

**Important Note:**

Menu items, Allergens and Dietary Coding may change due to product availability  
Inform nursing immediately if you have food allergies

**Daisy Hill Hospital Patient Breakfast MENU**

Menu Item	Dietary Coding	Allergens
<b>Fruit</b>		
Banana	ETC GF ♥	No Allergens
Easy peeler Orange	GF ♥	No Allergens

<b>Cereals</b>		
Porridge	ETC ♥	1 ,7(M/C 11)
Rice Krispies (individual portion)	ETC	1
Cornflakes (individual portion)	ETC ♥	1
Weetabix (x2 Biscuits)	ETC ♥	1
Gluten Free Cornflakes	GF	(M/C 12,14)

<b>Milk</b>		
Semi-Skimmed Milk	GF	7
Whole Milk	GF	7
Oat Milk	GF	No Allergens
Soya Milk (unsweetened)	GF	10

<b>Breads and Condiments</b>		
Wholemeal Bread	♥	1,10
White Bread		1,10
Wheaten Bread		1,7
Pancake		1,4,7
Gluten Free Bread - White	GF	4
Gluten Free Bread - Brown	GF	4
Margarine portion	GF	10
Butter portion	GF	7
Jam portion	GF	No Allergens
Marmalade portion	GF	No Allergens

<b>Additional Items</b>		
Orange Juice	GF	No Allergens
Low Fat Yoghurt (Mixed Flavours)	ETC GF	7

Allergen Coding		
(1) Gluten	(6) Lupin	(11) Sulphites
(2) Celery	(7) Milk	(12) Nuts
(3) Crustaceans	(8) Mustard	(13) Molluscs
(4) Eggs	(9) Sesame	(14) Peanuts
(5) Fish	(10) Soya	(M/C) May Contain

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**Daisy Hill Hospital Patient Lunch Menu**

Menu Item	Dietary Coding	Allergens
<b>Soup &amp; Bread</b>		
Leek and Potato Soup	ETC GF ♥	11
Wheaten Bread	♥ *	1,7

<b>Main Courses</b>		
Plain Omelette	ET GF ♥	4, 7
Cottage pie	ETC GF ♥	11
Fish in Parsley Sauce	ETC GF	5,7
Chicken & Vegetable Pie		1,7 (4,8,10,14)
Beef Bolognese	ETC GF	No Allergens
Breaded Chicken Fillet		1
Vegetable Curry	♥	1,8 (M/C9,12,14)
Pork Sausages		1,10,11

<b>Vegetables &amp; Side Dishes</b>		
Mashed Potatoes	ETC GF ♥	11
Baby Boiled Potatoes	GF ♥	No Allergens
Diced Carrots	ETC GF ♥	No Allergens
Broccoli	GF ♥	No Allergens
Baked Beans	ETC ♥	(M/C 1,8,10,14)
White Rice	GF ♥	No Allergens
Spaghetti		1
Gravy	GF	No Allergens

<b>Desserts</b>		
Apple Crumble		1,4,7,10 (M/C10)
Custard	ETC	7 (M/C 1,4,10)
Unsweetened Custard	ETC ♥	7 (M/C 1,4,10)
Easy Peeler Orange	GF ♥ *	No Allergens
Banana	ETC GF ♥ *	No Allergens
Sugar Free Jelly Pot	GF ♥ *	No Allergens
Smooth & Creamy Yoghurt (Full Fat)	ETC GF	7
Low Fat Yoghurt (Mixed Flavours)	ETC GF	7

**Allergen Coding**

(6) Gluten	(11) Lupin	(15) Sulphites
(7) Celery	(12) Milk	(16) Nuts
(8) Crustaceans	(13) Mustard	(17) Molluscs
(9) Eggs	(14) Sesame	(18) Peanuts
(10) Fish	(15) Soya	(M/C) May Contain

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**Daisy Hill Hospital Patient Tea Menu**

Menu Item	Dietary Coding	Allergens
<b>Soup &amp; Bread</b>		
Leek and Potato Soup	ETC GF ♥	11
Wheaten Bread	♥ *	1,7

<b>Main Courses</b>		
Scrambled Egg	ETC GF ♥	4,7 (M/C 8,14)
Chicken Curry	ETC ♥	1,8 (M/C 9,12,14)
Savoury Mince	ETC GF	No Allergens
Chicken Breast Fillet with Gravy	GF ♥	No Allergens
Breaded Haddock & Lemon		1,5
Chicken Goujons		1 (M/C 2,4,5,7,9,10)
Stuffed Sausage & Bacon		1,7,11
Cheese & Onion Quiche		1,4,7,8 (M/C 11)

<b>Vegetables &amp; Side Dishes</b>		
Chips	GF	No Allergens
Mashed Potato	ETC GF ♥	11
Baked Potato	GF ♥	No Allergens
White Rice	GF ♥	No Allergens
Beans	ETC ♥	(M/C 1,8,10,14)
Peas	GF	No Allergens
Diced Turnip	ETC GF ♥	No Allergens
Gravy	GF	No Allergens

<b>Desserts</b>		
Jam Sponge	ETC	1,4,7 (M/C 10)
Custard	ETC	7 (M/C 1,4,10)
Unsweetened Custard	ETC ♥	7 (M/C 1,4,10)
Easy Peeler Orange	GF ♥ *	No Allergens
Banana	ETC GF ♥ *	No Allergens
Sugar Free Jelly Pot	GF ♥ *	No Allergens
Smooth & Creamy Yoghurt (Full Fat)	ETC GF	7
Low Fat Yoghurt (Mixed Flavours)	ETC GF	7

Allergen Coding		
(11) Gluten	(16) Lupin	(19) Sulphites
(12) Celery	(17) Milk	(20) Nuts
(13) Crustaceans	(18) Mustard	(21) Molluscs
(14) Eggs	(19) Sesame	(22) Peanuts
(15) Fish	(20) Soya	(M/C) May Contain

# Daisy Hill Hospital

## Patient Meal Service

### Breakfast

8.00am – 9.00am

### Lunch

12.00pm - 1.30pm

### Evening Meal

5:00pm – 6.00pm



## PROTECTED MEAL TIMES

Hospital staff recognises that good nutrition and healthy eating is an important factor in helping you to recover from your illness. During meal times visiting is restricted to those visitors and carers who will help patients with their meals. Please discuss with the ward manager. All non-urgent activities on the ward will stop to allow you time to eat your meals

## PREPARATION FOR EATING

Before your meal is delivered to your bed, you should wash your hands / freshen up and during your meal, you should sit up

Patients who require assistance with eating will be identified by a red placemat on their tray when their meal is delivered to the ward

**Please inform Nursing Staff immediately if you have any food allergies**

Nutritional information and information regarding food allergens is available upon request. Please ask nursing staff.

# THE MENU

The menu provides a wide range of choice and aims to encourage you to eat well.

Each meal has a letter(s) or symbol beside it to tell you which type of diet the meal is suitable for, for example, GF for Gluten Free, ♥ Healthier Choice.

**Halal and Kosher** meals are available for those patients who require them and menus are available on request to Nursing Staff

♥ **Healthier Choice (suitable for diabetics and no added salt diets)**  
ETC **Easy to chew (Level 7)**  
GF **Gluten Free**

**The following condiments are available at ward level:**

Mayonnaise, Salad Cream, Tomato/Brown Sauce, Vinegar, Sugar

**Snacks are available should you miss a meal – Please ask Nursing Staff**

## FOOD SAFETY AWARENESS

The Southern Trust is committed to providing safe nutritious food for all patients. To minimise the risk of food related illnesses we would discourage, you and your visitors from bringing food into the ward. However, if in exceptional circumstances you feel that you must bring food items in please discuss this with the Ward Nurse to make necessary arrangements. In these circumstances due care and full responsibility must be taken by the patients or relatives.

**Comments:** If you Have any Comments or suggestions on the Catering Service please inform Nursing Staff

**Important Note:**

Menu items, Allergens and Dietary Coding may change due to product availability  
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**Daisy Hill Hospital Dysphagia Breakfast Menu**

Menu Item	Dietary Coding	Allergens
<b>Level 6 (Soft &amp; Bite-Sized)</b>		
Porridge		1,7 (M/C 11)
Weetabix (x2 Biscuits) (soaked until fully soft, excess liquid drained before serving)		1
Smooth & Creamy Strawberry Yoghurt (Full Fat)	GF	7
Banana (cut into 1.5cm x 1.5cm pieces before serving)	GF	No Allergens

<b>Level 5 (Minced &amp; Moist)</b>		
Porridge		1,7 (M/C 11)
Weetabix (x2 Biscuits) (soaked until fully soft, excess liquid drained before serving)		1
Smooth & Creamy Strawberry Yoghurt (Full Fat)	GF	7
Banana (mashed- lumps no bigger than 4mm before serving )	GF	No Allergens

<b>Level 4 (Pureed)</b>		
Ready Brek		1 (M/C 7)
All Day Breakfast (Sausage, Egg & Beans)	GF	7,8,10(M/C2,3,4,5,6,9,12,13,14)
Weetabix (x2 Biscuits) (soaked until fully soft, excess liquid drained before serving)		1
Smooth & Creamy Strawberry Yoghurt (Full Fat)	GF	7

Allergen Coding		
(16) Gluten	(21) Lupin	(23) Sulphites
(17) Celery	(22) Milk	(24) Nuts
(18) Crustaceans	(23) Mustard	(25) Molluscs
(19) Eggs	(24) Sesame	(26) Peanuts
(20) Fish	(25) Soya	(M/C) May Contain

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**Daisy Hill Hospital Dysphagia Lunch & Tea Menu**

Menu Item	Dietary Coding	Allergens
<b>Main Meals - Level 6 (Soft &amp; Bite-Sized)</b>		
Beef Hotpot	GF	7,8 (M/C 2,3,4,5,6,9,10,12,13,14)
Chicken in a Creamy Mushroom Sauce	GF	2,7,8 (M/C 3,4,5,6,9,10,12,13,14)
Ham in Parsley Sauce	GF	7(2,3,5,4,8,10,12,13,14)
Cheese & Onion Pie		1,7(M/C 2,3,4,5,6,8,9,10,12,13,14)
<b>Desserts - Level 6 (Soft &amp; Bite-Sized)</b>		
Ambrosia rice pot	GF	7
Thick & Creamy yogurt (Mixed Flavours)	GF	7
Lemon Sponge		1,4,7(M/C 2,3,5,6,8,9,11,12)
Ambrosia custard pot	GF	7
<b>Main Meals - Level 5 (Minced &amp; Moist)</b>		
Pasta Bolognese		1 (M/C 2,3,4,5,6,7,8,9,10,12,13,14)
Chicken & Vegetable Casserole	GF	7 (M/C 2,3,4,5,8,10,12,13,14)
Salmon Supreme	GF	7 (M/C 2,3,4,5,6,8,9,10,12,13,14)
Macaroni & Cheese		1,7,8 (M/C 2,3,4,5,6,9,10,12,13,14)
<b>Desserts - Level 5 (Minced &amp; Moist)</b>		
Ambrosia rice pot	GF	7
Thick & Creamy yogurt (Mixed Flavours)	GF	7
Lemon Sponge		1,4,7(M/C 2,3,5,6,8,9,11,12)
Ambrosia custard pot	GF	7
<b>Main Meals - Level 4 (Pureed)</b>		
Spaghetti Bolognese		1,4,7,10,(M/C2,3,5,6,8,9,12,13,14)
Pork in Apple Gravy	GF	(M/C2,3,4,5,6,7,8,9,10,12,13,14)
Chicken Korma	GF	(M/C 2,3,4,5,6,7,8,9,10,12,13,14)
Tomato & Basil Pasta		1,10 (M/C2,3,4,5,6,7,8,9,12,13,14)
<b>Desserts - Level 4 (Pureed)</b>		
Thick & Creamy yogurt (Mixed Flavours)	GF	7
Ambrosia custard pot	GF	7
Sticky Toffee Pudding	GF	4,7 (M/C2,3,5,6,8,9,10,12,13,14)
<b>Snack Options</b>		
Ambrosia rice pot	(Level 5 & 6 only)	GF 7
Ambrosia custard pot	(Level 4, 5 & 6)	GF 7
Alpro Chocolate pot	(Level 4, 5 & 6)	GF 10
Banana (Level 5 mashed lumps no bigger than 4mm before serving) (Level 6 cut into 1.5cm x1.5cm pieces before serving)	(Level 5 & 6 only)	GF No Allergens
Chocolate Custard	(Level 4, 5 & 6) Chilled only	GF 7

**Allergen Coding**

(21) Gluten	(26) Lupin	(27) Sulphites
(22) Celery	(27) Milk	(28) Nuts
(23) Crustaceans	(28) Mustard	(29) Molluscs
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# THE MENU

The menu provides a wide range of choice and aims to encourage you to eat well.

Each meal has a level number beside it to inform you which type of modified Diet it is. Alternative options are available on request to Nursing Staff for any patient that has special dietary requirements



### **Patient Meal Service**

Breakfast  
8.00am - 9.00am

Lunch  
12 noon - 1.30pm

Evening Meal  
4.45pm - 6.00pm



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