



East and North
Hertfordshire Teaching
NHS Trust

Alternative menu

2025

Dining in details



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Breakfast: 7am – 8am

Snack time: 10am – 10.15am

Lunch: 12noon – 1pm

Snack time: 3pm - 3.15pm

Dinner: 5pm – 6pm

Overnight staying parents/carers can order a free meal and hot drink from our main menu offer



Drinks

There are 5 drink rounds a day during your stay and your water jug is refreshed twice daily. Do let one of us know if you are still thirsty.

Menus

✕ Gluten free

✕ Light bites

✕ Drinks

✕ Vegan snacks

✕ Halal

✕ Kosher

✕ Milk free

✕ Caribbean

✕ IDDSI level meals

We want to hear from you

If you have any feedback good or not so great, please get directly in touch with our catering management team at nicola.long5@nhs.net. We will endeavour to respond within 72 hours.

Protected mealtimes

The wards operate a policy of protected mealtimes. This is a period of time when meal service takes priority over routine activities. Our aim is to provide a quiet and calm environment, and the time needed to enjoy meals without interruption.

Allergy information

If you have a food allergy, please advise your nurse on admission and always inform the ward host when you place your meal order. Allergen information for all food and drinks is available on request.

Breakfast



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Bread and toast

Served with butter and/or spread

- ✕ White bread
- ✕ Wholemead bread
- ✕ Gluten free bread

Spreads

Pick one from the below

- ✕ Strawberry jam
- ✕ Raspberry jam
- ✕ Blackcurrant jam
- ✕ Apricot jam
- ✕ Orange marmalade
- ✕ Marmite
- ✕ Honey

Drinks

- ✕ Orange juice
- ✕ Apple juice
- ✕ Chocolate milk
- ✕ Strawberry milk
- ✕ Banana milk
- ✕ Oat milk
- ✕ Almond milk
- ✕ Soya milk

Cereals

Pick one from the below

- ✕ Bran flakes
- ✕ Corn flakes
- ✕ Rice crispies
- ✕ Weetabix

Yoghurts

Choose one from the below. Please ask housekeeping for available flavours

- ✕ Thick and creamy
- ✕ Natural
- ✕ Low fat
- ✕ Alpro plant-based



Lunch and dinner



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Soups

All soup is served with a bread roll and your choice of butter or spread

- ✕ Vegetable soup
- ✕ Tomato soup
- ✕ Soup of the day

Halal

Pick one from below

- ✕ Masala gosht and mixed dhal with basmati rice
- ✕ Chicken, coconut, and mixed dhal with basmati rice
- ✕ Chicken tikka masala rajasthani dhal with saffron rice
- ✕ Fish curry and split masoor dhal with saag pulao

Kosher meals

Pick one from below

- ✕ Roast chicken
- ✕ Beef goulash
- ✕ Sliced lamb
- ✕ Shepherds pie
- ✕ Grilled plaice

Caribbean meals

Pick one from below

- ✕ Jerk chicken
- ✕ Curried mutton
- ✕ Callaloo, saltfish and rice
- ✕ Brown beef stew
- ✕ Chicken, rice and red kidney beans

Vegan meals

Pick one from the below

- ✕ Butterbean and cauliflower curry
- ✕ Quorn and mushroom pie
- ✕ Sweet potato and bean chilli
- ✕ Thai red curry
- ✕ Provencale vegetable bake

Milk free meals

Pick one from the below

- ✕ Steak and mushroom casserole
- ✕ Roast lamb and mint gravy
- ✕ Sweet and sour chicken
- ✕ Cottage pie
- ✕ Roast chicken in gravy
- ✕ Spicy bean casserole

International Dysphagia Diet Standardisation Initiative (IDDSI) meals



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IDDSI L4 mains

Pick one from the below

- ✕ Vegan sausage and mash
- ✕ Fish and chips
- ✕ Cottage pie
- ✕ Lamb in mint gravy
- ✕ Cheese and potato bake
- ✕ Chicken chasseur
- ✕ Chicken in gravy

IDDSI L5 mains

Pick one from the below

- ✕ Shepherds pie
- ✕ Creamy chicken pie
- ✕ Vegetable and lentil casserole
- ✕ Salmon in dill sauce
- ✕ Vegetable chilli
- ✕ Sausage in onion gravy

IDDSI L6 mains

Pick one from the below

- ✕ Beef hotpot
- ✕ Salmon risotto
- ✕ Cheese and onion pie
- ✕ Creamy chicken pie
- ✕ Shepherds pie

IDDSI L4 desserts

Pick one from the below

- ✕ Bakewell tart
- ✕ Chocolate sponge
- ✕ Spiced apple and custard
- ✕ Summer fruit and vanilla
- ✕ Banoffee pie
- ✕ Chocolate mousse
- ✕ Strawberry mousse

IDDSI L5 desserts

Pick one from the below

- ✕ Rice pudding with summer fruit
- ✕ Sticky toffee pudding
- ✕ Apple sponge

IDDSI L6 desserts

Pick one from the below

- ✕ Sticky toffee pudding
- ✕ Bakewell sponge
- ✕ Lemon sponge

Breakfasts

Pick one from the below. These can also be chosen for a lunch or dinner option

- ✕ Level 4 all day breakfast
- ✕ Level 4 all day vegetarian breakfast
- ✕ Level 4 porridge
- ✕ Level 4 beans on toast

Lighter meals



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Sandwiches

Available on white or wholemeal bread

- ✕ Cheddar cheese
- ✕ Tuna mayonnaise
- ✕ Chicken mayonnaise
- ✕ Ham
- ✕ Egg Mayonnaise

Baked potato

Served with butter and your choice of one or two fillings

- ✕ Cheese
- ✕ Tuna
- ✕ Beans
- ✕ Coleslaw

Salad bowls

Served with a bread roll and butter.
Salad cream and mayonnaise available,
please ask your ward host

- ✕ Cheddar cheese salad
- ✕ Egg salad
- ✕ Tuna salad
- ✕ Chicken salad
- ✕ Ham salad

Finger food

Served with a side of vegetables

- ✕ Chicken tikka bites
- ✕ Chipolatas
- ✕ Pork meatballs
- ✕ Chicken fillets and stuffing
- ✕ Salmon supreme
- ✕ Vegetarian bolognese
- ✕ Omelettes



Just like a picnic, for when you're off to appointments

Drinks

Pick from one below

- ☐ Orange juice
- ☐ Apple juice
- ☐ Water

Sandwiches

Available on white or wholemeal bread. Gluten free options available.

- ☐ Cheddar cheese
- ☐ Egg mayonnaise
- ☐ Tuna mayonnaise
- ☐ Chicken mayonnaise
- ☐ Ham

Sides and dessert

Pick 2 from below

- ☐ Fresh fruit
- ☐ Flapjack
- ☐ Pom-bears
- ☐ Cheese and crackers
- ☐ Thick and creamy fruit yoghurt
- ☐ Soya fruit yoghurt
- ☐ Peach and pear fruit pot



Desserts



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Cold desserts

Individually portioned

- ✕ Toffee cake
- ✕ Lemon cake
- ✕ Vanilla ice cream
- ✕ Strawberry ice cream
- ✕ Fresh fruit salad
- ✕ Cheese and crackers
- ✕ Fresh fruit – apple, banana, or orange
- ✕ Thick and creamy fruit yoghurt
- ✕ Soya fruit yoghurt
- ✕ Custard pot

Hot desserts

Served with custard or ice cream

- ✕ Apple pie
- ✕ Sponge with lemon sauce
- ✕ Jam sponge
- ✕ Bakewell tart
- ✕ Plain sponge
- ✕ Mixed fruit pie

Food from home



For food safety reasons, relatives and other visitors are discouraged from bringing temperature sensitive food to the hospital for patients to consume. In the unlikely event that you need to bring in food, please ensure you obtain permission from your nurse before bringing any food into the hospital. Your nurse will record your request, any agreement reached and ensure that food safety is maintained. Please note:

For food safety reasons, hospital staff are advised not to reheat food brought from home.

There is no obligation on us to store any chilled items brought from home. If we agree, these must be labelled with the patient's name, the date brought in and discarded after 24 hours. Nuts or foods containing them should not be brought onto the children's wards.

Sustainability



The NHS has committed to reaching net zero carbon emissions by 2040 for the emissions it controls directly and by 2045 for the emissions it influences. Food and catering sustainability is considered in terms of the environmental impact of the whole food supply chain, from procurement to waste. With each menu review we strive to deliver nutritionally appropriate and more sustainable food and drink choices.

Your feedback is important



To help us review and improve our patient dining services, we will ask you to complete a short survey about your experience. If you have any feedback or queries during your stay, please speak to your ward host or nurse.