### Kosher Menu

#### Day:

**evening meal**

- **LIGHT OPTIONS**
  - **soup**
    - Vegetable soup
  - **sandwich**
    - Salt beef & pickles & hummus
    - Tuna & sweetcorn on white bread
    - Cheese & coleslaw on white bread

- **MAIN COURSES**
  - Cottage pie with carrots & peas
  - Shepherd’s pie with peas & carrots
  - Spaghetti bolognaise with mixed vegetables & spinach
  - Sliced lamb in gravy with macaroni, peas & carrots
  - Grilled plaice & mushroom sauce with sauté potatoes & ratatouille
  - Poached salmon & hollandaise sauce with new potatoes, peas & carrots
  - Grilled cod & mushroom sauce with new potatoes, peas & sweetcorn
  - Poached plaice & mushroom sauce with sauté potatoes & ratatouille
  - Vegetable lasagne with spinach, peas & carrots
  - Vegetable platter with potatoes, spinach & vegetables

#### Sunday Tea Only

- Cold meat platter
- Cold vegetarian platter

#### DESSERTS

- Fresh orange
- Fresh banana

### Kosher Menu

#### Day:

**lunch**

- **LIGHT OPTIONS**
  - **soup**
    - Tomato soup
  - **sandwich**
    - Salt beef & pickles & hummus
    - Tuna & sweetcorn on white bread
    - Cheese & coleslaw on white bread

- **MAIN COURSES**
  - Cottage pie with carrots & peas
  - Shepherd’s pie with peas & carrots
  - Spaghetti bolognaise with mixed vegetables & spinach
  - Sliced lamb in gravy with macaroni, peas & carrots
  - Grilled plaice & mushroom sauce with sauté potatoes & ratatouille
  - Poached salmon & hollandaise sauce with new potatoes, peas & carrots
  - Grilled cod & mushroom sauce with new potatoes, peas & sweetcorn
  - Poached plaice & mushroom sauce with sauté potatoes & ratatouille
  - Vegetable lasagne with spinach, peas & carrots
  - Vegetable platter with potatoes, spinach & vegetables

#### DESSERTS

- Fresh orange
- Fresh banana

**DIET CODES**

- Healthy choice
- Softest choice
- Vegetarian

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**WARD BED**

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**Breakfast** will be served at ward level and will consist of a selection of fruit juices, cereals, breads and toast with preserves.

**Understanding the menu**
The menus have been designed to enable you to choose a balanced, nutritionally adequate diet while you are in hospital. The menu items are marked with symbols as follows:

♥ These items are the healthier choices. They are lower in fat, sugar and salt than the other options. These choices are ideal if you have diabetes, need to reduce your cholesterol level or wish to lose weight.

S These items are the softest choices and are suitable if you have difficulty chewing your food. They are NOT suitable if you require a pureed (texture grade C), easy chew (texture grade D) or soft (texture grade E) diet for swallowing problems. Please ask a member of ward staff for a Dysphagia menu.

V These items are suitable for vegetarians. They may contain milk, eggs, and cheese and are generally not suitable if you follow a vegan diet.

**How to order**
A member of the ward team will ask you what you would like and make sure that this is ordered from the catering department.

**Special Diets**
If you need a therapeutic diet for medical reasons, please inform the ward staff who will liaise with the catering and dietetic department as appropriate.

The following separate menus are available on request:
- Gluten Free
- No added salt
- Low potassium and sodium (renal)
- Allergy free
- Low residue.

Special diets are also available for religious and cultural reasons, as follows:
- **Halal** prepared in strict halal conditions
- **Kosher** prepared under the supervision of the Manchester and London Beth Din
- **Afro-Caribbean**

**Extra Calories**
Are you trying to build yourself up and gain weight? Have you lost interest in food? Are you missing meals or only managing to eat small amounts? If so, choose foods high in calories from the menu. Look for hot meals which include meat, fish or cheese. Dishes with cream sauces or pastry dishes are high in calories too. For desserts choose the cakes, hot puddings served with custard or milk puddings.

Healthy eating may not be a priority for you at the moment so you do not need to order foods marked with a ♥

**Hydration**
Fresh chilled drinking water should be available to you throughout the day in addition to the fruit juices and hot drinks you receive with your meals. It is important to ensure you are adequately hydrated at all times as this can improve your wellbeing.

**Condiments & Sauces**
Salt, pepper, vinegar and sauces are available on the ward. Bread and Butter is also available.

**Assisted Feeding**
If you require assistance eating your meal please speak to a member of ward staff.

**Protected Mealtimes**
The Trust encourages a Protected Meal Time Service where most ward activities cease to enable staff to concentrate on food service and to giving assistance to patients where necessary.

**Snack Boxes**
These are available for patients who have missed a meal due to late admissions, being away from the ward for treatment or tests at meal times.

**Clean hands policy**
We encourage all patients to wash their hands before eating. Please ask a Member of ward staff if you require assistance.

**Food brought in by visitors**
For health and safety reasons no food should be brought in by visitors unless by prior agreement with the Ward Sister. Where consent has been given, food cannot be kept in bedside lockers. Foods brought in should be eaten immediately, although may be dated with the patient’s name and kept in the ward kitchen fridge and discarded after 24 hours.

**For your family & friends**
Restaurants are available on all sites serving a selection of hot and cold meals, snacks and beverages.

**Comments**
We make every effort to provide a first class service which is to your satisfaction and welcome your comments. Should you wish to talk to the Catering Manager please contact the catering office on the appropriate number below.

Royal Oldham - 0161 627 8273
Rochdale Infirmary - 01706 517 902
Fairfield General - 0161 778 3609
North Manchester General - 0161 720 2186