



MAIN MENU





WELCOME TO RUSSELLS HALL HOSPITAL

Food and drinks are an important part of your treatment. While you are unwell you may need more energy and protein to help your recovery.

This menu offers you a choice of meals and snacks. If you have any questions about the food or the meals do not meet your requirements please ask your mealtime host or a member of the clinical team. We hope you enjoy your meals.

CHOICE

Please select your meal choice from this menu and confirm whether you would like a standard or larger portion.

Let us you know if you will be off the ward at the mealtime and we can offer alternatives.

SPECIAL DIETS

Please tell us if you are on a special diet.

This menu includes;

GF **Gluten Free** - Meals have no gluten containing ingredients.

ED **Energy Dense** - These are suitable for patients with a poor appetite or increased energy requirements.

EC **Easy to Chew** - These dishes are easy to cut and do not require much chewing. Modified texture menus are available if you have swallowing difficulties.

V **Vegetarian** - These meals do not contain meat, poultry or fish.

Ve **Vegan** - These meals do not contain meat or animal by-product.

♥ **Healthier Choice** - Meals have less fat and salt and desserts have a lower sugar content.

We also have special diet alternative menus and these include:-

Allergy Aware - Main meals free from all 14 main allergens.

Modified Texture

Cultural & Religious

Finger Food

ASK THE MITIE TEAM...

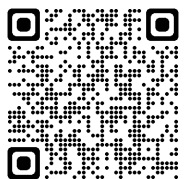
For any patient catering or menu related queries scan this QR code to email the Mitie dietetic team, who will respond to your email within 48 hours.



If you don't have access to QR scanning, then the email address is dietitian@mitie.com.

NUTRITIONAL AND ALLERGEN INFORMATION

Please scan this QR code to access the full nutritional information for our menus.



MEAL TIMES



Breakfast
08:00



Lunch
12:00



Dinner
17:00

Times may vary between wards.

If you have any special requirements, please advise the nurse.

Relatives are welcome to assist at mealtimes: please speak to the nurse in charge.



BREAKFAST MENU

CEREAL & MILK

All served with Whole or Semi Skimmed Milk.

Alternative Dairy FREE options can be requested via the Facilities Help Desk.

Ready Brek Porridge



Weetabix



Branflakes



Cornflakes



BREAD OR TOAST

Served with Butter or Spread and a selection of Jams and Marmalade.

Gluten Free Bread, Marmite and Chocolate Spread can be requested via the Facilities Help Desk.

Wholemeal Bread



White Bread



Butter



Sunflower Spread



Strawberry and Raspberry Jam



Marmalade



YOGHURT

Alternative Dairy FREE option can be requested via the Facilities Help Desk. Flavours may vary.

Yoghurt



FRUIT

Apple



Satsuma



Banana



Pear



JUICES

Orange Juice



BEVERAGES

Available throughout the day, along with sugar and sweetener.

An Alternative Dairy FREE option can be requested via the Facilities Help Desk.

Coffee



Decaffeinated Coffee



Tea



Decaffeinated Tea



Fruit Tea Infusions/Herbal Infusions



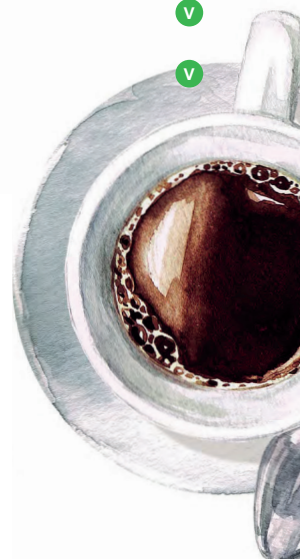
Drinking Chocolate



Milk (Semi Skimmed or Whole).



Malted Milk





MONDAY

LUNCH

STARTERS

Orange Juice



Nourishing Tomato Soup



MAIN COURSES

Smoked Haddock and Spinach Crumble



Pork Meatballs in Tomato and Herb Sauce



Cauliflower & Broccoli Pasta



Sandwich or Salad

SIDES

Baby Potatoes



Mashed Potatoes



VEGETABLES

Mixed Vegetables



Cut Green Beans



Fresh Side Salad



DESSERTS

Syrup Sponge



Custard



Lemon Drizzle



Ice Cream



Yoghurt



Apple, Banana, Pear or Satsuma



SUPPER

STARTERS

Orange Juice



Nourishing Leek and Potato Soup



MAIN COURSES

Cottage Pie



Pasta Carbonara



Vegetarian Cottage Pie



Sandwich or Salad

SIDES

Roast Potatoes



Mashed Potatoes



VEGETABLES

Sliced Carrots



Peas



Fresh Side Salad



DESSERTS

Lemon Sponge



Custard



Ice Cream



Yoghurt



Apple, Banana, Pear or Satsuma



Cheese and Biscuits



Please ask your ward host if you would like to change your portion size.





TUESDAY

LUNCH

STARTERS

Orange Juice



Nourishing Mushroom Soup



MAIN COURSES

Hunters Chicken



Chilli Con Carne



Cauliflower, Spinach & Lentil Curry



Sandwich or Salad

SIDES

White Rice



Mashed Potatoes



VEGETABLES

Broccoli



Sweetcorn



Fresh Side Salad



DESSERTS

Summer Fruit Sponge



Custard



Trifle



Ice Cream



Yoghurt



Apple, Banana, Pear or Satsuma



SUPPER

STARTERS

Orange Juice



Nourishing Vegetable Soup



MAIN COURSES

Fish Pie



Beef Stew & Dumpling

Meat Free Mushroom &
Chicken Style Pie



Sandwich or Salad

SIDES

Boiled Potatoes



Mashed Potatoes



VEGETABLES

Mashed Root Vegetables



Cauliflower



Fresh Side Salad



DESSERTS

Bakewell Tart



Custard



Ice Cream



Yoghurt



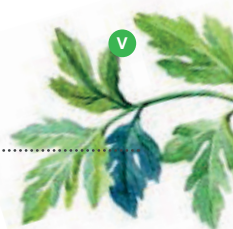
Apple, Banana, Pear or Satsuma

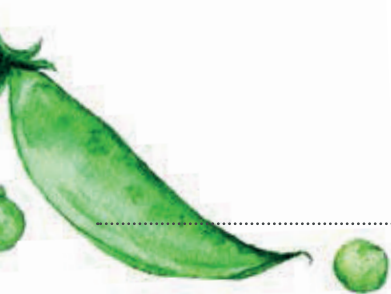


Cheese and Biscuits



Please ask your ward host if you would like to change your portion size.





WEDNESDAY

LUNCH

STARTERS

Orange Juice



Minestrone Soup



MAIN COURSES

Sausages in Onion Gravy

Chicken & Ham Pie with Flaky Pastry Top



Macaroni Cheese



Sandwich or Salad

SIDES

Sauté Potatoes



Mashed Potatoes



VEGETABLES

Vegetable Medley



Sliced Carrots



Fresh Side Salad



DESSERTS

Apple Pie



Custard



Lemon Flavour Sponge



Ice Cream



Yoghurt



Apple, Banana, Pear or Satsuma



SUPPER

STARTERS

Orange Juice



Nourishing Leek & Potato Soup



MAIN COURSES

Beef Lasagne



Fish Goujons



Vegan Root Vegetable Pie



Sandwich or Salad

SIDES

Oven Chips



Mashed Potatoes



VEGETABLES

Broccoli



Mashed Swede



Fresh Side Salad



DESSERTS

Pineapple Sponge



Custard



Ice Cream



Yoghurt



Apple, Banana, Pear or Satsuma



Cheese and Biscuits



Please ask your ward host if you would like to change your portion size.





THURSDAY

LUNCH

STARTERS

Orange Juice



Nourishing Vegetable Soup



MAIN COURSES

Roast Pork in Gravy



Fish Cakes



Vegetarian Cottage Pie



Sandwich or Salad

SIDES

Roast Potatoes



Mashed Potatoes



VEGETABLES

Cauliflower



Peas



Fresh Side Salad



DESSERTS

Chocolate Chip Sponge



Custard



Raspberry Dessert



Ice Cream



Yoghurt



Apple, Banana, Pear or Satsuma



SUPPER

STARTERS

Orange Juice



Nourishing Tomato soup



MAIN COURSES

Baked Steak & Mushroom Pie



Chicken Breast with Tomato & Basil Sauce



Cauliflower & Broccoli Pasta



Sandwich or Salad

SIDES

Potato Wedges



Mashed Potatoes



VEGETABLES

Cut Green Beans



Sweetcorn



Fresh Side Salad



DESSERTS

Rhubarb Crumble



Custard



Ice Cream



Yoghurt



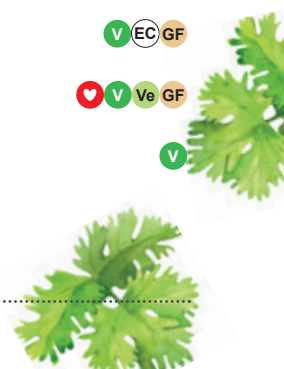
Apple, Banana, Pear or Satsuma



Cheese and Biscuits



Please ask your ward host if you would like to change your portion size.





FRIDAY

LUNCH

STARTERS

Orange Juice   

Nourishing Cream of Chicken Soup   

MAIN COURSES


Breaded Cod 

Pork Sausage Patty in Rich Tomato Sauce  

Vegetable Lasagne  

Sandwich or Salad


SIDES

Oven Chips   

Mashed Potatoes   

VEGETABLES

Sliced Carrots     

Mushy Peas    

Fresh Side Salad    

DESSERTS

Mixed Fruit Pie   

Custard   

Fruit Jelly     

Ice Cream   

Yoghurt   

Apple, Banana, Pear or Satsuma    


SUPPER

STARTERS

Orange Juice   

Nourishing Mushroom Soup    

MAIN COURSES

Quiche Lorraine  

Potato Topped Chicken Pie   

Plant Based Shepherds Pie    

Sandwich or Salad

SIDES


Dauphinoise Potatoes  

Mashed Potatoes   

VEGETABLES

Mixed Vegetables    

Broccoli     


Fresh Side Salad    

DESSERTS

Somerset Apple Cake   

Custard   

Ice Cream   

Yoghurt   

Apple, Banana, Pear or Satsuma    

Cheese and Biscuits 



Please ask your ward host if you would like to change your portion size.



SATURDAY

LUNCH

STARTERS

Orange Juice



Nourishing Leek and Potato Soup



MAIN COURSES

Beef Bolognaise with Pasta



Chicken and Butterbean Stew and Dumpling



Cheese & Tomato Omelette



Sandwich or Salad

SIDES

Potato Wedges



Mashed Potatoes



VEGETABLES

Vegetable Medley



Peas



Fresh Side Salad



DESSERTS

Jam Sponge



Custard



Trifle



Ice Cream



Yoghurt



Apple, Banana, Pear or Satsuma



SUPPER

STARTERS

Orange Juice



Nourishing Tomato Soup



MAIN COURSES

Sausage Casserole



Fish in Cheese Sauce



Potato Cheese and Leek Bake



Sandwich or Salad

SIDES

Boiled Potatoes



Mashed Potatoes



VEGETABLES

Cut Green Beans



Sliced Carrots



Fresh Side Salad



DESSERTS

Spotted Dick



Custard



Ice Cream



Yoghurt



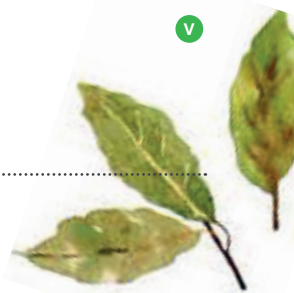
Apple, Banana, Pear or Satsuma



Cheese and Biscuits



Please ask your ward host if you would like to change your portion size.





SUNDAY

LUNCH

STARTERS

Orange Juice



Minestrone Soup



MAIN COURSES

Roast Chicken Breast in Gravy



Minced Beef Hotpot



Baked Vegetable Pie



Sandwich or Salad

SIDES

Yorkshire Pudding



Roast Potatoes



Mashed Potatoes



VEGETABLES

Peas



Mashed Root Vegetables



Fresh Side Salad



DESSERTS

Apple Crumble



Custard



Rice Pudding Pot

Ice Cream



Yoghurt



Apple, Banana, Pear or Satsuma



SUPPER

STARTERS

Orange Juice



Nourishing Cream of Chicken Soup



MAIN COURSES

Shepherd's Pie



Macaroni Cheese



Cheese and Onion Quiche



Sandwich or Salad

SIDES

Sauté Potatoes



Mashed Potatoes



VEGETABLES

Mashed Swede



Cabbage



Fresh Side Salad



DESSERTS

Chocolate Chip Sponge



Custard



Ice Cream



Yoghurt



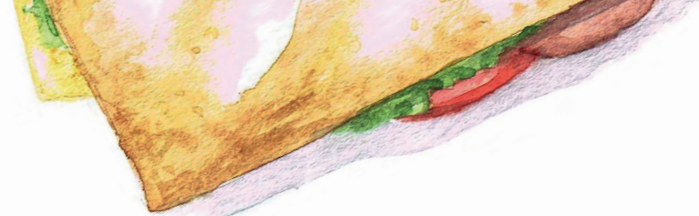
Apple, Banana, Pear or Satsuma



Cheese and Biscuits



Please ask your ward host if you would like to change your portion size.



OTHER FOOD CHOICES AVAILABLE DAILY

SALADS

Choose from the following:

Ham

Tuna

Egg

Cheese

SANDWICHES

A selection of sandwiches with a variety of fillings available on white or brown bread.

Gluten Free Sandwich can be requested via the Facilities Help Desk.

Ham

Tuna Mayo

Egg Mayo

Cheese

JACKET POTATO

Served with a choice of fillings:

Tuna Mayo

Baked Beans

Cheese

TO DRINK...

Selection of hot and cold drinks including decaffeinated tea and coffee.

An alternative Dairy FREE Milk option is available via the Facilities Help Desk

Tea

Fruit Tea Infusions

Coffee

Hot Chocolate

Malted Drinks

Milk

Squash

Jugs of Water

FINGER FOOD MEALS

Served with selection of vegetables and potatoes

Pork Chipolata Sausages

Chicken Goujons

Fish Goujons

Omelette Slices

Vegetarian Bolognese

FINGER FOOD DESSERT

Lemon Drizzle Cake

Ginger Drizzle Cake

Chocolate Cake
















SPECIALIST MENU ITEMS

Please note the following dishes listed are provided on a pre-order basis.
Order by 9am for lunch and 1pm for evening meal.





VEGAN MEALS

- Provençal Vegetable Bake 
- Penne Pasta in Tomato & Basil Sauce 
- Jacket Potato with Baked Beans 
- Mixed Veg Curry Lentil Daal & Rice 
- Aloo Gobi Peas, Moong Daal and Rice 
- Cauliflower & Aubergine with Masoor Daal 
- Aloo Saag 





KOSHER MEALS

- Grilled Plaice
with sauté potatoes & ratatouille 
- Roast Chicken
in gravy with potatoes and vegetables 
- Beef Goulash
with mashed potatoes, peas & sweetcorn 
- Spaghetti Neapolitan
with green peas & carrots 
- Apple Crumble 

HALAL MEALS






- Chicken & Saag with Moong Dhal 
- Chicken Byriani Moong Daal & Rice 
- Chicken Tikka Masala, Chana Daal & Rice 
- Chick Pea Daal, Toor Daal & Rice 

CARIBBEAN MEALS

- Brown Stew Chicken With Rice 
- Curry Mutton With Rice & Peas 
- Callaloo Saltfish & Rice 
- Okra Curry 

MINI MEALS EXTRA

These meals are smaller and energy dense.

- Macaroni Cheese 
- Cheese & Potato Bake 
- Chicken Hotpot 
- Corned Beef Hash 
- Ham & Leek Bake 

FREE FROM MEAL CHOICES

- Chilli Con Carne
with vegetable rice green beans and peas
- Roast Chicken in Gravy
with roast potatoes, mashed carrot and peas 
- Sweet and Sour Chicken
with rice, peas and red pepper 
- Provençal Vegetable Bake
with green beans, peas and broccoli 
- Spicy Bean Casserole
with potato wedges, broccoli, peas and sweetcorn 

All meals in this range are free from all the main 14 allergens.

Additionally they are made without onion and garlic and great care is taken to exclude these ingredients totally, although occasionally through scientific analysis very small traces may be detected.



*gluten refers to threshold of less than 20ppm and

*sulphites refers to threshold of no more than 10ppm

Alternative menu items are available for patients with swallowing difficulties, Please speak to your Ward Host for more information or a member of the clinical team.

Please do not remove this menu from the ward.