

Menu and Patient Meals Service Guide


Week 1

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 including allergen free meals, smaller energy dense dishes and a range of menus suited to religious or cultural needs. A finger food and jacket potato menu is also available on request.

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 from 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 (sweetened with sweeteners)   

Marmalade (sweetened with sweeteners)   

Beverages

Tea

Coffee

Herbal Teas

Decaffeinated Coffee

Hot Chocolate

Starters

Pea & Ham Soup

S GF

A smooth creamy soup.

Mains

Minced Beef Hotpot

GF ED

Minced beef cooked in a vegetable and onion gravy and topped with golden sauté potatoes.

Fish Pie

♥ S GF

Hoki, salmon and smoked haddock in a creamy sauce, topped with mashed potato.

Chicken Breast in Tomato and Basil Sauce

♥ GF

Chicken breast in a delicious tomato and basil sauce.

Vegetarian Cottage Pie

V

Vegetarian mince in a tomato and onion sauce topped with delicious mash.

Sides

Mashed Potatoes

S V GF

Cauliflower

♥ S V VG GF

Sauté Potatoes

GF V VG

Peas

♥ V GF VG

Salads

A selection of freshly prepared salads are available

Please refer to our Daily Salad Range on page 20.

A selection of freshly prepared sandwiches are available

Please refer to our Sandwich Selection on page 21.

Desserts

Mixed Fruit Pie (HOT)

ED V VG

A mixture of plum, blackcurrants and apple enclosed in a sweet shortcrust pastry.

Hot puddings can be served with Custard S V GF

Blackcurrant Cheesecake S V

Strawberry Trifle S V

Chocolate Mousse V

Soya Dessert V ♥ S VG

(chocolate or vanilla)

Ice-Cream S V

Fresh Fruit Selection ♥ V VG GF

Fruit in Natural Juice ♥ S V VG GF

Yoghurt ♥ S V

Cheese & Biscuits V

Rice Pudding S V GF

Jelly (low sugar) ♥ S

♥ **Healthy Option.** These dishes are also suitable for people with diabetes and those requiring less fat and salt.

ED **Energy Dense.** These dishes are particularly high in energy.

S **Softer.** These dishes are easier to chew and can be eaten using one hand.

Please choose one item from each course for lunch and supper.

Supper

Starters

Mushroom Soup

S V GF

Mushroom soup with cream, seasoned with thyme and garlic.

Mains

Lamb Tagine

GF S

Juicy pieces of lamb in a Moroccan style sauce.

Chicken & Broccoli Bake

Diced chicken and broccoli in savoury sauce with a thick cheesy crumble topping.

Salmon in Provençale Sauce

GF ♥

Salmon in a tomato and brandy sauce with garlic, orange zest and chilli.

Cheese and Onion Pie

V ED

Cheddar cheese, onion and potato in a shortcrust pastry.

Sides

Mashed Potatoes

S V GF

Sliced carrots

♥ S V VG GF

Croquette Potatoes

GF V VG

Sweetcorn

♥ GF V VG

Salads

A selection of freshly prepared salads are available

Please refer to our Daily Salad Range on page 20.

A selection of freshly prepared sandwiches are available

Please refer to our Sandwich Selection on page 21.

Desserts

Bread & Butter Pudding(HOT)

GF ED V

Layers of bread, marmalade and mixed fruit, topped with egg custard.

Hot puddings can be served with Custard S V GF

Blackcurrant Cheesecake S V

Strawberry Trifle S V

Chocolate Mousse V

Soya Dessert V ♥ S VG

(chocolate or vanilla)

Ice-Cream S V

Fresh Fruit Selection ♥ V VG GF

Fruit in Natural Juice ♥ S V VG GF

Yoghurt ♥ S V

Cheese & Biscuits V

Rice Pudding S V GF

Jelly (low sugar) ♥ S

V **Vegetarian.** Suitable for vegetarians.

VG **Vegan.** Suitable for Vegans.

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

Starters

Leek & Potato Soup



Potato and leek soup with a parsley seasoning.

Mains

Lamb Grill Steaks in Minted Gravy

Lamb steak in a rich minty gravy.

Chicken and Vegetable Casserole



A rich casserole with chunky pieces of chicken, carrots, mushrooms, peas and swede.

Beef Lasagne



A ragu of beef, tomatoes and herbs layered with soft pasta and a Cheddar cheese sauce.

Vegetable Crumble



A mixed medley of vegetables topped with a cheesy crumble.

Sides

Mashed Potatoes



Green Beans



Boiled Potatoes



Broccoli



Salads

A selection of freshly prepared salads are available

Please refer to our Daily Salad Range on page 20.

A selection of freshly prepared sandwiches are available

Please refer to our Sandwich Selection on page 21.

Desserts

Apricot Crumble (HOT)



A tasty apricot filling topped with golden crumble.

Hot puddings can be served with Custard

Blackcurrant Cheesecake

Strawberry Trifle

Chocolate Mousse

Soya Dessert

(chocolate or vanilla)

Ice-Cream

Fresh Fruit Selection

Fruit in Natural Juice

Yoghurt

Cheese & Biscuits

Rice Pudding

Jelly (low sugar)

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.

Please choose one item from each course for lunch and supper.

Supper

Starters

Cream of Chicken Soup

Cream of chicken soup with carrots, leeks and thyme.

Mains

Chilli Con Carne

Minced beef simmered in a rich aromatic tomato sauce with kidney beans.

Creamy Chicken & Mushroom Pasta

Penne pasta in a creamy chicken, mushroom and white wine sauce.

Fish In Cheese Sauce

White fish in a creamy cheese sauce.

Potato, Cheese & Leek Bake

Potato and leeks in a creamy cheese sauce topped with a potato rosti.

Sides

Mashed Potatoes

Mixed Vegetables

White Rice

Cauliflower

Salads

A selection of freshly prepared salads are available

Please refer to our Daily Salad Range on page 20.

A selection of freshly prepared sandwiches are available

Please refer to our Sandwich Selection on page 21.

Desserts

Chocolate Chip Pudding with Salted Caramel Sauce(HOT)

An indulgent chocolate sponge topped with a salted caramel sauce.

Hot puddings can be served with Custard

Blackcurrant Cheesecake

Strawberry Trifle

Chocolate Mousse

Soya Dessert

(chocolate or vanilla)

Ice-Cream

Fresh Fruit Selection

Fruit in Natural Juice

Yoghurt

Cheese & Biscuits

Rice Pudding

Jelly (low sugar)

Vegetarian. Suitable for vegetarians.

Vegan. Suitable for Vegans.

Gluten Free. Suitable for those with Coeliac Disease.

Starters

Mushroom Soup

Mushroom soup with cream, seasoned with thyme and garlic.

Mains

Roast Beef in Gravy

Steamed roasted beef in a rich beef gravy.

Vienna Steaks in sauce



Savoury Vienna pork steaks in gravy.

Tuna Pasta Bake

A classic tuna bake with a cheesy sauce topping.

Baked Vegetable Pie

Mixed vegetables including broccoli, cauliflower, mushrooms and carrots in a creamy sauce with a short crust pastry top and bottom.

Sides

Roast Potatoes

Brussels Sprouts

Yorkshire Pudding



West Country Cheddar Mash

Broccoli

Salads

A selection of freshly prepared salads are available

Please refer to our Daily Salad Range on page 20.

A selection of freshly prepared sandwiches are available

Please refer to our Sandwich Selection on page 21.

Desserts

Plum & Cherry Pie (HOT)

Fruity plums and cherries in sweet pastry.

Hot puddings can be served with Custard   

Blackcurrant Cheesecake  

Strawberry Trifle  

Chocolate Mousse 

Soya Dessert    

(chocolate or vanilla)

Ice-Cream  



Fresh Fruit Selection    


Fruit in Natural Juice     

Yoghurt   


Cheese & Biscuits 

Rice Pudding   

Jelly (low sugar)  

 **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.

Please choose from one item from each course for lunch and supper.

Supper

Starters

Tomato, Red Pepper & Lentil Soup

Red lentil soup seasoned with basil, garlic and thyme.

Mains

Savoury Minced Beef

GF S V VG

Minced beef, carrots, onion and tomato in gravy.

Salmon & Broccoli Bake

S V

Salmon pieces and broccoli florets in a creamy cheese sauce.

Baked Chicken and Vegetable Pie

ED

Chicken pie and vegetables in a rich gravy topped with a short crust pastry.

Cheese & Tomato Omelettes

GF V S

Classic omelette with a cheese and tomato filling.

Sides

Mashed Potatoes

S V GF

Sliced Carrots

V VG GF S

Dauphinoise Potatoes

V GF

Sweetcorn

V VG GF

Salads

A selection of freshly prepared salads are available

Please refer to our Daily Salad Range on page 20.

A selection of freshly prepared sandwiches are available

Please refer to our Sandwich Selection on page 21.

Desserts

Bakewell Tart (HOT)

ED V

Pastry case layered with raspberry, plum and apple jam and almond flavoured sponge.

Hot puddings can be served with Custard

S V GF

Blackcurrant Cheesecake

S V

Strawberry Trifle

S V

Chocolate Mousse

V

Soya Dessert

V VG

(chocolate or vanilla)

Ice-Cream

S V

Fresh Fruit Selection

V VG GF

Fruit in Natural Juice

V VG GF

Yoghurt

S V

Cheese & Biscuits

V

Rice Pudding

S V GF

Jelly (low sugar)

V S

V Vegetarian. Suitable for vegetarians.

VG Vegan. Suitable for Vegans.

GF Gluten Free. Suitable for those with Coeliac Disease.

Starters

Vegetable Soup

S V GF VG

A Vegetable soup made with haricot beans, peas, carrot, swede, and green beans.

Mains

Meatballs in Tomato & Herb Sauce

♥

Pork meatballs in a herby tomato sauce.

Curried Lamb, Potato and Tomato

S GF ED

Gently spiced lamb curry with diced potatoes and tomato.

Smoked Haddock and Spinach Crumble

ED

Smoked haddock and Hoki in a cheese sauce on a bed of spinach, topped with a cheesy crumble.

Quorn Casserole

GF V ♥

Quorn pieces in a tasty casserole containing a selection of beans and vegetables.

Sides

West Country Cheddar Mash

S V GF

Broccoli

♥ S V VG GF

Vegetable Rice

V VG GF

Sliced Carrots

♥ S V VG GF

Salads

A selection of freshly prepared salads are available

Please refer to our Daily Salad Range on page 20.

A selection of freshly prepared sandwiches are available

Please refer to our Sandwich Selection on page 21.

Desserts

Sticky Toffee Pudding (HOT)

ED V S

A vanilla flavoured sponge with dates and toffee sauce.

Hot puddings can be served with Custard S V GF

Blackcurrant Cheesecake S V

Strawberry Trifle S V

Chocolate Mousse V

Soya Dessert ♥ S V VG

(chocolate or vanilla)

Ice-Cream S V

Fresh Fruit Selection ♥ V VG GF

Fruit in Natural Juice ♥ S V VG GF

Yoghurt ♥ S V

Cheese & Biscuits V

Rice Pudding S V GF

Jelly (low sugar) ♥ S

♥ **Healthy Option.** These dishes are also suitable for people with diabetes and those requiring less fat and salt.

ED **Energy Dense.** These dishes are particularly high in energy.

S **Softer.** These dishes are easier to chew and can be eaten using one hand.

Please choose from one item from each course for lunch and supper.

Supper

Starters

Red Lentil Broth

Red lentil broth with root vegetables.

Mains

Chicken Breast in Tomato & Basil Sauce

Chicken breast in a herby, tomato basil sauce.

Beef Bolognaise with Pasta

Penne served with a tomato bolognaise sauce.

Lamb & Mint Pie



Tender chunks of lamb casserole and topped with a short crust pastry

Creamy Vegetable Cheese Bake

Courgette, broccoli, green beans and peas in a creamy cheese and white wine sauce, topped with diced potato.

Sides

Mashed Potato

Cabbage

Potato Wedges

Cauliflower

Salads

A selection of freshly prepared salads are available

Please refer to our Daily Salad Range on page 20.

A selection of freshly prepared sandwiches are available

Please refer to our Sandwich Selection on page 21.

Desserts

Summer Fruit Crumble (HOT)

Apples, blackcurrants and plums topped with crumble.

Hot puddings can be served with Custard   

Blackcurrant Cheesecake  

Strawberry Trifle  

Chocolate Mousse 

Soya Dessert    

(chocolate or vanilla)

Ice-Cream  

Fresh Fruit Selection    

Fruit in Natural Juice     

Yoghurt   

Cheese & Biscuits 

Rice Pudding   

Jelly (low sugar)  

 **Vegetarian.** Suitable for vegetarians.

 **Vegan.** Suitable for Vegans.

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

Starters

Pea & Ham Soup

S GF

A smooth creamy soup.

Mains

Battered Fish

♥

Oven baked white fish in deep fried batter coating.

Quiche Lorraine

ED

Crisp shortcrust pastry encasing a tasty smoked ham and Cheddar cheese filling.

Potato Topped Chicken Pie

ED GF

Tender pieces of chicken in a creamy sauce topped with mashed potatoes.

Vegetable Lasagne

ED S V

A vibrant mix of peppers, courgettes and mushrooms in a tomato sauce with a cheese sauce topping.

Sides

Mashed Potato

S V GF

Mushy Peas

S V VG GF

Oven Chips

V VG GF

Mixed Vegetables

V VG GF ♥

Salads

A selection of freshly prepared salads are available

Please refer to our Daily Salad Range on page 20.

A selection of freshly prepared sandwiches are available

Please refer to our Sandwich Selection on page 21.

Desserts

Rhubarb Crumble (HOT)

ED V VG

Rhubarb topped with a golden crumble.

Hot puddings can be served with Custard S V GF

Blackcurrent Cheesecake S V

Strawberry Trifle S V

Chocolate Mousse V

Soya Dessert ♥ S V VG

(chocolate or vanilla)

Ice-Cream S V

Fresh Fruit Selection ♥ V VG GF

Fruit in Natural Juice ♥ S V VG GF

Yoghurt ♥ S V

Cheese & Biscuits V

Rice Pudding S V GF

Jelly (low sugar) ♥ S

♥ **Healthy Option.** These dishes are also suitable for people with diabetes and those requiring less fat and salt.

ED **Energy Dense.** These dishes are particularly high in energy.

S **Softer.** These dishes are easier to chew and can be eaten using one hand.

Please choose from one item from each course for lunch and supper.

Supper

Starters

Mushroom Soup

Mushroom soup with cream, seasoned with thyme and garlic.

Mains

Chicken Curry

Chunks of chicken cooked in a full-flavoured, mildly-spiced sauce with apple, sultanas and mango chutney.

Sausage & Bean Crumble



Sliced Lincolnshire sausages with a tomato, bean and bacon filling topped with a cheesy crumble.

Beef Lasagne

A ragu of beef, tomatoes and herbs layered with soft pasta and a Cheddar cheese sauce.

Broccoli & Herb Quiche

Short crust pastry filled with broccoli, mixed herbs and a cheesy egg custard filling.

Sides

Mashed Potato

Vegetable Medley

Yellow Rice

Cauliflower

Salads

A selection of freshly prepared salads are available

Please refer to our Daily Salad Range on page 20.

A selection of freshly prepared sandwiches are available

Please refer to our Sandwich Selection on page 21.

Desserts

Apple Pie (HOT)

Apples in sweet pastry.

Hot puddings can be served with Custard   

Blackcurrant Cheesecake  

Strawberry Trifle  

Chocolate Mousse 

Soya Dessert    

(chocolate or vanilla)

Ice-Cream  

Fresh Fruit Selection    

Fruit in Natural Juice     

Yoghurt   

Cheese & Biscuits 

Rice Pudding   

Jelly (low sugar)  

Starters

Leek & Potato Soup

S V

A classic smooth and creamy vegetable soup.

Mains

Shepherds Pie

GF S

Minced mutton in gravy, topped with a layer of mashed potato.

Sliced Chicken In Gravy

GF

Sliced chicken in a rich gravy sauce.

Quiche Lorraine

ED

Crisp shortcrust pastry encasing a tasty smoked ham and cheddar cheese filling.

Vegetarian Sausage Casserole

S V

Tomato based casserole made with Vegetarian Lincolnshire style sausages and vegetables.

Sides

Mashed Potato

S V GF

Minted Summer Vegetables

V VG GF

Croquette Potatoes

V VG GF

Leeks in Cheese Sauce

S V GF

Salads

A selection of freshly prepared salads are available

Please refer to our Daily Salad Range on page 20.

A selection of freshly prepared sandwiches are available

Please refer to our Sandwich Selection on page 21.

Desserts

Somerset Apple Cake (HOT)

ED V

A vanilla flavoured sponge with apple and mixed spice.

Hot puddings can be served with Custard **S V GF**

Blackcurrant Cheesecake **S V**

Strawberry Trifle **S V**

Chocolate Mousse **V**

Soya Dessert **GF S V VG**

(chocolate or vanilla)

Ice-Cream **S V**

Fresh Fruit Selection **GF V VG**

Fruit in Natural Juice **GF S V VG**

Yoghurt **S V**

Cheese & Biscuits **V**

Rice Pudding **S V GF**

Jelly (low sugar) **S**

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.

Please choose from one item from each course for lunch and supper.

Supper

Starters

Cream of Chicken Soup

Cream of chicken soup with carrots, leeks and thyme.

Mains

Pork And Apple Casserole

Chunks of pork and apple in a casserole sauce.

Plain Omelette

A traditional fluffy omelette.

Baked Chicken & Vegetable Pie



Chicken and mixed vegetables encased in a light short crust pastry.

Penne Pasta in Tomato & Basil Sauce

Penne pasta in a rich Provençale sauce containing tomatoes, onion and courgettes.

Sides

West Country Cheddar Mash

Broccoli

Potato Wedges

Peas

Salads

A selection of freshly prepared salads are available

Please refer to our Daily Salad Range on page 20.

A selection of freshly prepared sandwiches are available

Please refer to our Sandwich Selection on page 21.

Desserts

Sticky Toffee Pudding (HOT)

A vanilla flavoured sponge with dates and toffee sauce.

Hot puddings can be served with Custard   

Blackcurrant Cheesecake  

Strawberry Trifle  

Chocolate Mousse 

Soya Dessert    

(chocolate or vanilla)

Ice-Cream  



Fresh Fruit Selection    

Fruit in Natural Juice     

Yoghurt   

Cheese & Biscuits 

Rice Pudding   

Jelly (low sugar)  

Tomato Soup

S V GF

A classic smooth and creamy soup full of flavour.

Mains

Roast Pork In Gravy

GF

Slices of Roast Pork in a rich pork gravy.

Minced Beef Hotpot

GF ED

Minced beef cooked in a vegetable and onion gravy and topped with golden sauté potatoes.

Chicken & Ham Pie

GF

Diced chicken & ham with onion and leeks topped with rich flaky pastry.

Cauliflower Cheese

S V GF

Cauliflower florets in a rich cheese sauce topped with grated cheese.

Sides

West Country Cheddar Mash

S V GF

Cabbage

GF

Yorkshire Pudding

V

Roast Potatoes

V VG GF

Mashed Root Vegetables

GF

Salads

A selection of freshly prepared salads are available

Please refer to our Daily Salad Range on page 20.

A selection of freshly prepared sandwiches are available

Please refer to our Sandwich Selection on page 21.

Desserts

Clotted Cream Rice Pudding (HOT)

GF S V

Rice pudding made with clotted cream.

Hot puddings can be served with Custard S V GF

Blackcurrant Cheesecake S V

Strawberry Trifle S V

Chocolate Mousse V

Soya Dessert GF S V VG

(chocolate or vanilla)

Ice-Cream S V

Fresh Fruit Selection GF

Fruit in Natural Juice GF

Yoghurt S V

Cheese & Biscuits V

Rice Pudding S V GF

Jelly (low sugar) S

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.

Please choose from one item from each course for lunch and supper.

Supper

Starters

Vegetable Soup

A Vegetable soup made with haricot beans, peas, carrot, swede and green beans.

Mains

Irish Stew



Diced lamb stewed with potatoes, root vegetables and pearl barley in lamb stock.

Steak & Kidney Pie



Steak and Kidney braised in beef stock and red wine topped with a light short crust pastry.

Fish Pie

White fish, smoked haddock and salmon in a creamy white sauce topped with mashed potato.

Vegetable Crumble

Colourful vegetables in a creamy sauce under a cheesy crumble topping.

Sides

Mashed Potato

Cauliflower

Potato Wedges

Peas

Salads

A selection of freshly prepared salads are available

Please refer to our Daily Salad Range on page 20.

A selection of freshly prepared sandwiches are available

Please refer to our Sandwich Selection on page 21.

Desserts

Apple Crumble (HOT)

Apple topped with a golden crumble.

Hot puddings can be served with Custard

Blackcurrent Cheesecake  

Strawberry Trifle  

Chocolate Mousse 

Soya Dessert    

(chocolate or vanilla)

Ice-Cream  



Fresh Fruit Selection    

Fruit in Natural Juice     

Yoghurt   

Cheese & Biscuits 

Rice Pudding   

Jelly (low sugar)  

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 and bread roll with spread.

ED V VG

Italian 5 Bean Pasta Salad

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



♥ **Healthy Option.** These dishes are also suitable for people with diabetes and those requiring less fat and salt.


ED **Energy Dense.** These dishes are particularly high in energy.

S **Softer.** These dishes are easier to chew and can be eaten using one hand.

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 

Jacket Potatoes

Served with:

Beans
Cheese
or Tuna

Smaller Energy Dense Meals

These meals are ideal for those with a reduced appetite

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.

 **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.

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.

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.

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.

Pork in Gravy



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

Butternut Squash & Red Lentil Curry



Served with yellow rice.

All meals in this range are free from the following allergens: gluten, milk & dairy, eggs, fish, tree nuts, peanuts, molluscs, crustacean, lupins, sulphite and sesame.

Additionally they are made without onion, garlic, soya, and mustard.

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 with Alu Matar with Basmati Rice

GF

Minced mutton with 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 with 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.



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.

Cultural Choices

Halal 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.

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 and potato curry with yoghurt, rice and lentils.

Aubergine Potato with Kadhi & Khichadi

GF V

Aubergine potato curry with yoghurt, rice and lentils.

Cultural Choices

Caribbean & West Indian

Brown Stew Chicken



With rice and red kidney beans.

Jerk Chicken



With rice and red kidney beans.

Ackees, Saltfish



With Yam & Sweet Potato.

Mutton Curry



With white rice.

Spicy Fried Chicken



With rice and red kidney beans.

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.

Cultural Choices

Kosher Meals

Roast Chicken

Served with parisienne potatoes and mixed vegetables.

Sliced Beef

ED

Served with rice pilaff and green beans.

Spaghetti Neopolitan

ED

Served with green beans and glazed carrots.

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.

Kosher Desserts

Honey Cake V

Apple Strudel V

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