



How to use this guide

Choose a main meal from the Main Courses section, either a hot meal or a cold option, follow with a dessert. Separate menus for Halal, Asian Vegetarian, Kosher and Afro-Caribbean are available on request. If you have any other special dietary requirements please inform a member of clinical staff.

What else is available?



Breakfast

A selection of cereals, porridge, toast, butter/margarine and preserves.



Snacks

Biscuits are available to accompany your mid-morning and mid-afternoon drink.



Drinks

A choice of hot and cold drinks are also provided between meals and at bedtime.



Snack Boxes

If you miss a meal or need to eat at an unusual hour then a Snack Box is available. Please request these from your ward staff.



Supper

You will receive a separate menu card for your supper choice.



bonne santé means good health. Good health comes from many things but includes, amongst others, eating the right food to help you feel better. Not just the right nutrients and food groups but also dishes that taste as near to home cooking as possible.

This food is brought to you by Sodexo Healthcare, the world leading provider of healthcare management services. Sodexo provides integrated facilities management services in more than 70 countries around the globe. We recognize and appreciate the trust placed in us by our clients to help provide those services critical to the well being of those that they serve. We hope that we have rewarded that trust with this menu, and if you are in any way less than satisfied please do not hesitate to inform your server – who will pass your comments back to us immediately.



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Patients are the heart of everything we do.™

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Stoke Mandeville Hospital
À la carte lunch menu



Main Courses

All day breakfast Tomato omelette, pork sausages, baked beans	HE D
Sausage and mash 2 Sausages in gravy, mashed potatoes, garden peas and baby carrots with onion gravy	HE D
Sweet and sour pork Diced pork in a sweet and sour sauce with patna rice and peas	* ♥ D LS
Fish and chips Breaded fish, chips and mushy peas	D
Chunky fish pie Hoki and smoked haddock in cheese and spinach sauce topped with potato, served with carrots, cauliflower and broccoli	♥ D S LS
Tuna pasta Tuna in tomato sauce with courgettes and pasta twists, topped with cheese sauce and grated cheese	* HE D
Roast chicken Chicken strips with roast potatoes, baby carrots, cut green beans, broccoli and a stuffing ball with gravy	♥ D LS
Chicken korma Chicken with mild korma sauce, served with white rice	D GF LS
Chicken chasseur Chicken in a wine, onion, tomato, garlic and herb sauce, served with chips and peas	* ♥ D
Chicken tagliatelle Chicken and tagliatelle with red peppers, mushrooms and spring onions in a cream and cheese sauce	D
Beef bolognese Bolognese sauce with pasta twists and diced mixed peppers	♥ D S
Savoury minced beef Minced beef, onion and carrots in a tasty sauce, with creamed potatoes, mashed carrot and swede, and a herb dumpling	* D
Shepherds pie Shepherd's pie with diced swede, parsnips, carrots and gravy	♥ D S GF
Irish stew Diced lamb and potato, with onions, cabbage and pearl barley in an unthickened stock, served with large diced carrot, parsnip and swede	D
Lamb rogan josh Diced lamb in a rogan josh curry sauce, served with yellow rice and bombay potatoes	* HE D GF

Jacket potato with beans and cheese Jacket potato with beans and cheese	HE D S V
Cauliflower and broccoli tagliatelle Tagliatelle with cauliflower and broccoli florets, cheese sauce and paprika crumb garnish	D S V
Chickpea balti Chickpea curry with yellow rice and bombay potatoes	HE D GF V
Macaroni cheese Macaroni in a cheese sauce topped with grated cheese, with broccoli and cauliflower florets	* HE D V
Sweet potato and lentil curry Sweet potato and lentils with mixed peppers in a mild curry sauce, served with patna rice and peas	* ♥ D GF V LS
Tomato omelette Tomato omelette with chips and beans in tomato sauce	* HE D V

Gravy is available on request

Cold Options

Sandwiches Available in either brown or white bread	
Cheese sandwich	D V
Egg mayonnaise sandwich	D V
Tuna mayonnaise sandwich	D
Ham sandwich	♥ D
Chicken sandwich	♥ D
Salads	
Grated cheese salad	D V
Egg salad	D V
Tuna mayonnaise salad	D
Ham salad	♥ D
Chicken salad	♥ D
Cheese and biscuits	D V

Hot Desserts

Custard will be offered when your dessert is served

Sticky toffee pudding	HE V LS
Chocolate and orange sponge	D S V
Pineapple upside down pudding	HE V
Apple and blackberry crumble	HE V LS
Rice pudding	♥ D S GF V LS
Steamed raspberry pudding	HE V

Cold Desserts

Blackcurrant cheesecake	HE S V LS
Strawberry trifle	HE D S V
Orange meringue	HE D LS
Profiteroles	D V
Vanilla ice cream	S GF V
Fruit in natural juice	♥ D S GF V
Fresh fruit	♥ D GF V
Fruit yoghurt	♥ D S V
Cheese and biscuits	D V

- ♥ Healthier choice
- HE High energy
- D Diabetic
- S Soft
- GF Gluten free
- V Vegetarian
- LS Moderate/lower salt
- * Larger portion size meal



Please speak to a member of staff with any suggestions, compliments or complaints that you may have relating to the meal service.

If you encounter any problems with the meal service during your stay, please ask to talk to a member of the catering management team.

We want you to let us know what you think about your food and the meal service - periodically we will ask patients to complete surveys. We would greatly appreciate if you would take the time to complete the survey in order that we can take your comments into account.