating
- Higher Energy
- Easily Chewed
- Vegetarian

Please select only dishes suitable for your diet

Please place a cross **X** in the box next to your choice.

**Please choose ONE item from this section**

- 1  Pure Orange Juice

**Please choose ONE item from this section**

- 2  Cornflakes
- 3  Rice Krispies
- 4  Bran Flakes
- 5  Weetabix - 1 portion
- 6  Weetabix - 2 portions
- 7  Porridge

**Please choose ONE item from this section**

- 8  Bread - white
- 9  Bread - wholemeal
- 10  Toast - white
- 11  Toast - wholemeal
- 12  -
- 13  -
- 14  -

**Please choose TWO items from this section**

- 15  Fruit Jam
- 16  Marmalade
- 17  Marmite
- 18  Soft cheese
- 19  Honey
- 20  Butter
- 21  Sunflower Margarine

Your name

Your ward

Room

# The Breakfast MENU

## Thursday 4

**DIET CODES**

- Healthier Eating
- Higher Energy
- Easily Chewed
- Vegetarian

Please select only dishes suitable for your diet

Please place a cross **X** in the box next to your choice.

**Please choose ONE item from this section**

- 1  Pure Orange Juice

**Please choose ONE item from this section**

- 2  Cornflakes
- 3  Rice Krispies
- 4  Bran Flakes
- 5  Weetabix - 1 portion
- 6  Weetabix - 2 portions
- 7  Porridge

**Please choose ONE item from this section**

- 8  Bread - white
- 9  Bread - wholemeal
- 10  Toast - white
- 11  Toast - wholemeal
- 12  -
- 13  -
- 14  -

**Please choose TWO items from this section**

- 15  Fruit Jam
- 16  Marmalade
- 17  Marmite
- 18  Soft cheese
- 19  Honey
- 20  Butter
- 21  Sunflower Margarine

Your name

Your ward

Room

# The Breakfast MENU

## Friday 5

**DIET CODES**

- Healthier Eating
- Higher Energy
- Easily Chewed
- Vegetarian

Please select only dishes suitable for your diet

Please place a cross **X** in the box next to your choice.

**Please choose ONE item from this section**

- 1  Pure Orange Juice

**Please choose ONE item from this section**

- 2  Cornflakes
- 3  Rice Krispies
- 4  Bran Flakes
- 5  Weetabix - 1 portion
- 6  Weetabix - 2 portions
- 7  Porridge

**Please choose ONE item from this section**

- 8  Bread - white
- 9  Bread - wholemeal
- 10  Toast - white
- 11  Toast - wholemeal
- 12  -
- 13  -
- 14  -

**Please choose TWO items from this section**

- 15  Fruit Jam
- 16  Marmalade
- 17  Marmite
- 18  Soft cheese
- 19  Honey
- 20  Butter
- 21  Sunflower Margarine

Your name

Your ward

Room

# The Breakfast MENU

## Saturday 6

**DIET CODES**

- Healthier Eating
- Higher Energy
- Easily Chewed
- Vegetarian

Please select only dishes suitable for your diet

Please place a cross **X** in the box next to your choice.

**Please choose ONE item from this section**

- 1  Pure Orange Juice

**Please choose ONE item from this section**

- 2  Cornflakes
- 3  Rice Krispies
- 4  Bran Flakes
- 5  Weetabix - 1 portion
- 6  Weetabix - 2 portions
- 7  Porridge

**Please choose ONE item from this section**

- 8  Bread - white
- 9  Bread - wholemeal
- 10  Toast - white
- 11  Toast - wholemeal
- 12  -
- 13  -
- 14  -

**Please choose TWO items from this section**

- 15  Fruit Jam
- 16  Marmalade
- 17  Marmite
- 18  Soft cheese
- 19  Honey
- 20  Butter
- 21  Sunflower Margarine

Your name

Your ward

Room

# The Breakfast MENU

## Sunday 7

**DIET CODES**

- Healthier Eating
- Higher Energy
- Easily Chewed
- Vegetarian

Please select only dishes suitable for your diet

Please place a cross **X** in the box next to your choice.

**Please choose ONE item from this section**

- 1  Pure Orange Juice

**Please choose ONE item from this section**

- 2  Cornflakes
- 3  Rice Krispies
- 4  Bran Flakes
- 5  Weetabix - 1 portion
- 6  Weetabix - 2 portions
- 7  Porridge

**Please choose ONE item from this section**

- 8  Bread - white
- 9  Bread - wholemeal
- 10  Toast - white
- 11  Toast - wholemeal
- 12  -
- 13  -
- 14  -

**Please choose TWO items from this section**

- 15  Fruit Jam
- 16  Marmalade
- 17  Marmite
- 18  Soft cheese
- 19  Honey
- 20  Butter
- 21  Sunflower Margarine

Your name

Your ward

Room

Red Tray

# The Breakfast MENU

## Monday 8

**DIET CODES**

- Healthier Eating
- Higher Energy
- Easily Chewed
- Vegetarian

Please select only dishes suitable for your diet

Please place a cross **X** in the box next to your choice.

**Please choose ONE item from this section**

- 1  Pure Orange Juice

**Please choose ONE item from this section**

- 2  Cornflakes
- 3  Rice Krispies
- 4  Bran Flakes
- 5  Weetabix - 1 portion
- 6  Weetabix - 2 portions
- 7  Porridge

**Please choose ONE item from this section**

- 8  Bread - white
- 9  Bread - wholemeal
- 10  Toast - white
- 11  Toast - wholemeal
- 12  -
- 13  -
- 14  -

**Please choose TWO items from this section**

- 15  Fruit Jam
- 16  Marmalade
- 17  Marmite
- 18  Soft cheese
- 19  Honey
- 20  Butter
- 21  Sunflower Margarine

Your name

Your ward

Room



Red Tray

**DIET CODES**

- Healthier Eating
- Higher Energy
- Easily Chewed
- Vegetarian

Please select only dishes suitable for your diet

# The Breakfast MENU

## Tuesday 9

Please place a cross **X** in the box next to your choice.

**Please choose ONE item from this section**

- 1  Pure Orange Juice

**Please choose ONE item from this section**

- 2  Cornflakes
- 3  Rice Krispies
- 4  Bran Flakes
- 5  Weetabix - 1 portion
- 6  Weetabix - 2 portions
- 7  Porridge

**Please choose ONE item from this section**

- 8  Bread - white
- 9  Bread - wholemeal
- 10  Toast - white
- 11  Toast - wholemeal
- 12  -
- 13  -
- 14  -

**Please choose TWO items from this section**

- 15  Fruit Jam
- 16  Marmalade
- 17  Marmite
- 18  Soft cheese
- 19  Honey
- 20  Butter
- 21  Sunflower Margarine

Your name Your ward Room

Red Tray

# The Breakfast MENU

## Wednesday 10

**DIET CODES**

- Healthier Eating
- Higher Energy
- Easily Chewed
- Vegetarian

Please select only dishes suitable for your diet

Please place a cross **X** in the box next to your choice.

**Please choose ONE item from this section**

- 1  Pure Orange Juice

**Please choose ONE item from this section**

- 2  Cornflakes
- 3  Rice Krispies
- 4  Bran Flakes
- 5  Weetabix - 1 portion
- 6  Weetabix - 2 portions
- 7  Porridge

**Please choose ONE item from this section**

- 8  Bread - white
- 9  Bread - wholemeal
- 10  Toast - white
- 11  Toast - wholemeal
- 12  -
- 13  -
- 14  -

**Please choose TWO items from this section**

- 15  Fruit Jam
- 16  Marmalade
- 17  Marmite
- 18  Soft cheese
- 19  Honey
- 20  Butter
- 21  Sunflower Margarine

Your name \_\_\_\_\_ Your ward \_\_\_\_\_ Room \_\_\_\_\_

Red Tray

# The Breakfast MENU

## Thursday 11

**DIET CODES**

- Healthier Eating
- Higher Energy
- Easily Chewed
- Vegetarian

Please select only dishes suitable for your diet

Please place a cross **X** in the box next to your choice.

**Please choose ONE item from this section**

- 1  Pure Orange Juice

**Please choose ONE item from this section**

- 2  Cornflakes
- 3  Rice Krispies
- 4  Bran Flakes
- 5  Weetabix - 1 portion
- 6  Weetabix - 2 portions
- 7  Porridge

**Please choose ONE item from this section**

- 8  Bread - white
- 9  Bread - wholemeal
- 10  Toast - white
- 11  Toast - wholemeal
- 12  -
- 13  -
- 14  -

**Please choose TWO items from this section**

- 15  Fruit Jam
- 16  Marmalade
- 17  Marmite
- 18  Soft cheese
- 19  Honey
- 20  Butter
- 21  Sunflower Margarine

Your name

Your ward

Room

Red Tray

**DIET CODES**

- Healthier Eating
- Higher Energy
- Easily Chewed
- Vegetarian

Please select only dishes suitable for your diet

# The Breakfast MENU

## Friday 12

Please place a cross **X** in the box next to your choice.

**Please choose ONE item from this section**

- 1  Pure Orange Juice

**Please choose ONE item from this section**

- 2  Cornflakes
- 3  Rice Krispies
- 4  Bran Flakes
- 5  Weetabix - 1 portion
- 6  Weetabix - 2 portions
- 7  Porridge

**Please choose ONE item from this section**

- 8  Bread - white
- 9  Bread - wholemeal
- 10  Toast - white
- 11  Toast - wholemeal
- 12  -
- 13  -
- 14  -

**Please choose TWO items from this section**

- 15  Fruit Jam
- 16  Marmalade
- 17  Marmite
- 18  Soft cheese
- 19  Honey
- 20  Butter
- 21  Sunflower Margarine

Your name Your ward Room

Red Tray

# The Breakfast MENU

## Saturday 13

**DIET CODES**

- Healthier Eating
- Higher Energy
- Easily Chewed
- Vegetarian

Please select only dishes suitable for your diet

Please place a cross **X** in the box next to your choice.

**Please choose ONE item from this section**

- 1  Pure Orange Juice

**Please choose ONE item from this section**

- 2  Cornflakes
- 3  Rice Krispies
- 4  Bran Flakes
- 5  Weetabix - 1 portion
- 6  Weetabix - 2 portions
- 7  Porridge

**Please choose ONE item from this section**

- 8  Bread - white
- 9  Bread - wholemeal
- 10  Toast - white
- 11  Toast - wholemeal
- 12  -
- 13  -
- 14  -

**Please choose TWO items from this section**

- 15  Fruit Jam
- 16  Marmalade
- 17  Marmite
- 18  Soft cheese
- 19  Honey
- 20  Butter
- 21  Sunflower Margarine

Your name

Your ward

Room

Red Tray

**DIET CODES**

- Healthier Eating
- Higher Energy
- Easily Chewed
- Vegetarian

Please select only dishes suitable for your diet

The **Breakfast**  
MENU

**Sunday 14**

Please place a cross **X** in the box next to your choice.

**Please choose ONE item from this section**

- 1  Pure Orange Juice

**Please choose ONE item from this section**

- 2  Cornflakes
- 3  Rice Krispies
- 4  Bran Flakes
- 5  Weetabix - 1 portion
- 6  Weetabix - 2 portions
- 7  Porridge

**Please choose ONE item from this section**

- 8  Bread - white
- 9  Bread - wholemeal
- 10  Toast - white
- 11  Toast - wholemeal
- 12  -
- 13  -
- 14  -

**Please choose TWO items from this section**

- 15  Fruit Jam
- 16  Marmalade
- 17  Marmite
- 18  Soft cheese
- 19  Honey
- 20  Butter
- 21  Sunflower Margarine

Your name Your ward Room

## Dear Patient

# YOUR MENU

The catering team hope that you will enjoy your meals during your stay with us.

Our aim is to provide you with good, nutritious food.

If you wish to speak to a member of the catering team please ask a nurse to arrange it.

*Bernadette Baxter* Catering Manager



**Please remember to wash your hands before meal times.**

*Please feel free to ask the nursing staff if you require any assistance.*

### How to fill in your menu card

During your stay with us you will be given a separate menu card to complete for each meal. Make your choice by placing a cross in the box next to one item in each section. Mark the boxes for gravy or sauces only if you want them.

*Please do not fill in this card if you are going to theatre or will be discharged prior to it being served.*

### Need help?

If you need help, a large print copy or a translation please ask your nurse.

### Dietary Information

If you have been told to follow a specific diet, look for the symbol on the menu next to the dish.

Explanations of the dietary symbols are listed below. This dietary information is provided for guidance only, is based on standard portion sizes and should be used at your discretion.

The Trust Nutrition Policy is available on request from a member of the nursing staff.

- 🍏 Healthier Eating option - limited in fat and salt (and desserts limited in sugar).
- ⬆️ Higher Energy option - suitable for those whose appetite may be poor and need extra calories.
- 🍷 Softer option - for meals which are easier to chew.
- 🌿 Vegetarian option.

Special diets for cultural, gluten free, vegan, fork mashable, and allergy diets are available; please ask ward staff for a separate menu.

The 'Modified Texture C' and 'Modified Texture E' meals may be selected for patients with swallowing difficulties - if you are not sure, please ask the nursing staff.

### Becketts restaurant

#### Mon - Fri

Breakfast 7.30am – 11.15am Lunch 11.30am – 2.30pm

Afternoon service 2.30pm – 7.30pm continues in Café Qualita

#### Sat - Sun

Breakfast 7.30am – 11.15am

Afternoon service 11.15am – 7.30pm continues in Café Qualita

### Café Qualita

#### Mon – Fri open 8:00am – 7:30pm

**8:00am – 2:30pm** offering Costa Coffee, assorted cakes and snacks.

**2:30pm – 7:30pm** offering Costa Coffee, assorted cakes, a range of sandwiches and hot snacks.

#### Sat – Sun open 11.15am – 7.30pm

offering Costa Coffee, assorted cakes, a range of sandwiches and hot snacks.