



Catering Services

Information booklet

Information to ensure you can offer the most appropriate food service to meet your patient needs.



Catering for your patient's needs

Our aims

We request that all patients have an opportunity to choose food they like to eat from our menus.

Our menus offer foods which have been safely prepared in ways which respect cultural needs and religious beliefs.

All patient meals arriving on the ward will meet our patients dietary needs, be well presented, hot foods being hot and cold food being chilled.

We aim to make the meal times for patients as enjoyable as possible.

We will respond to any Patient catering requirements during our open hours of 7.00am - 7.00pm.

Please use the contact details listed below for any advice and to discuss any patient requirements.

Contact details for the Catering department

- **Catering Administration office: ext 4775**
 - Patient Meal requests
 - Patient Snack sacks, packed lunch (on request from 7am-7pm)
- **Main Kitchen: ext 4779**
- **Catering Stores: ext 4729**
 - Ward provisions requisitions and enquiries (butter and cheese only)
 - Bread and milk amendments.
- **Catering Management: iownt.catering@nhs.net**
- **Dietician's: ext 4790** contact for advice and menu suitability.



Key patient meal times and cut off points

Breakfast

Breakfast is prepared at ward level, by house keepers and nursing staff; menu choices include a selection of cereal's, toast and preserves, hot and cold beverages.



A hot cooked breakfast is available for patients from the Full Circle Restaurant just complete the catering request for goods and services form (available at ward level) and bring this to the catering department.

Lunch service

Patients can choose a starter of fruit juice or homemade soup, followed by a main course dish with a choice of potatoes and vegetables and a hot or cold sweets and fresh fruit.



A lighter option of freshly prepared sandwiches is available.

For patients with a small appetite smaller portions can be requested.

Please see daily menus from page 18.

Patients who have missed a meal, (late admission, having procedures off the ward) up to 2pm can request a hot meal from the full circle restaurant; contact the department with the requirements. After 2pm a snack sack can be requested, using the catering request for goods or services form.

Evening meal service

Patients can choose a starter of fruit juice or homemade soup, followed by a main course dish with a choice of potatoes and vegetables and a hot and cold sweets and fresh fruit.



A lighter option of freshly prepared salads and sandwiches are available.

For patients with a small appetite smaller portions can be requested.

Patients who have missed a meal, (late admission, having procedures off the ward) up to 6.30pm can request a hot meal from the full circle restaurant; contact the department with the requirements. After 6.30pm a snack sack can be requested.

Snack sacks, and packed lunch

This service is to ensure patients who have missed a meal, have the chance to receive a meal.



A snack sack is available for patients at any time throughout the day; this should not be used as an alternative to the meal service.

Snack sacks include a choice of vegetarian, fish and meat sandwich, piece of fruit, yogurt, and biscuit.

Packed lunches are available for patients who are transferring over to the main land or going off site for procedures and as a result will miss a meal, the packed lunch options include a choice of vegetarian, fish and meat sandwich, packet of crisps, piece of fruit, fruit juice drink, and packet of biscuits.

Snack sacks and packed lunches can be requested from the catering department by phone or email: **iwnt.catering@nhs.net** and picked up at your convenience any time between 7am to 7pm.

Ordering from the Catering Stores

Wards can request limited provisions from the catering service using the procedure detailed below: the catering stores



On receipt of authorised wards weekly issue sheets the department will provide ward provisions that include, butter and cheese portions, yogurts, bread and milk.

The request form should be completed in full including an authorised signature.

Completed requests for catering items can be sent with your daily patient menus.

Catering for visitors and staff retail needs

Located in the hospital main entrance are Costa Coffee and Friends of St Mary's retail outlets:



- **Costa Coffee** – sell a range of hot and cold beverages, which can be complemented with snacks that include a sweet and savoury offering. Sit down relax and enjoy in the main entrance coffee shop. A takeaway service is also available.

Opening times: Monday to Friday, **8am-4pm**; Saturday and Sunday: **closed**

- **Friends of St Mary's shop**, whose proceeds are given back to the hospital to help improve our patient experience, sell a range of sandwiches, snacks and confectionary items. Chilled products include yogurts, pastries and beverages along with a selection of toiletries, newspapers and magazines are available.

Opening times are subject to change: Monday to Friday, **9am-3pm**; Saturday and Sunday: **closed**

- **Located on Level B is the Full Circle Restaurant** – relax in the hospital's own restaurant where you can enjoy traditional hot meals, selection of salads and sandwiches, hot and cold beverages and confectionary items.

Opening times: The restaurant is open Monday to Friday, **7am-7pm**; Saturday and Sunday **7.30am-7pm**

Service times for freshly cooked food are:

Breakfast: **7.30am-11am** (Restaurant opens 7am Mon/Fri for teas, coffee, cereals)

Lunch: **12pm-2pm**

Supper: **5pm-7pm**

Between service times, the full circle restaurant remains open selling confectionary, sandwiches and cakes and a variety of hot and cold drinks throughout the day.

Vending facilities

Coin and card payment machines offer, hot and cold beverages and snacks.

Vending machines are situated across the site: locations include main entrance, at the top and half way up the north corridor, outside the Full Circle restaurant and maternity services.

Ward extras

Wards and departments have standing orders for milk and bread requirements.

If a ward or department requires any additional supplies ward managers or senior ward staff must email the catering manager or assistant catering manager with their requests.

Or you can bring your ward request form to the catering department and we can be on hand to sort your order there for you.

- **Catering management emails: iownt.catering@nhs.net**



Special diets

Please find enclosed in this booklet all the information you will need to assist patients in making the correct dietary request.

We have a selection of alternative meals for patients, these include: Allergen Free, puree and liquidised meals based on levels 4-6 of the international Dysphagia Diet Standardisation Initiative (IDDSI).

Should you require any additional information please contact the catering department.

Copies of the 2 week alternating menu and allergen information are available within this booklet.



Patient feedback

The catering department welcomes all patient feedback helping the department improve its services to our patients.

You can request a visit for a patient from a member of the catering team by calling extension **4775** or email **iownt.catering@nhs.net**.

Share your comments, complaints and learning

If you have any comments from patients, relatives or members of your team please do let us know, this can be by telephone using one of the numbers in the contact details or by email: **iownt.catering@nhs.net**



Think allergens

What is Natasha's Law?

As of October 2021, any business based in England must clearly label all foods packed and produced on their premises with a complete list of ingredients. This legislation will be legally enforced under Natasha's Law.

In a UK government press release, the Department for Environment, Food and Rural Affairs, Food Standards Agency, and The Rt Hon Lord Zac Goldsmith stated:

'Natasha's Law' will be introduced to protect allergy sufferers and give them confidence in the food they buy.

UK Food allergies statistics

With no cure currently available for food intolerance or allergy, those who live with these conditions must observe a strict avoidance diet. This can be difficult for people as their choices limit where they can eat. This can be dangerous for younger people, who can feel compelled to put themselves at risk to 'fit in' with their peers. The following statistics offer an overview of the current food allergy climate in the United Kingdom.

- It's estimated that 2 million people in the UK are currently living with some form of diagnosed food allergy.
- Over 600,000 (1 in 100) of these people have coeliac disease.
- These figures exclude people with food intolerances.
- Annually, roughly ten people a year die from food-induced anaphylaxis.
- Those that suffer severe reactions require emergency help from trained medical professionals, usually via injectable adrenaline.
- It's believed that some of the 1,500 asthma deaths each year are triggered by food allergies.
- For high-risk individuals, trace amounts of a food allergen can trigger fatal or near-fatal symptoms.
- The majority of people who suffer near-fatal reactions or death had no idea that they were at risk. Additionally, those who are at risk find the unpredictability of living with food allergies daunting.
- Young adults and teenagers are classed as particularly 'at risk' of suffering severe reactions.
- Many people with food allergies are asthmatic, which adds further complications and can make allergic reactions more severe if unmedicated.

An introduction to food sensitivities

Some people have food sensitivity such as a food intolerance, food allergy or coeliac disease.

1. Coeliac disease

Coeliac disease is not an allergy. It is an auto-immune disease, which means that the body produces antibodies that attack its own tissues. For people with coeliac disease this attack is triggered by gluten, a protein found in cereals namely wheat (such as spelt or Khorasan), rye and barley and oats. Examples of foods which contain gluten include bread, biscuits, cakes, crackers, breakfast cereals, soups, custards, drinking chocolate, malted milks, pasta (also including items like breadcrumbs and batter).

These must not be given to individuals on a gluten-free diet unless labelled as gluten-free (i.e. contains a gluten level of 20mg/kg or less).

All processed foods must be checked to ensure they are gluten-free.

Is it important to avoid gluten completely?

Yes, even small amounts of gluten (e.g., a breadcrumb) can cause severe symptoms that can last a number of days. See section 6 Prevention of cross-contamination

Symptoms of coeliac disease can range from mild to severe and can include bloating, diarrhoea, nausea, wind, tiredness, constipation, anaemia, mouth ulcers, headaches, weight loss, hair loss, skin problems, short stature, depression, infertility, recurrent miscarriages and joint/bone pain.

Some symptoms might be confused with irritable bowel syndrome (IBS) or wheat intolerance, while others might be related to stress or getting older. As a consequence, it can take some time before an accurate diagnosis is sought or made. After diagnosis and starting a gluten-free diet these symptoms typically cease.

Coeliac disease is a lifelong condition so those suffering from the condition will know a great deal about their dietary needs.

2. Food intolerance

Food intolerance is more common than food allergy and could affect one in five people.

It doesn't involve the same immune system mechanism as food allergy. There are consistent symptoms after eating particular foods, e.g. lactose. Symptoms typically include gastro-intestinal upset including diarrhoea, bloating and/or stomach cramps.

Important differences between a food allergy and a food intolerance include:

- The symptoms of food intolerance usually occur several hours after eating the food.
- You need to eat a larger amount of food to trigger an intolerance than an allergy.
- Unlike an allergy, a food intolerance is never life threatening.

3. Food allergies

Some people need to avoid certain foods because they are allergic to them. Food allergies involve specific antibodies, mainly **Immunoglobulin E (IgE)**, in the immune system. For each food, the body manufactures a specific antibody. Immunoglobulin E antibodies are designed to recognise and attack disease-causing substances such as pathogens and parasitic worms. Allergic (atopic) people have immune systems that are programmed to treat ordinary proteins from foods and other things as if they are a threat (for example cats, dogs, horses, insect stings, pollen etc.).

IgE is a two-stage process. The first stage of IgE mediated food allergy is sensitisation when the body recognises a particular substance as harmful, but no symptoms are experienced. The second stage is where symptoms occur.

Severe allergic reactions to foods are becoming more common. There are considered to be a number of major allergens, e.g. peanuts. The most common symptoms of an allergic reaction include:

Body part affected Physical reaction

- **Eyes:** sore, red and/or itchy
- **Nose:** runny and/or blocked
- **Lips:** swelling of the lips

- **Throat:** coughing, dry, itchy and swollen throat
- **Chest:** coughing, wheezing and shortness of breath
- **Gut:** nausea and feeling bloated, diarrhoea and/or vomiting
- **Skin:** itchy and/or a rash

When someone has a severe reaction to an allergen, this can lead to faintness and/or the person might collapse, the circulation starts to fail and the heart stop. These severe symptoms together are called **anaphylaxis**. In most cases life threatening symptoms can occur within minutes of eating the food.

Is it important to avoid allergies completely?

Yes. Any person saying, they have a food allergy shall be taken seriously as even the tiniest amounts can cause severe reactions. In most cases symptoms are mild or moderate and can be controlled using antihistamines. However, in a few cases, symptoms become dangerous very quickly and immediate emergency treatment is required.

Responding to an allergic reaction

An anaphylactic attack often occurs within minutes of exposure but on rare occasions can be after hours. In all cases it is vital to call for assistance – whether the prescribed adrenaline has been administered or not.

What to do in an emergency

- Try to ensure the affected person remains as still as possible and does not get up and rush around.
- Ensure someone dials for emergency response.
- When calling for emergency services say the person is suffering from anaphylaxis (anna-fill-axis).
- Give precise directions as to the location.
- Send someone outside to direct the emergency team when they arrive.
- Try to ascertain what food may have caused the reaction and ensure the emergency team knows this.

Modified diets

The International Dysphagia Diet Standardisation Initiative (IDDSI) is collaboration between industry professionals including; dietitians, Speech and language therapists, food scientists, physicians, and nurses with the aim to review existing standards and create consistent categories across the globe for texture modified foods and liquids for people with dysphagia.



So what is dysphagia? Dysphagia is the medical term for swallowing difficulties.

Some people with dysphagia have problems swallowing certain foods or liquids, while others can't swallow at all.

Other signs of dysphagia include:

- coughing or choking when eating or drinking
- bringing food back up, sometimes through the nose
- a sensation that food is stuck in your throat or chest
- persistent drooling of saliva

Over time, dysphagia can also cause symptoms such as weight loss and repeated chest infections.



1 out of 17

**likely to experience
dysphagia in their
lifetime.**

Modified texture meals are an extremely important step to helping manage malnutrition.

15%-37%

**people diagnosed with
dementia are at risk of
dysphagia.**

Dysphagia can affect patients with many conditions, mouth and throat cancers, strokes, cerebral palsy and multiple sclerosis.

People with these difficulties have to be given a specific modified food diet, to help them get nutritious meals into their system, working through the levels process (ladder) to help them improve and eventually be able to be put onto a normal diet. At St Mary's hospital we work with the dieticians and Speech and language therapies team (SALT team) to ensure our patients are given the correct level meal. Here at the hospital we offer with levels 4 (puree), 5 (Minced and moist) and level 6 (soft and bite sized), helping patients to move through these levels to eventually a normal food diet. This all goes through the SALT team to ensure the best nutritional meal on the correct level is chosen for the patient.

Allergens

Breakfast items

Dish	Cereals containing gluten	Crustaceans (e.g. crab, prawn, lobster)	Eggs	Fish	Peanuts	Soya beans	Milk (incl. lactose)	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs (e.g. clams, squid, oysters, scallops)
Bacon														
Sausage	✓ wheat											✓		
Fried Eggs			✓											
Baked beans														
Toast/Bread	✓ wheat					✓								
Hash Browns														
Mushrooms														
Tomatoes														
Fried Bread	✓ wheat					✓								
Scrambled Egg			✓				✓							
Baguettes	✓ wheat						may contain							
Vegetarian Sausage	✓ wheat													
Sausage Roll	✓ wheat		✓											
Bacon sandwich	✓ wheat					✓								
Sausage sandwich	✓ wheat					✓						✓		
Bacon baguette	✓ wheat						may contain							
Sausage baguette	✓ wheat						may contain					✓		

Allergens

Products supplied to wards and departments may be subject to change by NHS supplies ensure you check current product packaging for up to date allergen information. If you are not sure do not take risks check with a member of staff.

Food/Beverage items – ward level

Dish	Cereals containing gluten	Crustaceans (e.g. crab, prawn, lobster)	Eggs	Fish	Peanuts	Soya beans	Milk (incl. lactose)	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs (e.g. clams, squid, oysters, scallops)
Orange Juice									✓					
Cordial Squashes (sugar free)														
Continental coffee blend														
Tetley Tea														
Galaxy Drinking Chocolate						✓	✓							
Malted Milk drink	✓ barley					may contain	✓							
Toast/Bread	✓ wheat													
Yogurts							✓							
Crawfords Mini Biscuit Packs														
PLEASE CHECK INDIVIDUAL PACKAGING FOR ALLERGEN INFORMATION														
Bovril	✓ oats, rye, barley, wheat													
Branflakes	✓ barley, wheat						✓							
Weetabix	✓ barley, wheat						✓							
Rice Crispies	✓ barley													
Cornflakes	✓ barley						✓							
Oats – high fibre	✓ barley, wheat													
Jam portions various flavours														
Marmalade portions														
Marmite portions	✓ oats, rye, barley, wheat													
Flora dairy free portions														
Irish butter portions							✓							

Mayonnaise, salad cream, brown sauce, mustard and ketchup portions upon request at ward level.

Allergens

Monday lunch

Week 1

Dish	Cereals containing gluten	Crustaceans (e.g. crab, prawn, lobster)	Eggs	Fish	Peanuts	Soya beans	Milk (incl. lactose)	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs (e.g. clams, squid, oysters, scallops)
Orange juice														
Cheese sandwich/ white	✓wheat						✓							
Chicken and lettuce sandwich/ brown	✓wheat		✓				✓							
Beef casserole									✓					
Cod in cheese sauce/ breadcrumbubs	✓wheat			✓		✓	✓							
Mushroom risotto							✓							
Jacket potato and tuna				✓										
Peas														
Cauliflower														
Side salad														
Potato wedges														
Mashed potato														
Rhubarb crumble	✓wheat													
Strawberry mousse							✓							
Peaches and pears in juice														
Vanilla ice cream							✓							
Custard							✓							
Double chocolate muffin	✓wheat		✓			✓	✓							

Allergens

Monday supper

Week 1

Dish	Cereals containing gluten	Crustaceans (e.g. crab, prawn, lobster)	Eggs	Fish	Peanuts	Soya beans	Milk (incl. lactose)	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs (e.g. clams, squid, oysters, scallops)
Cream of vegetable soup	✓ wheat						✓		✓					
Mushroom quiche and salad	✓ wheat		✓				✓							
Egg mayonnaise sandwich / white	✓ wheat		✓				✓							
Ham and cucumber sandwich / brown	✓ wheat						✓							
Chicken, tomato and peppers														
Cauliflower and broccoli bake							✓							
Sausage roll and baked beans	✓ wheat		✓											
Mashed potato														
Diced carrots														
Side salad														
Fruit trifle	✓ wheat		✓				✓							
Vanilla ice cream							✓							
Apple														
Cheese and biscuits	✓ wheat						✓							
Banana														

Allergens

Tuesday lunch

Week 1

Dish	Cereals containing gluten	Crustaceans (e.g. crab, prawn, lobster)	Eggs	Fish	Peanuts	Soya beans	Milk (incl. lactose)	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs (e.g. clams, squid, oysters, scallops)
Apple juice														
Chicken mayonnaise sandwich / white	✓ wheat		✓				✓							
Egg mayonnaise sandwich / brown	✓ wheat		✓				✓							
Roast pork														
Minced beef cottage pie														
Vegetable goulash									✓					
Cheese and tomato quiche	✓ wheat		✓				✓							
Diced swede														
Green cabbage														
Side salad														
Roast potatoes														
Mashed potato														
Chocolate sponge	✓ wheat		✓				✓							
Rice pudding							✓							
Tropical fruit in juice														
Vanilla ice cream							✓							
Chocolate sauce							✓							
Blueberry muffin	✓ wheat		✓				✓							

Allergens

Tuesday supper

Week 1

Dish	Cereals containing gluten	Crustaceans (eg. crab, prawn, lobster)	Eggs	Fish	Peanuts	Soya beans	Milk (incl. lactose)	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs (eg. clams, squid, oysters, scallops)
Cream of mushroom soup							✓							
Gammon salad														
Tuna mayonnaise sandwich / white	✓ wheat		✓	✓			✓					✓		
Cheese and pickle sandwich / brown	✓ wheat						✓							
Beef bolognese and pasta shells	✓ wheat													
Cheese, leek and potato bake							✓							
Fish fingers and sweetcorn	✓ wheat			✓										
Mashed potato														
Cauliflower and broccoli														
Side salad														
Crème brûlée			✓				✓							
Fruit yoghurt							✓							
Orange														
Vanilla ice cream							✓							
Banana														

Allergens

Wednesday lunch

Week 1

Dish	Cereals containing gluten	Crustaceans (e.g. crab, prawn, lobster)	Eggs	Fish	Peanuts	Soya beans	Milk (incl. lactose)	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs (e.g. clams, squid, oysters, scallops)
Tropical fruit juice														
Cheddar cheese sandwich/white	✓wheat						✓							
Corned beef and tomato sandwich/brown	✓wheat						✓							
Chicken and ham pie	✓wheat		✓				✓							
Salmon and broccoli pasta				✓			✓							
Vegetable moussaka							✓							
Sliced gammon														
Cauliflower mornay														
Mixed vegetables														
Side salad														
Sauté potatoes														
Mashed potato														
Baked lemon tart	✓wheat		✓											
Apple puree														
Mango pieces in natural juice														
Vanilla ice cream							✓							
Custard							✓							
Chocolate chip muffin	✓wheat		✓			✓	✓							

Allergens

Wednesday supper

Week 1

Dish	Cereals containing gluten	Crustaceans (e.g. crab, prawn, lobster)	Eggs	Fish	Peanuts	Soya beans	Milk (incl. lactose)	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs (e.g. clams, squid, oysters, scallops)
Lentil soup				✓										
Tuna salad			✓											
Egg mayonnaise sandwich / white	✓ wheat		✓				✓							
Chicken mayonnaise sandwich / brown	✓ wheat		✓				✓							
Diced BBQ pork										✓				
Pasta shells in tomato sauce														
Beef burger and baked beans						✓						✓		
Mashed potato														
Diced carrot and swede														
Side salad														
Strawberry cheesecake	✓ wheat						✓							
Fruit yoghurt							✓							
Pear														
Cheese and biscuits	✓ wheat						✓							
Banana														

Allergens

Thursday lunch

Week 1

Dish	Cereals containing gluten	Crustaceans (e.g. crab, prawn, lobster)	Eggs	Fish	Peanuts	Soya beans	Milk (incl. lactose)	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs (e.g. clams, squid, oysters, scallops)
Orange juice														
Egg mayonnaise sandwich/white	✓ wheat		✓				✓							
Ham and cucumber sandwich/brown	✓ wheat						✓							
Beef casserole									✓					
Pork loin in gravy									✓					
Vegetable lasagne	✓ wheat		✓				✓							
Minced beef chilli and jacket potato														
Diced swede														
Brussels sprouts														
Side salad														
Roast potatoes														
Mashed potato														
Bread and butter pudding	✓ wheat		✓			✓	✓					✓		
Tapioca pudding							✓							
Peaches and pears pot in juice														
Vanilla ice cream							✓							
Custard							✓							
Double chocolate muffin	✓ wheat		✓			✓	✓							

Allergens

Thursday supper

Week 1

Dish	Cereals containing gluten	Crustaceans (eg. crab, prawn, lobster)	Eggs	Fish	Peanuts	Soya beans	Milk (incl. lactose)	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs (eg. clams, squid, oysters, scallops)
Cream of vegetable soup							✓		✓					
Chicken breast salad														
Tuna mayonnaise sandwich / white	✓ wheat		✓	✓			✓							
Cheese and tomato sandwich / brown	✓ wheat						✓							
Suffolk pie							✓							
Vegetable chilli and jacket potato									✓					
Fish cake	✓ wheat			✓			✓			✓				
Mashed potato														
Diced carrots														
Side salad														
Chocolate panna cotta			✓				✓							
Cheese and biscuits	✓ wheat						✓							
Satsuma														
Vanilla ice cream							✓							
Banana														

Allergens

Friday lunch

Week 1

Dish	Cereals containing gluten	Crustaceans (e.g. crab, prawn, lobster)	Eggs	Fish	Peanuts	Soya beans	Milk (incl. lactose)	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs (e.g. clams, squid, oysters, scallops)
Apple juice														
Cheese, mayo and onion sandwich/white	✓wheat		✓				✓							
Chicken, sweetcorn and mayo sandwich/brown	✓wheat		✓				✓							
Battered cod	✓wheat			✓										
Roast chicken breast														
Cauliflower cheese							✓							
Beef burger						✓						✓		
Peas														
Carrots														
Side salad														
Chips														
Mashed potato														
Apple and cinnamon pie	✓wheat		✓											
Butterscotch mousse							✓							
Tropical fruit in juice														
Vanilla ice cream							✓							
Custard							✓							
Blueberry muffin	✓wheat		✓				✓							

Allergens

Friday supper

Week 1

Dish	Cereals containing gluten	Crustaceans (e.g. crab, prawn, lobster)	Eggs	Fish	Peanuts	Soya beans	Milk (incl. lactose)	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs (e.g. clams, squid, oysters, scallops)
Tomato and butterbean soup														
Roast beef salad														
Tuna mayonnaise sandwich / white	✓ wheat		✓	✓			✓							
Egg mayonnaise and cress sandwich / brown	✓ wheat		✓				✓			✓				
Gammon and pineapple														
Root vegetable hot pot									✓					
Macaroni cheese	✓ wheat						✓							
Mashed potato														
Broccoli														
Side salad														
Strawberry panna cotta							✓							
Vanilla ice cream							✓							
Apple														
Cheese and biscuits	✓ wheat						✓							
Banana														

Allergens

Saturday lunch

Week 1

Dish	Cereals containing gluten	Crustaceans (e.g. crab, prawn, lobster)	Eggs	Fish	Peanuts	Soya beans	Milk (incl. lactose)	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs (e.g. clams, squid, oysters, scallops)
Tropical fruit juice														
Tuna mayonnaise sandwich / white	✓ wheat		✓	✓			✓							
Cheese and tomato sandwich / brown	✓ wheat						✓							
Pork sausage hotpot	✓ wheat											✓		
Beef chilli con carne														
Cannelloni Verdi	✓ wheat		✓				✓							
Jacket potato and baked beans														
Green beans														
Cauliflower														
Side salad														
Rice														
Mashed potato														
Pineapple sponge	✓ wheat		✓											
Semolina pudding	✓ wheat													
Mango pieces in natural juice														
Vanilla ice cream							✓							
Custard							✓							
Chocolate chip muffin	✓ wheat		✓			✓	✓							

Allergens

Saturday supper

Week 1

Dish	Cereals containing gluten	Crustaceans (eg. crab, prawn, lobster)	Eggs	Fish	Peanuts	Soya beans	Milk (incl. lactose)	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs (eg. clams, squid, oysters, scallops)
Cream of parsnip and apple soup							✓							
Cheese salad							✓							
Egg mayonnaise sandwich / white	✓ wheat		✓				✓							
Ham and tomato sandwich / brown	✓ wheat						✓							
Chicken and tomato pasta bake							✓							
Vegetable and bean cottage pie														
Cheese and tomato pizza and chips	✓ wheat						✓							
Diced carrot and swede														
Side salad														
Orange crème brûlée			✓				✓							
Fruit yoghurt							✓							
Pear														
Vanilla ice cream							✓							
Banana														

Allergens

Sunday lunch

Week 1

Dish	Cereals containing gluten	Crustaceans (e.g. crab, prawn, lobster)	Eggs	Fish	Peanuts	Soya beans	Milk (incl. lactose)	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs (e.g. clams, squid, oysters, scallops)
Orange juice														
Egg mayonnaise sandwich/white	✓ wheat		✓				✓							
Ham and salad sandwich/brown	✓ wheat						✓							
Roast beef and Yorkshire pudding ⊕	✓ wheat		✓				✓							
Pork goulash														
Cauliflower and broccoli pasta							✓							
Fish fingers and sweetcorn	✓ wheat			✓										
Diced swede														
Green cabbage														
Side salad														
Roast potatoes														
Mashed potato														
Chocolate chip sponge	✓ wheat		✓			✓	✓							
Banana mousse							✓							
Peaches and pears pot in juice														
Vanilla ice cream							✓							
Custard							✓							
Double chocolate muffin	✓ wheat		✓			✓	✓							

⊕ All allergens from this dish are in the Yorkshire pudding only

Allergens

Sunday supper

Week 1

Dish	Cereals containing gluten	Crustaceans (e.g. crab, prawn, lobster)	Eggs	Fish	Peanuts	Soya beans	Milk (incl. lactose)	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs (e.g. clams, squid, oysters, scallops)
Cream of tomato soup				✓			✓							
Pilchard salad				✓										
Chicken mayonnaise sandwich / white	✓ wheat		✓				✓							
Cheese sandwich / brown	✓ wheat						✓							
Braised beef potato topped pie														
Vegetable moussaka							✓							
Pork sausages and beans	✓ wheat											✓		
Broccoli														
Side salad														
Chocolate trifle	✓ wheat		✓				✓							
Fruit yoghurt							✓							
Orange														
Cheese and biscuits	✓ wheat						✓							
Banana														

Allergens

Monday lunch

Week 2

Dish	Cereals containing gluten	Crustaceans (e.g. crab, prawn, lobster)	Eggs	Fish	Peanuts	Soya beans	Milk (incl. lactose)	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs (e.g. clams, squid, oysters, scallops)
Apple juice														
Cheese and pickle sandwich /white	✓ wheat						✓					✓		
Tuna mayonnaise sandwich / brown	✓ wheat		✓	✓			✓							
Steak and kidney pie	✓ wheat		✓											
Chicken à la King							✓							
Macaroni cheese	✓ wheat						✓							
Jacket potato and beans														
Green beans														
Cauliflower														
Side salad														
Sauté potatoes														
Mashed potato														
Sticky toffee pudding	✓ wheat		✓				✓					✓		
Ground rice pudding							✓							
Tropical fruit pot in juice														
Vanilla ice cream							✓							
Custard							✓							
Blueberry muffin	✓ wheat		✓				✓							

Allergens

Monday supper

Week 2

Dish	Cereals containing gluten	Crustaceans (eg. crab, prawn, lobster)	Eggs	Fish	Peanuts	Soya beans	Milk (incl. lactose)	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs (eg. clams, squid, oysters, scallops)
Cream of mushroom soup							✓							
Cheese salad							✓							
Egg mayonnaise sandwich / white	✓ wheat		✓				✓							
Corned beef and tomato sandwich / brown	✓ wheat						✓							
Pork loin in mustard sauce							✓			✓				
Cheese, leek and potato bake							✓							
Fish fingers and sweetcorn	✓ wheat			✓										
Mashed potato														
Diced carrots														
Side salad														
Coconut panna cotta			✓				✓							
Cheese and biscuits	✓ wheat						✓							
Apple														
Smooth fruit yogurt							✓							
Banana														

Allergens

Tuesday lunch

Week 2

Dish	Cereals containing gluten	Crustaceans (e.g. crab, prawn, lobster)	Eggs	Fish	Peanuts	Soya beans	Milk (incl. lactose)	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs (e.g. clams, squid, oysters, scallops)
Tropical fruit juice														
Egg mayonnaise sandwich/white	✓ wheat		✓				✓							
Corned beef & tomato sandwich/brown	✓ wheat						✓							
Lamb's liver in gravy	✓ wheat													
Roast pork														
Cauliflower florets in cheese & leek sauce							✓							
Cheese, mushroom and potato tart	✓ wheat		✓				✓							
Diced carrots														
Brussels sprouts														
Side salad														
Roast potatoes														
Mashed potato														
Apple crumble	✓ wheat													
Butterscotch mousse							✓							
Mango fruit pot in juice														
Vanilla ice cream							✓							
Custard							✓							
Chocolate chip muffin	✓ wheat		✓			✓	✓							

Allergens

Tuesday supper

Week 2

Dish	Cereals containing gluten	Crustaceans (e.g. crab, prawn, lobster)	Eggs	Fish	Peanuts	Soya beans	Milk (incl. lactose)	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs (e.g. clams, squid, oysters, scallops)
Winter vegetable soup									✓	✓*				
Rice, mixed pepper & sweetcorn salad														
Chicken mayonnaise sandwich / white	✓wheat		✓				✓							
Cheese sandwich / brown	✓wheat						✓							
Cod and salmon fish pie				✓			✓							
Pasta shells in tomato sauce	✓wheat													
Sausage roll and beans	✓wheat		✓											
Mashed potato														
Broccoli														
Side salad														
Fruit trifle	✓wheat		✓				✓							
Smooth Fruit yoghurt							✓							
Orange														
Cheese and biscuits	✓wheat						✓							
Banana														

* Mustard is only found in the salad dressing

Allergens

Wednesday lunch

Week 2

Dish	Cereals containing gluten	Crustaceans (e.g. crab, prawn, lobster)	Eggs	Fish	Peanuts	Soya beans	Milk (incl. lactose)	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs (e.g. clams, squid, oysters, scallops)
Orange juice														
Cheese sandwich/white	✓ wheat						✓							
Ham and lettuce sandwich / brown	✓ wheat						✓							
Chicken curry												✓		
Sliced gammon									✓					
Vegetable lasagne	✓ wheat		✓				✓							
Pork meatballs in tomato sauce	✓ wheat													
Cauliflower florets														
Green beans														
Side salad														
White rice														
Mashed potato														
Chocolate chip sponge	✓ wheat		✓			✓	✓							
Semolina pudding	✓ wheat						✓							
Peaches and pears fruit pot in juice														
Vanilla ice cream							✓							
Custard							✓							
Double chocolate muffin	✓ wheat		✓			✓	✓							

Allergens

Wednesday supper

Week 2

Dish	Cereals containing gluten	Crustaceans (e.g. crab, prawn, lobster)	Eggs	Fish	Peanuts	Soya beans	Milk (incl. lactose)	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs (e.g. clams, squid, oysters, scallops)
Cream of parsnip soup							✓							
Roast beef salad														
Egg mayonnaise sandwich / white	✓ wheat		✓				✓							
Tuna mayonnaise sandwich / brown	✓ wheat		✓	✓			✓							
Minced beef cottage pie														
Roasted vegetable pizza	✓ wheat						✓							
Oven baked fishcake	✓ wheat			✓			✓			✓				
Mashed potato														
Diced carrots														
Side salad														
Crème caramel							✓							
Vanilla ice cream							✓							
Pear														
Cheese and biscuits	✓ wheat						✓							
Banana														

Allergens

Thursday lunch

Week 2

Dish	Cereals containing gluten	Crustaceans (e.g. crab, prawn, lobster)	Eggs	Fish	Peanuts	Soya beans	Milk (incl. lactose)	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs (e.g. clams, squid, oysters, scallops)
Apple juice														
Chicken mayonnaise sandwich / white	✓ wheat		✓				✓							
Egg mayonnaise sandwich / brown	✓ wheat		✓				✓							
Chicken breast in cheese & leek sauce							✓							
Roast beef and Yorkshire pudding ☉	✓ wheat		✓				✓							
Mushroom stir fry														
Jacket potato with cheese							✓							
Diced swede														
Green cabbage														
Side salad														
Roast potatoes														
Mashed potato														
Strawberry jam sponge	✓ wheat		✓											
Apple puree pot														
Tropical fruit pot in juice														
Vanilla ice cream							✓							
Custard							✓							
Blueberry muffin	✓ wheat		✓				✓							

☉ All allergens from this dish are in the Yorkshire pudding only

Allergens

Thursday supper

Week 2

Dish	Cereals containing gluten	Crustaceans (e.g. crab, prawn, lobster)	Eggs	Fish	Peanuts	Soya beans	Milk (incl. lactose)	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs (e.g. clams, squid, oysters, scallops)
Winter vegetable soup									✓					
Pilchard salad				✓										
Cheese and pickle sandwich / white	✓ wheat						✓					✓		
Chicken and tomato sandwich / brown	✓ wheat						✓							
Minced beef Cornish pie	✓ wheat		✓											
Cauliflower and broccoli mornay							✓							
Pork sausages and baked beans	✓ wheat											✓		
Mashed potato														
Diced carrots														
Side salad														
Apricot conde							✓							
Smooth fruit yoghurt							✓							
Apple														
Butterscotch mousse							✓							
Banana														

Allergens

Friday lunch

Week 2

Dish	Cereals containing gluten	Crustaceans (e.g. crab, prawn, lobster)	Eggs	Fish	Peanuts	Soya beans	Milk (incl. lactose)	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs (e.g. clams, squid, oysters, scallops)
Tropical fruit juice														
Cheese sandwich/ white	✓ wheat						✓							
Chicken mayonnaise sandwich /brown	✓ wheat		✓				✓							
Battered cod	✓ wheat		✓	✓										
Beef lasagne	✓ wheat		✓				✓							
Root vegetable cottage pie									✓					
Fish fingers and sweetcorn	✓ wheat			✓										
Peas														
Diced carrots														
Side salad														
Chips														
Mashed potato														
Chocolate sponge	✓ wheat		✓				✓							
Tapioca pudding							✓							
Mango fruit pot in juice														
Vanilla ice cream							✓							
Custard							✓							
Chocolate chip muffin	✓ wheat		✓			✓	✓							

Allergens

Friday supper

Week 2

Dish	Cereals containing gluten	Crustaceans (e.g. crab, prawn, lobster)	Eggs	Fish	Peanuts	Soya beans	Milk (incl. lactose)	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs (e.g. clams, squid, oysters, scallops)
Leek and potato soup														
Gammon salad														
Tuna mayonnaise sandwich / white	✓ wheat		✓	✓			✓							
Egg mayonnaise sandwich / brown	✓ wheat		✓				✓							
Beef casserole									✓					
Courgette, leek & tomato bake with breadcrumbs	✓ wheat					✓	✓							
Cheese and tomato pizza with chips	✓ wheat						✓							
Mashed potato														
Broccoli and cauliflower florets														
Side salad														
Strawberry cheesecake	✓ wheat						✓							
Smooth fruit yoghurt							✓							
Orange														
Vanilla ice cream							✓							
Banana														

Allergens

Saturday lunch

Week 2

Dish	Cereals containing gluten	Crustaceans (e.g. crab, prawn, lobster)	Eggs	Fish	Peanuts	Soya beans	Milk (incl. lactose)	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs (e.g. clams, squid, oysters, scallops)
Orange juice														
Egg mayonnaise sandwich/white	✓ wheat		✓				✓							
Ham and tomato sandwich/brown	✓ wheat						✓							
Minced beef and potato pie	✓ wheat		✓											
Chicken chasseur												✓		
Cannelloni Verdi	✓ wheat		✓				✓							
Sliced gammon														
Mixed vegetables														
Cauliflower florets														
Side salad														
Potato wedges														
Mashed potato														
Bakewell tart	✓ wheat		✓											
Butterscotch mousse							✓							
Peaches and pears fruit pot in juice														
Vanilla ice cream							✓							
Custard							✓							
Double chocolate chip muffin	✓ wheat		✓			✓	✓							

Allergens

Saturday supper

Week 2

Dish	Cereals containing gluten	Crustaceans (e.g. crab, prawn, lobster)	Eggs	Fish	Peanuts	Soya beans	Milk (incl. lactose)	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs (e.g. clams, squid, oysters, scallops)
Tomato and butterbean soup														
Egg salad			✓											
Cheese & onion mayo sandwich / white	✓ wheat		✓				✓							
Chicken & cucumber sandwich / brown	✓ wheat						✓							
Beef hotpot									✓					
Cauliflower and broccoli pasta bake							✓							
Beef burger and chips						✓						✓		
Diced swede														
Side salad														
Chocolate trifle	✓ wheat		✓				✓							
Vanilla ice cream							✓							
Pear														
Cheese and biscuits	✓ wheat													
Banana														

Allergens

Sunday lunch

Week 2

Dish	Cereals containing gluten	Crustaceans (e.g. crab, prawn, lobster)	Eggs	Fish	Peanuts	Soya beans	Milk (incl. lactose)	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs (e.g. clams, squid, oysters, scallops)
Apple juice														
Tuna mayonnaise sandwich / white	✓ wheat		✓	✓			✓							
Cheese sandwich / brown	✓ wheat						✓							
Chicken breast and stuffing ⊕	✓ wheat													
Cod and salmon fish pie				✓			✓							
Vegetable risotto							✓							
Macaroni cheese	✓ wheat						✓							
Diced swede														
Brussels sprouts														
Side salad														
Roast potatoes														
Mashed potato														
Eves pudding	✓ wheat		✓											
Ground rice pudding							✓							
Tropical fruit pot in juice														
Vanilla ice cream							✓							
Custard							✓							
Blueberry muffin	✓ wheat		✓				✓							

⊕ Gluten only in stuffing

Allergens

Sunday supper

Week 2

Dish	Cereals containing gluten	Crustaceans (e.g. crab, prawn, lobster)	Eggs	Fish	Peanuts	Soya beans	Milk (incl. lactose)	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs (e.g. clams, squid, oysters, scallops)
Lentil soup				✓										
Mackerel salad				✓										
Chicken mayonnaise sandwich / white	✓ wheat		✓				✓							
Egg mayonnaise sandwich / brown	✓ wheat		✓				✓							
Chicken and leek potato topped pie							✓		✓					
Root vegetable cottage pie														
Jacket potato and cheese														
Diced carrots														
Side salad														
Orange crème brûlée			✓				✓							
Smooth fruit yoghurt							✓							
Apple														
Vanilla ice cream							✓							
Banana														

Information on allergens

Great care is taken in prepping and cooking of all our ingredients to ensure that we meet the national government guidelines for Allergen awareness and the naming of the 14 Major allergens that are present in any of our dishes that we freshly prepare.

The 14 national recognised allergens are listed below.



Peanuts



Nuts



Crustaceans
(Shellfish)



Molluscs
(Shellfish)



Fish



Eggs



Milk



Cereals
containing
Gluten



Soya



Sesame seeds



Celery



Mustard



Lupin



Sulphur
Dioxide

More information can be found on allergens on www.foodstandardsagency.gov.uk

If you require any assistance regarding allergens or you are having trouble with getting a sufficient meal for your patient, please do not hesitate to contact the catering depart to discuss with the management team on extension **4779**.

We are here to help and also offer a totally allergen free meals.

As a hospital we have to think ALLERGENS, please do not take any risks with allergens always get a second opinion if you are unsure.

- To contact catering management, please email: iownt.catering@nhs.net

Contact details for the Catering department

- **Catering Administration office: ext 4775**
 - Patient Meal requests
 - Patient Snack sacks, packed lunch (on request from 7am-7pm)
- **Main Kitchen: ext 4779**
- **Catering Stores: ext 4729**
 - Ward provisions requisitions and enquiries (butter and cheese only)
 - Bread and milk amendments.
- **Catering Management: iownt.catering@nhs.net**
- **Dietician's: ext 4790** contact for advice and menu suitability.

