


Menu and Patient Meals Service Guide

HILLINGDON &
MOUNT VERNON
HOSPITAL

Patient Information

This menu guide booklet contains information on the food and beverage services we offer to our patients. We know it is important to you as a patient to have good quality, nutritious food to assist you with your recovery; therefore all of the dishes we offer have been reviewed by our Trust Dietitians and Speech and Language Therapists.

We offer a range of condiments to enable you to season your meals to your personal preference.

If you have been advised to reduce your salt intake the meal  (Healthy Option) is an appropriate option.

Dietetic Service

The hospital offers a dietetic service to patients whose medical condition necessitates a special diet. If you are placed on a special diet while in hospital you may be referred to a Dietitian or Speech and Language Therapist who will advise you on the food you are able to eat. Part of your treatment may include Texture Modified meals and extra nourishing snacks to assist you in your recovery.

24 Hours Service

If you miss a meal or need to eat outside of meal times a snack box is available.

These contain: A choice of sandwich, fruit, yoghurt, biscuits and juice drink. Light snacks such as bread, soup, cereals and fresh fruit are also available.

Menu

Our full range of menus are detailed in this menu guide. You will be able to choose from a daily menu and a range of menus for patients requiring foods suited to religious or cultural needs.

All dishes are nutritionally coded to enable you to make an informed choice. The diet codes are explained daily throughout the menu.

Further information regarding food allergens is available upon request; please ask a member of the ward team for details.

If you have a more specialised diet please ensure the ward staff are made aware on your admission.

Breakfast

Breakfast is available each morning; the full breakfast offer is included in this booklet.

Beverages

A choice of hot and cold drinks will be offered to you throughout the day. A fresh supply of drinking water is always available.

You can choose from a range of:

- Tea/herbal/fruit
- Coffee/decaffeinated coffee
- Hot chocolate
- Malt drink
- Cup-a-soup
- Fruit squash

Snacks

A range of snacks are available to accompany your beverages throughout the day, such as fresh fruit, cakes, biscuits and yoghurts.









Taking your meal orders

The housekeeper will serve breakfast and beverages and take your meal order for lunch and dinner. A member of the ward staff will assist with your menu choice if needed.

Protected Meal Times

The hospital supports protected meal times on the wards, which means that patient's meals should not be interrupted by an examination or consultation. Although the ward is closed to general visitors, family members or carers who wish to help at mealtimes are encouraged and are welcome to remain with the patient during mealtimes.

Diet Coding Key:

-  **Healthy Option.** These dishes are also suitable for people with diabetes and those requiring less fat and salt.
-  **Energy Dense.** These dishes are particularly high in energy.
-  **Softer.** These dishes are easier to chew and can be eaten using one hand.
-  **Gluten Free.** Suitable for those with Coeliac Disease.
-  **Vegetarian.** Suitable for vegetarians.
-  **Vegans.** Suitable for vegans.

Meals Times

Meals are generally served at the following times:

Breakfast from 7.30am

Lunch from 12.30pm

Evening Meals form 5.00pm

The housekeeper works with the ward team to ensure your dietary needs are met.

If you have any special requirements or concerns please contact one of the team.

**Further information regarding food allergens is available upon request:
Please ask a member of the ward team for details.**

Breakfast

served from 7.30am

Breakfast is available each morning which includes a hot beverage and a juice, a selection of cereals including porridge, bread, a breakfast roll with butter/spread and a selection of preserves.

Please complete your breakfast order sheet, you may choose from the following options:

Fruit Juice




A choice of Apple or Orange



Cereal

Please choose one of the following options: These will be served with milk, unless otherwise requested:

Cornflakes  

Weetabix  

Rice Krispies  

Bran Flakes  

Porridge  

Bread & Rolls



Served with butter or spread and a choice of preserves

White Bread 

Brown Bread 


White or brown breakfast roll 



Assorted Jam: Strawberry, Blackcurrant, Raspberry  

Marmalade  

Honey  

Marmite  

Strawberry Jam (energy reduced with sweeteners)  

Marmalade (energy reduced with sweeteners)  

Beverages

Tea

Coffee

Herbal Teas

Decaffeinated Coffee

Hot Chocolate

Main Courses

Chicken



Roast Chicken Breast

Steam roast chicken breast, served with roast potatoes, carrots, green beans, sage & onion stuffing and gravy.



Chicken



Chicken Curry

A mild, fruity chicken curry, served with a mix of yellow rice, red peppers and peas.



Chicken



Chicken Breast in Gravy

Served with 2 pork cocktail sausages, diced potato, carrots and peas.




Chicken




Sweet & Sour Chicken

Chicken in a sweet and sour sauce served with white rice with red peppers and peas.



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Main Courses

Beef



Roast Beef

Sliced steamed roast beef, served with roast potatoes, carrots, sprouts and gravy.



Beef



Savoury Minced Beef & Dumplings

Served with mashed potato, carrots and broccoli.



Beef



Chilli Con Carne

A medium hot chilli, served with a mix of white rice, peas and sweetcorn.



Beef



Spaghetti Bolognese

Spaghetti topped with a rich minced beef and tomato sauce.



Main Courses

Lamb



Lamb Casserole

Served with diced potatoes, peas, swede and carrots.




Lamb




Shepherds Pie

Served with carrots and peas.



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Main Courses

Pork



Sausage & Mash

Two Lincolnshire sausages in onion gravy, served with mashed potato and peas.

Pork



Meatballs & Pasta

Pork meatballs and penne pasta in a herby tomato sauce.

S


Pork



All Day Breakfast

Pork sausages, back bacon and omelette, served with baked beans and hash browns.

ED

 **Vegetarian.** Suitable for vegetarians.

 **Vegan.** Suitable for Vegans.

 **Gluten Free.** Suitable for those with Coeliac Disease.

Main Courses

Fish



Battered Fish

Served with fried diced potatoes and minted mushy peas.

S

Fish



Salmon Provençale

Salmon in provençale sauce, served with parsley boiled potatoes, carrots and Romano beans.

GF ♥

Fish



Fish Pie

White fish, smoked haddock and salmon cooked in a white sauce, topped with mashed potato, served with carrots and peas.

GF ♥

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Main Courses

Vegetarian



Cauliflower & Broccoli Bake

Cauliflower and broccoli florets topped with a cheesy sauce, served with peas, carrots and parsley dressed potato wedges.



Vegetarian



Cheese & Tomato Omelette

Cheese and tomato omelette, served with crispy diced potatoes and mixed vegetables.



Vegetarian



Butternut Squash & Butterbean Stew

A tomato and lentil based stew with butternut squash, butterbeans and a mixture of vegetables, served with garlic and rosemary roast potatoes and peas.



Vegetarian



Macaroni Cheese

Served with broccoli, peas, carrots and sweetcorn.



Daily Salad Range



Egg & Tuna Nicoise Salad GF

Boiled egg, tuna, potatoes, black olives, mixed leaf salad, tomato, onions, green beans.

Smoked Chicken Caesar Salad

Smoked diced chicken, assorted lettuce leaves, cucumber, tomato, cress, caesar salad dressing with a bread roll and spread.



Traditional Ham Salad GF ED

Mixed leaf salad, potato salad, egg, coleslaw, ham, cucumber, tomato, cress, beetroot.

Salmon & Cous Cous Salad

Mixed Leaf salad , cous cous, salmon, diced red pepper.



Ploughman's Salad ED V

Assorted cheese portions, baby gem lettuce, pickled onions, tomato, cress, red onion slices, branston pickle, bread roll with spread.

Italian 5 Bean Pasta Salad ED V

Mixed Leaf salad, mixed Italian 5 beans, pasta salad, sliced green beans, diced red & green peppers.



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Sandwich Selection

With the choice of white or wholemeal bread:

Chicken

Chicken Tikka 
Chicken Mayonnaise

Fish

Tuna Mayonnaise & Cucumber
Tuna Mayonnaise 


Pork




Ham & Tomato
Simply Ham


Beef


Corned Beef

Vegetarian

Cheddar Cheese & Tomato 
Cheese Savoury 

Egg Mayonnaise  
Cheddar Cheese 

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Smaller Energy Dense Meals

Mains

Corned Beef Hash

GF ED

A tasty dish made with corned beef, onions, peas and potatoes.

Lamb & Potato Curry

GF ED

Lamb cooked in mild spices with coconut, tomatoes and diced potato, served with coriander rice.

Pasta Carbonara

ED S

Penne pasta with succulent pieces of chicken and ham in a creamy carbonara sauce with mushrooms.

Ham & Leek Bake

GF ED

Chunks of ham in a leek sauce topped with fried diced potatoes.

Salmon Bake

GF ED

Salmon and peas in a white sauce topped with diced potatoes.

Cheese & Potato Bake

GF V ED

Broccoli in a cheese sauce with onion, topped with fried diced potatoes.

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Allergen Free Meals

Mains

Steak & Mushroom Casserole



Tender chunks of steak and mushroom in a rich sauce, served with skin on potatoes, green beans and sliced carrots.

Pork in Gravy



Three slices of pork shoulder in a tasty gravy, served with roast potatoes, diced carrots and peas.

Provençale Vegetable Bake



Courgette, haricot beans and peppers in tomato sauce topped with sauté potatoes, served with green beans, peas and broccoli.

Spicy Bean Casserole



A mild three bean casserole in a fruity tomato sauce with peppers, served with potato wedges and broccoli, peas and sweetcorn.

Lamb Tagine



Pieces of lamb in a spicy, fruity Moroccan style sauce, served with yellow rice, green beans, peas and carrot tips.

Chicken, Bacon & Thyme Hotpot



Chicken and bacon in a thyme gravy, topped with sauté potatoes, served with broccoli, peas, green beans and mashed carrot & swede.

Butternut Squash & Red Lentil Curry



Served with yellow rice.

Cultural Choices

Halal Mains

Chicken Dal with Kadai Vegetables & Saag Pulao (GF)

Chicken cooked with lentils & mixed vegetables with spinach rice.

Chicken Pepper & Whole Moong Dal with Jeera Rice (GF)

Diced chicken with mixed peppers & whole green lentils with cumin rice.

Mutton Red Kidney Beans & Alu Matar with Basmati Rice (GF)

Minced mutton – red kidney beans & peas potatoes with basmati rice.

Keema Alu & Whole Moong Dal with Jeera Rice (GF) (S)

Minced lamb with potatoes & whole moong dal with cumin rice.

Chicken Tikka Masala & Rajasthani Dal with Saffron Rice (GF) (S)

Chicken cooked in tandoori sauce & lentils with saffron rice.

Chicken Coconut & Mixed Dal with Basmati Rice (GF) (S)

Chicken cooked with coconut & mixed dal with plain basmati rice.

Minced Mutton - Cabbage & Split Masoor with Saag Pulao (GF) (ED) (S)

Minced mutton cooked with cabbage & split red lentils with spinach rice.

Karai Gosht & Teen Dal with Jeera Rice (GF)

Lamb cooked with capsicums in tomato sauce & mixed lentils with cumin rice.



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Cultural Choices

Asian Vegetarian Mains

Alu Brinjal Peas with Chana Dal & Plain Basmati Rice (GF) (V) (VG)

Aubergine, peas & potatoes & split chickpeas, with plain basmati rice.

Mixed Capsicum Potato with Whole Moong Dal & Jeera Rice (GF) (V) (VG) (S)

Mixed peppers, potatoes & whole green lentils with cumin rice.

Tindoora with Whole Moong Dal with Basmati Rice (GF) (V) (VG) (S)

Ivy gourd with whole moong dal and basmati rice.

Caribbean & West Indian

Brown Stew Chicken (S)

With rice and red kidney beans.

Jerk Chicken (ED)

With rice and red kidney beans.

Ackees, Saltfish (GF) (ED)

With Yam & Sweet Potato.

Kosher Meals

Roast Chicken

Served with parisienne potatoes and mixed vegetables.

Sliced Beef (ED)

Served with rice pilaff and green beans.

Spaghetti Neopolitan (V) (♥)

Served with green beans and glazed carrots.

Honey Cake (V)

Alu Gobi & Rajasthani Dal with Saffron Rice (GF) (V) (VG)

Cauliflower, peas & potato & mixed lentils with saffron rice.

Alu Gobi with Kadhi & Khichadi (GF) (V) (S)

Cauliflower – potato with yoghurt curry and rice - lentils.

Aubergine Potato with Kadhi & Khichadi (GF) (V)

Aubergine potatoes with yoghurt curry and rice - lentils.

Mutton Curry (ED) (S)

With white rice.

Spicy Fried Chicken (ED)

With rice and red kidney beans.

Chicken Schnitzel (ED)

Served with sauté potatoes and sauerkraut.

Shepherds Pie (ED)

Served with sauerkraut, peas and carrots.

Tomato Omelette (V)

Served with Parisienne potatoes and green beans.

Apple Strudel (V)

Desserts

Hot puddings can be served with custard or Ice Cream

Hot Dessert



Sticky Toffee Pudding

A light toffee flavour sponge topped with a caramel sauce.



Hot Dessert



Jam Sponge

A light Sponge with a delicious raspberry, plum and apple jam.



Hot Dessert



Chocolate Sponge

An indulgent chocolate sponge pudding topped with a rich chocolate sauce.




Hot Dessert




Rhubarb Crumble

Rhubarb filling topped with a crunchy golden crumble.



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Desserts

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Hot Dessert



Apple Crumble

Apple filling topped with a crunchy golden crumble.



Hot Dessert



Custard



Cold Dessert

Strawberry Trifle  

Blackcurrant Cheesecake  

Soya Dessert    
chocolate or vanilla

Fruit in natural juice    

Yoghurt   

Ice Cream  

Fresh Fruit   

Cheese & Biscuits 

Rice Pudding   

Jelly- low sugar  

HILLINGDON & MOUNT VERNON HOSPITAL

Trust Managed Restaurants

Mount Vernon Hospital

The Oak Tree Café & Restaurant



Enjoy the chef's selection of hot meals and snacks with plenty of seating. Located on the ground floor, main building.

'The Café' at Mount Vernon Treatment Centre and Maternity block, Hillingdon

Proud to serve Costa Coffee range and a selection of snacks, sandwiches, wraps and confectionary.



Hillingdon Hospital



Enjoy the chef's selection of hot meals and snacks with plenty of seating.

Take a moment to relax with a quality cup of tea or coffee in comfort.

Located on lower ground floor.

The Hillingdon Hospitals **NHS**

NHS Foundation Trust

November 2017