

Kosher Main Courses

(Meals are made under Kedassia supervision)

Inside M25

- Pasta Bolognese with Mixed Vegetables and Spinach
- Steak & Mushroom Pie with Roast Potatoes, Peas and Sweetcorn **E**
- Stuffed Chicken with Rice and Green Beans **E**
- Lamb Provencal with Mashed Potatoes and Beans **E**
- Grilled Salmon with New Potatoes, Peas, Sweetcorn and Carrots **E**
- Cod Goujons with Potatoes and Spinach **♥**
- Fisherman's Pie with Carrots, Mixed Beans and Cabbage
- Vegetable Lasagne with Spinach, Peas and Carrots **V**
- Omelette with Mushrooms and Tomato served with Rice and Ratatouille **E V ★**

Outside M25

- Meatballs in Tomato Sauce with Macaroni, Peas and Sweetcorn **E**
- Chicken & Mushroom Pie served with Mashed Potatoes, Peas and Carrots **E**
- Roast Chicken with Potatoes and Mixed Vegetables
- Sliced Lamb with Stuffing in Gravy with Macaroni, Peas and Carrots **E**
- Beef Goulash with Mashed Potatoes, Peas and Sweetcorn **E**
- Grilled Cod with Rice in Tomato Sauce and Glazed Carrots **★**
- Chopped Fish Cutlet in Tomato Sauce with New Potatoes and Green Beans **E ★**
- Savoury Pancake and Mushroom Sauce with Mixed Vegetables and Spinach **E V**

Desserts

Please choose a suitable dessert from the Lunch & Supper Steamplicity menu

Enjoy Your Meal!



PERFORMANCE
WITH HEART

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.



Religious, Cultural and Vegan menu

This menu contains a wide selection of dishes for religious, cultural and vegan preferences




This menu is designed to offer you a varied choice of meals with the reassurance that they meet your dietary needs. All main courses include potato/rice/pasta and vegetables.


All dishes are subject to availability which may vary locally from time to time. Occasionally, some meals may not be offered in every hospital. Your ward host/hostess will tell you which ones are available locally to you.


For details of ingredients and allergens in all our dishes, please ask a member of the team. Alternative menus, including Allergy Aware and Texture Modified are available on request.


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.

 **Healthier Choice.** These items have less fat, saturated fat, sugar and salt making them particularly suitable for people with diabetes.





 **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 meals are equivalent to 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.

 **Vegetarian.** Meals suitable for vegetarians.


 **Gluten Free.** Gluten free meals and desserts and naturally gluten free foods are coded GF. In addition, some of the other main courses on this menu may not have gluten containing ingredients; please ask a member of the catering team for further details.


To Start

Fruit Juice    


Halal Main Courses


The following dishes do not have any gluten containing ingredients


Chicken Korma, Masoor Dal and Rice 


Chicken Rogan Josh with Mixed Lentils and Vegetable Rice 


Minced Lamb and Peas, Masoor Dal and Rice  

Lamb Biryani, Whole Moong Dal and Rice 

Lamb Korma, Masoor Dal and Rice 

Chicken Masala, Chana Dal and Rice 


Lamb served with Arabic Rice and Vegetables 




Cod served with Arabic Rice and Vegetables 

Additional halal meals can be found under the African/Caribbean section

Vegan Main Courses

Harvester Casserole with Roast Potatoes, Green Beans and Mixed Vegetables    Vegan

Vegetable Chilli, Chickpea Stew and Boiled Rice   Vegan

Savoury Bean Casserole with Roast Potatoes, Mixed Vegetables and Carrots    Vegan

Additional vegan meals can be found within the African/Caribbean and Asian/Vegetarian sections as well as on our Lunch & Supper Steamplivity menu

African and Caribbean Main Courses

The following dishes do not have any gluten containing ingredients

Jerk Chicken with Spicy Vegetables and Rice halal

Curried Mutton, Spicy Vegetables and Rice halal 


West African Chicken Stew halal 

West African Jollof Rice with Chicken halal 

Spinach, Cabbage and Okra with Spicy Vegetables and Rice   Vegan


Asian Vegetarian Main Courses

The following dishes do not have any gluten containing ingredients

Aloo Gobi, Whole Moong Dal and Rice   Vegan

Brinjal with Potato, Chana Dal and Rice    Vegan

Green Bean Masala, Urad Dal and Rice   Vegan

Mixed Vegetable Curry, Masoor Dal and Rice   Vegan

Vegetable Jalfrezi, Mixed Lentils and Vegetable Rice   Vegan

Vegetable Korma, Masoor Dal and Rice 