

Friarage Finger food menu



South Tees Hospitals
NHS Foundation Trust

Breakfast

08:00 – 09:00

Lunch

12:00 – 13:00

Evening meal

17:00 – 18:00

Breakfast

Select from these options:

BREAD OR TOAST (H V)

White or Wholemeal

With butter or sunflower spread and a selection of jams and marmalade:

FRESH FRUIT (H V)

Banana

Orange

Apple

Staff to support with peeling/slicing if needed

FLAPJACK V

FRUIT JUICE H

Apple

Orange

All these juices are vegetarian and made without milk

Cafe Bar restaurant pass available for a single item breakfast roll for patients under the dietitian requiring extra nutrition. Please speak to the nursing staff on the ward.

Snacks (V)

Cake slice H fresh fruit H cheese and
crackers Biscuits Flapjack

All the above snack options are vegetarian.

Drinks

Tea Coffee Squash
Milk Malted milk Hot chocolate
Decaffeinated tea and coffee

Non-dairy milk available on request.

Lunch and evening meal

Hot meals

Please select options from the below:

Cheese and onion pastie V

Mini cheese pizza V

Quiche wedge V

Scampi

Roast chicken H

Fish fingers

Sausages

Sausage roll

Ham slices and boiled egg H (quartered)

Served with optional sides: V

Cooked vegetable medley H

Chips

Potato wedges

Boiled potatoes H

Hash browns

Side salad H

Sandwiches (H)

White or Wholemeal bread:

Corned beef

Cheese savoury V

Chicken salad

Tuna

Ham

Egg

mayonnaise V

Cheese V

Salads (H)

A daily selection of salads are available

Ham

Chicken

Corned beef

Codes used in this menu

V - vegetarian H – healthy option

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Daily dessert

Cake slice (fruit options available)

Flapjack

Cheese and biscuits

Jam doughnut

Mini chocolate éclair

Fresh banana **H**

options all **V**

Feedback

We will ask if you would like to complete a short survey about your experience, to help us review and improve our patient catering services. If you have any feedback or queries during your stay, please speak to a nurse or your Housekeeper.

Out of hours dining

If you have been admitted to the ward after lunch or supper orders have been taken, we can still offer you a range of hot meals, sandwiches or snacks. Please speak to your Housekeeper or Nurse.

Your housekeeping team

Your housekeeping team are here to help. Please let them know if you have any special requirements. Your housekeeper will take your lunch order after breakfast and your evening meal order after lunch.

Allergy information

If you have a food allergy, please advise your nurse on admission and always inform the housekeeper each time you place your meal order. We have an Allergen Free Menu which contains dishes prepared free from: cereals containing gluten, lupin, milk, egg, fish, celery, crustaceans, molluscs, nuts, peanuts, sesame, sulphites, mustard and soya. This menu is not suitable for patients with an allergy.

Codes used in this menu

V - vegetarian H – healthy option