

Catering Services

Easy read



A member of staff or a carer can support you to read this booklet. They will be able to answer any questions that you have.



Eating good healthy food is an important part of keeping well.



Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust works hard to provide good quality services which make sure that you get the food and drink you like.

The Catering Department provides meals every day for patients. We will provide you with meals that most people have at home.



To help you choose your meal, every ward has a set of picture menus, so you can see what the food looks like.

You can choose food that you like to eat and try out new food.

The menu



It is important that everyone has a choice of meals.

The Catering staff work hard to make sure that the menu is healthy and nutritious. To do this they work together with staff called dietitians.

Dietitians know a lot about healthy eating.



Breakfast is fruit juice, cereal and/or toast.



Lunch is a light meal like soup, a sandwich or jacket potato with filling and a cold dessert.



Evening meal is the main meal of the day. It will be a choice of hot food or a salad and a dessert.

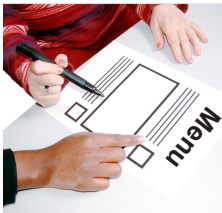
Our menus contain a wide selection of foods and provide plenty of options.

How do I get my meals?



All of the wards have a list of the meals you can choose from each day.

Meals are ordered two days before you get them.



Staff can help you to order your meals.

There are symbols beside some of the dishes to help you choose what you want to eat.

V = Vegetarian

♥ = Lower in fat, salt and sugar

♥ Is the best choice if you have diabetes, high cholesterol or need to lose weight.

Please let a nurse know if you need a special diet. There is a menu for whatever food you need.

Healthy eating

We suggest you choose:


More fibre



Wholemeal bread, wholegrain cereals, fruit, vegetables and jacket potatoes.


Less fat



Choose meals labelled , fewer fried foods and pastries. Use margarine or butter sparingly.

Less sugar



Choose options labelled , more fresh fruit in place of sweetened puddings

Less salt



Always taste food before adding salt as food is already seasoned.

When do I get my meals?

Meals are served on the ward in the dining room. The staff on the ward will tell you about meal times.

Meals are usually served at these times:

Breakfast



until



Lunch



until



Dinner



until



Supper



The ward has 'protected meal times' – this means that you won't be disturbed when having your meal so that you can enjoy your food.

What if I have missed meal times because I have an appointment or I have just been admitted?



You will still be able to get something to eat. The wards have a small supply of food to make snacks such as soup, toast, cereal or sandwiches.



A packed lunch can be ordered for you by nursing staff or an individual meal can be pre-ordered and heated up.

Dietitians



When you come into hospital staff will measure your weight and height so they can fill in a form called nutrition screening.

Your weight will be checked regularly.



Staff might ask you to go to an appointment with a dietitian. The dietitian can advise you about food and how to eat healthily.

Visitors



There are Cafés on all of the main hospital sites.



Opening times are shown outside of each café.



All of the Cafés are non smoking and they all have disabled access.



There are vending machines available.

What if I have comments about the food I get?



The Catering Department want everyone to enjoy the food while they are in hospital.



If you would like to tell us what you think about the food or want to comment, ask staff to contact the Catering Department at St Nicholas Hospital.



The Catering Team will be happy to hear what you think about the food.

Catering staff will answer your comments and will either speak to you or write to you.



Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, BSL or other languages). Please contact the Patient Information Centre Tel: 0191 246 7288

Published by the Patient Information Centre

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Ref, PIC/597/0624 June 2024 V7

www.cntw.nhs.uk Tel: 0191 246 7288

Review date 2027

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