

# Children's menu



# Dining in details



East and North  
Hertfordshire Teaching  
NHS Trust

Breakfast: 7.30am – 8.30am

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 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
- 🐾 Vegan snacks
- 🐾 Milk free
- 🐾 Light bites
- 🐾 Halal
- 🐾 Caribbean
- 🐾 Kosher
- 🐾 Drinks

### Protected Mealtimes

The children's 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 and light snacks

## Bread and toast

Served with butter or spread

- 🐾 White bread
- 🐾 Wholemead bread
- 🐾 Gluten free bread

## Spreads

- 🐾 Butter
- 🐾 Strawberry jam
- 🐾 Orange marmalade
- 🐾 Marmite

## Drinks

- 🐾 Orange juice
- 🐾 Raspberry and cherry juice
- 🐾 Apple juice
- 🐾 Banana Milk
- 🐾 Chocolate milk
- 🐾 Strawberry milk
- 🐾 Oat, almond, soya, or coconut milk

## Cereals

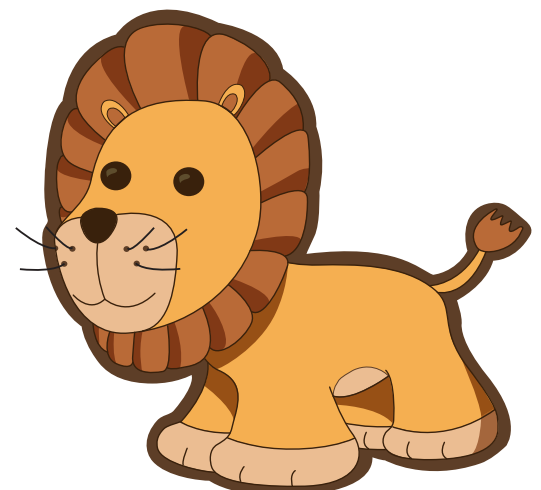
Pick one cereal from below

- 🐾 Weetabix
- 🐾 Porridge
- 🐾 Bran flakes
- 🐾 Coco pops
- 🐾 Rice crispies

## Snacks

Choose one per breakfast time

- 🐾 Mini croissant
- 🐾 Mini chocolate muffin
- 🐾 Banana
- 🐾 Apple
- 🐾 Fruit cocktail



# Lunch and dinner



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## Starters

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

- 🐾 Cream of chicken soup
- 🐾 Cream of tomato soup

## Rice and potatoes

Pick one from below

- 🐾 Rice and peas
- 🐾 Chips
- 🐾 Potatoes
- 🐾 Plain rice
- 🐾 Plain pasta

## Everyday favourites

Choose rice or potatoes and vegetables. Ketchup and mayonnaise are available, please ask your ward host

- 🐾 Cheese and tomato pizza
- 🐾 Fish fingers
- 🐾 Chicken nuggets
- 🐾 Tomato pasta
- 🐾 Sausages
- 🐾 Beef burger in bun

## Main meals

Gravy and sauces are available, please ask your ward host

- 🐾 Macaroni cheese
- 🐾 Chicken tikka masala
- 🐾 Meatballs and pasta
- 🐾 Fish pie
- 🐾 Shepherd's pie
- 🐾 Roast chicken breast in gravy
- 🐾 Jerk chicken, rice and peas
- 🐾 Brown stew beef, yam, banana, and sweet potato
- 🐾 Chicken coconut and mixed dahl with basmati rice
- 🐾 Masala gosht and mixed dahl with basmati rice

## Vegetables

Pick one or two from below

- 🐾 Carrots
- 🐾 Garden peas
- 🐾 Sweetcorn
- 🐾 Broccoli
- 🐾 Cauliflower
- 🐾 Baked beans



# Lighter meals



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## Sandwiches

Available on white or wholemeal bread

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

## Jacket potatoes

Served with butter and your choice of 1 or 2 fillings.

- 🐾 Cheese
- 🐾 Tuna
- 🐾 Beans
- 🐾 Coleslaw

## 4+ Months

Please ask for the day's selection

## 7+ Months

Please ask for the day's selection

## Salad bowl

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

## Snack items








Choose from the list below

- 🐾 Mixed vegetables with hummus
- 🐾 Pom-bears (crisps)
- 🐾 Mini muffin
- 🐾 Jelly
- 🐾 Custard or rice pudding pot
- 🐾 Yogurt
- 🐾 Vanilla, strawberry, or chocolate ice cream

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






## Drinks

Pick from 1 below

-  Orange juice
-  Apples juice
-  Cherry and raspberry juice
-  Water
-  Chocolate milk
-  Strawberry milk
-  Banana milk








## Sandwiches

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

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

## Sides and dessert

Pick 2 from below

-  Fresh fruit
-  Soya fruit yoghurt
-  Gluten free millionaire slice
-  Pom-bears
-  Cheese and crackers
-  Fruit yoghurt
-  Peach and pear fruit pot

## Cold desserts

Individually portioned

- 🐾 Toffee cake
- 🐾 Lemon cake
- 🐾 Vanilla ice cream
- 🐾 Chocolate ice cream
- 🐾 Strawberry ice cream
- 🐾 Cheese and crackers
- 🐾 Strawberry jelly
- 🐾 Fresh fruit salad
- 🐾 Fruit yoghurt
- 🐾 Soya fruit yoghurt
- 🐾 Custard pot
- 🐾 Fresh fruit – apple, banana, or orange

## Hot desserts

Served with custard or ice cream

- 🐾 Apple crumble
- 🐾 Chocolate sponge
- 🐾 Plain sponge



## 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.