

To Start



Fruit Juice
V VEGAN ★ GF



Soup of the Day
★
Bread roll and spread on request

Traditional Favourites



Lentil & Vegetable Shepherd's Pie
V VEGAN ♥ GF
Lentils and vegetables in a tomato gravy with a mashed potato top, served with a green vegetable medley



Fish in Parsley Sauce ★ GF
Steamed white fish in a creamy parsley sauce served with mashed potato and root vegetable mash



Chicken Casserole & Dumpling E
For smaller appetites.
Tender chicken in a creamy sauce with mushrooms, topped with a dumpling.



Roast Chicken ♥
Roast chicken breast in gravy, served with roast potatoes, stuffing and a vegetable medley



All Day Breakfast E
Traditional English breakfast with a pork sausage, streaky bacon, omelette, baked beans and a hash brown



Savoury Minced Lamb & Dumpling E ★
Minced lamb and lentils in gravy with a dumpling, served with mashed potato and a vegetable medley



Plain Omelette V ♥
★ GF For smaller appetites.
A plain omelette served with boiled potatoes and baked beans



Fish and Chips ★
Breaded white fish served with chips and mushy peas



Chicken Goujons & Potato Wedges FF
For smaller appetites.
Seasoned chicken goujons and potato wedges served with carrot batons and broccoli florets



Sausage & Mash E
Traditional pork sausages, red onion gravy, mashed potato and garden peas



Roast Pork E GF
Roast pork in a rich chicken gravy served with roast potatoes, braised red cabbage and peas



Cottage Pie ★ GF
Minced beef in a rich gravy topped with mashed potato and served with root vegetable mash

Global Dishes



Chickpea & Spinach Curry
V VEGAN ★ GF
A mild chickpea and vegetable curry served with steamed rice



Peri Peri Chicken GF
Peri peri spiced chicken served with spiced potato wedges, garden peas and a spicy peri peri sauce herb sauce



Smoky Bean Chilli & Rice V VEGAN E GF
A medley of beans, sweet potato and peppers in a smoky sauce served with wholegrain brown rice



Chicken Tikka Masala E GF
Tender pieces of chicken in a spicy tikka masala sauce served with steamed yellow rice

Pasta



Meat-Free Pasta Bolognese
V VEGAN E ★
Soya Mince in a rich tomato sauce served with pasta



Macaroni Cheese
V E ★
Pasta in a mature Cheddar cheese sauce



Cheese & Tomato Pasta V E ★
Fusilli pasta in a rich tomato sauce, topped with Cheddar cheese



Creamy Salmon Pasta E
Pasta in a creamy garlic and herb sauce with salmon, spinach and peas



Beef Pasta Bolognese E ★
Pasta served in a rich minced beef, tomato and herb sauce

Nourishing Soups

For when you have a poor appetite.



Cream of Tomato Soup V ♥ ★ GF
White or brown roll and spread on request



Chunky Chicken, Pearl Barley & Vegetable Soup ♥ ★
White or brown roll and spread on request

NHS Chef of the Year Recipe

Fillet of Hake, Gnocchi & Tomato Sauce

Fillet of hake on a bed of potato gnocchi and a cherry tomato sauce

We are extremely proud of two of our Medirest chefs, Manuela Miccoli and Alejandro Bedoya Hernandez, who are chefs at the Royal Surrey NHS Foundation Trust. They won the 2024 NHS Chef of the Year and we are thrilled to showcase one of their winning dishes.

Sandwiches

A small selection of sandwiches made with GF bread and no gluten containing ingredients is available from the diet kitchen.

On Malted Bread

Egg Mayonnaise V ♥ FF

Tuna Mayonnaise ♥ FF

Chicken Mayonnaise E FF

Cheese & Pickle V E FF

Vegan Sliced Cheese V VEGAN FF

On White Bread

Simply Cheese V FF

Simply Ham FF

Salads

Cheddar Cheese Salad V

Greek Salad V
With feta cheese, olives and red onion

Egg Salad V ♥

Tuna Salad ♥

Chicken Salad

Salads can be adapted in our diet kitchen and made without gluten containing ingredients.

Jacket Potato

For smaller appetites

Plain Jacket Potato

Optional side salad on request, served with a filling of your choice

V VEGAN ♥ GF

HEINZ Baked Beans

V VEGAN ♥ ★ GF

Cheddar Cheese

V E ★

Tuna Mayonnaise

E ★

Plain Tuna

♥ ★

Also suitable for ★ when you eat the POTATO ONLY and avoid the SKIN



Using This Menu

First choose a starter. Then choose a main course from one of the following sections: Traditional Favourites, Global Dishes, Pasta, Jacket Potatoes, Lighter Options, Nourishing Soups, Sandwiches or Salads. Then choose a hot or cold dessert.

This menu has been translated into 13 additional languages; a Braille version is available upon request. If you are having difficulty finding food you can eat, please speak to a member of the catering team. A choice of drinks will be offered to accompany your meals. If you need help opening food packaging, please ask a member of the team who will be happy to assist you.

Whilst we endeavour to prevent traces of allergens or cross contamination in our meals as far as possible, the nature of an allergen means we cannot fully guarantee this may not have occurred.

If you have a food allergy, please alert your nurse on admission and always inform the ward host each time you place your meal order. Please also ask for our Allergy Menu which has sections for meals without egg, milk, soya, nuts and a section with items which are free from the 14 major allergens. For the nutritional information of our dishes, including carbohydrate content, ingredients and allergens please ask a member of the team.

The following menus are also available on request: Halal, Kosher, Caribbean, Asian Vegetarian, additional Vegan, Allergy and Modified Textures.

We have food and drinks available outside of normal mealtimes. If you have missed a meal, please ask a member of the team.

Nutritional Symbols

If you have a special dietary requirement which the dietitian has told you about, look for the relevant symbol on the menu next to each dish.

- V** Vegetarian.
- VEGAN** Vegan.
- ♥** Healthier Choice. More suitable for people with diabetes and those requiring choices with less fat, saturated fat, sugar and salt.
- E** Higher Energy and Protein. These items are higher in calories and protein making them particularly suitable for people who need extra nutritional support.
- ★** Easy to Chew. These items are suitable for people requiring IDDSI level 7 easy to chew. These are not designed for people with a swallowing difficulty or those who need supervision whilst eating who will be given a separate menu. Local discretion is advised for specific patients.
- GF** Gluten Free. Gluten free meals and desserts and naturally gluten free foods are coded GF.
- FF** Finger Food. Meals suitable to eat without cutlery.
- 🔥** Hot & Spicy.

Hot Desserts

Served with or without custard

Chocolate Sponge V E ★

Raspberry Jam Sponge V E ★

Apple Crumble V VEGAN

Treacle Sponge V E ★

Pineapple Upside Down Pudding V E

Rhubarb & Mandarin Crumble V VEGAN

Low sugar option

Cold Desserts

Fresh Apple V VEGAN ♥ GF FF

Fresh Orange V VEGAN ♥ GF FF

Fresh Banana V VEGAN ♥ ★ GF FF

Peaches in Juice V VEGAN ♥ ★ GF

Pears in Juice V VEGAN ♥ ★ GF

Fruit Cocktail in Juice V VEGAN ♥ GF

Ambrosia Devon Custard Pot V ♥ ★ GF

Ambrosia Chocolate Custard Pot V ★ GF

Jelly V VEGAN ★ GF

Sugar Free Jelly V VEGAN ♥ ★ GF

Plain Low Fat Yoghurt V ♥ ★ GF

müller Thick & Creamy Yoghurt V ★ GF

müller Diet Fruit Yoghurt V ♥ ★ GF

Ambrosia Rice Pudding V ♥ ★ GF

Served hot or cold

Cheese & Biscuits V FF

Vanilla Ice Cream V ♥ ★ GF

Ask about availability



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Medirest aims to provide the highest standards of catering and cleaning services in hospitals. We would appreciate a few minutes of your time to give us your views on our service.

Did a member of our team make you smile, or do you want us to recognise an individual's efforts?

Please log on using www.performancewithheart.co.uk and choose the hospital you wish to comment on.



Freshly cooked for you



Pictorial Large Print Lunch & Supper Menu

SPRING SUMMER 2025

Please leave this menu for the next patient