

## Catering in hospital for our patients

We understand that good quality food helps to make your stay as comfortable as possible. We hope that you enjoy the service we provide.

Working closely with our dietitians, our menus have been carefully designed to allow you to choose appetising and nutritious food to suit your needs. We follow a healthy eating policy which encourages you to:

- **Choose a wide variety of foods**
- **Aim to eat five portions of fruit and vegetable daily**
- **Base your meals on starchy foods such as bread, rice, potatoes and cereal**
- **Try to reduce your total fat intake**
- **Cut down on salt and sugar intakes**

We always give patients a choice on what they would like to eat for each meal. Our selections run over two weeks and consist of:

- **Breakfast:** orange juice, assorted cereals, bread/toast, spreads and preserves
- **Lunch:** two hot main choices, salad, sandwich, vegetables and potatoes, one hot dessert and two cold desserts
- **Supper:** Home made soup, two hot main choices, salad, sandwich, vegetable and potatoes, three cold desserts.

Snacks such as individual cakes and biscuits, are also issued to the ward for afternoons. Ice cream, cheese and biscuits, fresh fruit etc are always available, just ask your nurse.

We also offer a la carte kosher, halal, puree and texture modified diets. Please be aware that, as all hospitals, we operate a strict policy on foods that are allowed to be brought into the ward. Your ward team can advise on this.

**Remember drinking enough water is just as important as eating the right foods - stay hydrated**

If you have any concerns or specific requirements, please contact the catering team on 0191 445 2053 before you come into hospital and we will do our best to work with you.