



London Bridge Hospital

À LA CARTE  
*Menu*

# Welcome to London Bridge Hospital

Our chefs are proud to offer you freshly cooked hot meals prepared on site every day. The timings of our dining service have been developed in response to customer feedback and our hot meals will be served as shown below. If you would like to eat outside of these times, please order from the deli or salad section on this menu which is available throughout the day.

## Mealtimes

<b>Breakfast</b>	7.30am – 9.00am	<b>Afternoon Tea/Coffee</b>	From 3.00pm
<b>Morning Tea/Coffee</b>	From 10.30am	<b>Dinner</b>	5.30pm – 7.30pm
<b>Lunch</b>	12 noon – 2.30pm	<b>Bedtime Drink</b>	From 8.00pm

The nurse in charge can organise hot and cold drinks for you after 9.30pm.

## How to order your meals

Each morning, afternoon and evening our catering team will take your meal and drink order. Before they arrive, please take some time to read through your menu and have your choices ready. Your nurse will inform you if your Consultant has made any recommendations regarding your diet.

Room service is available from 12 noon to 8pm which can be ordered from the Room Service Menu found in the Patient Directory. Please call the relevant numbers below if you would like to place an order. Your visitors are also welcome to join you for meals, subject to an additional charge.

If you would like to order room service, please call the ward pantry staff on the following telephone numbers:

2nd Floor: **42251**      3rd Floor: **42351**  
4th Floor: **42451**      5th Floor: **42634**

## Day of discharge

Please note that due to the proposed discharge time of 10.30am, your lunch order will not be taken unless especially requested. Before you leave, we invite you to complete our patient satisfaction survey. The results from this survey give the catering team invaluable feedback, which we use to improve our service.

## Special diets and allergies

Please let us know if you have any special dietary requirements at the earliest opportunity. Some items may contain nuts or derivatives of nut products. Menu descriptions may not list every ingredient in the dish, therefore, if you have any concerns about ingredients, please do not hesitate to ask the catering team.

We understand the importance of meeting dietary needs and are happy to prepare special meals for you. All of our meal options have been nutritionally analysed by our dietitians to ensure they meet guidelines established by the British Dietetic Association for hospital menus. Guidance symbols next to each dish may help you make an informed choice (symbol and key are found at the bottom of each page).

## Food preparation

Due to varying needs amongst our patients, our chefs do not use any salt in preparing your meals, therefore salt and pepper is provided on your individual trays to season as you wish.

We use fresh, shelled eggs in the production of our menu items and ensure all food is cooked thoroughly.

If you have any comments regarding the catering service, please contact the Catering Department on **42042** or the Hotel Services Helpline on **42444**.

## Starters

- 01 Homemade houmous with pitta bread **LP N V**
- 02 Natural yoghurt with cucumber dip & crudités **LP V**
- 03 Fresh fruit platter **♥ LS V**
- 04 Soup of the day **♥**
- 05 Baba ghanoush with pitta bread **LP N V**
- 06 Beetroot, potato & chive salad **♥ LS V**
- 07 Norwegian prawn & apple salad **LP**
- 08 Smoked salmon & watercress salad with a wedge of lemon **♥ N**
- 09 Continental meat platter served with mango salsa **LP N**
- 10 Chicken liver pâté & toasted baguette **LP N**
- 11 Puy lentil soup **♥ V**

## Accompaniments

- 12 White petit pain (white roll) **♥ LP LS V**
- 13 Brown petit pain (brown roll) **♥ LP LS V**
- 14 Butter **N**
- 15 Sunflower margarine **♥ LP V**

## Main

All main courses are served with your choice of potato or rice & vegetables or side salad.  
Please select from 'sides'.

- 16 Fillet of salmon **♥ LS N**
- 17 Scottish fish pie with smoked haddock, cod & fresh parsley **LS N**
- 18 Chicken & coriander curry **♥ LS**
- 19 Lamb biryani **LS N**
- 20 Beef cottage pie **LP N**
- 21 Chicken kebab **♥ LS N**
- 22 Lamb kofta kebab **N**

**NOTE: Specials include fish & chips on Fridays and roast of the day on Sundays**

### Key

**♥ Healthy Heart**

Low in total fat, saturated fat, sugar and salt.  
These choices are also suitable for diabetic patients.

**LP Low Potassium**

Suitable for those on a potassium restricted diet  
(≤ 12mmol potassium per main dish).

**LS Low Salt**

Suitable for those on a restricted salt diet  
(≤ 20mmol sodium per main dish).

**N Nourishing**

Suitable for those who require  
extra energy and protein.

**V Vegetarian**

Vegetarian choices contain no meat,  
poultry or fish but often contain other  
animal products such as eggs and  
dairy foods.

## Vegetarian

- 23 Penne pasta with roasted tomato, butter bean & basil sauce ♥ **LS V**
- 24 Caramelised red onion & goat's cheese quiche served with rocket salad **LP N V**
- 25 Wild mushroom risotto with truffle oil & Parmesan **N V**
- 26 Creamy macaroni cheese **LP N V**

## Grills

- 27 8oz sirloin steak **LS N**
- 28 Rack of lamb **N**
- 29 Grilled poussin (chicken) ♥ **LS N**
- 30 8oz homemade beefburger with tomato relish & mature Cheddar cheese **N**

**NOTE: All meat will be cooked medium due to food safety**

## Sauces

- 31 Fresh tomato sauce
- 32 Gravy
- 33 Pepper sauce

## Sides

- 34 Mixed vegetables of the day ♥ **LS V**
- 35 Basmati rice ♥ **LP LS N V**
- 36 New potatoes ♥ **LS V**
- 37 Chips **N**
- 38 Mashed potato **LP LS N**
- 39 Mixed side salad ♥ **LP LS**

## Dessert

- 40 Fresh fruit platter ♥ **LS V**
- 41 Diabetic jelly ♥ **LP LS**
- 42 Bakewell tart **LP N V**
- 43 Chocolate mousse **LP LS N V**
- 44 Black Forest gateau **LP N V**
- 45 Crème caramel **LP LS N V**
- 46 Blueberry, strawberry & raspberry pavlova **LP LS N V**
- 47 Baked apple crumble **LP LS V**
- 48 Raspberry sorbet ♥ **LP LS V**
- 49 Mango sorbet ♥ **LP LS V**
- 50 Lemon sorbet ♥ **LP LS V**
- 51 Vanilla ice cream **LP LS V**
- 52 Chocolate ice cream **LS V**
- 53 Strawberry ice cream **LP LS V**

## Accompaniments

- 54 Custard ♥ LP LS NV
- 55 Cream LP LS NV
- 56 Natural yoghurt ♥ LP LS V
- 57 Thick & creamy fruit yoghurt LP LS V
- 58 Low fat fruit yoghurt ♥ LP LS V

## Cheese

- 59 Red Leicester & Cheddar with a selection of cheese biscuits & fresh grapes LP NV
- 60 Brie, Danish Blue & Cheddar with a selection of cheese biscuits & fresh pear NV

## Deli Selection

- 61 Falafel, yoghurt, mint & salad plain wrap ♥ V
- 62 Chicken fajita with guacamole & sour cream in a tomato wrap N
- 63 Roasted beef baguette with caramelised onion, horseradish & watercress N
- 64 Free range egg mayonnaise & watercress on white bread NV
- 65 Mediterranean houmous & tomato on malted bread NV
- 66 Cheddar Ploughman's baguette NV
- 67 Crayfish with lemon mayonnaise & rocket salad leaves on oatmeal bread N
- 68 Poached salmon bagel with horseradish, salad leaves & cucumber ♥

## Salads

- 69 Grilled chicken Caesar salad with croutons & Parmesan N
- 70 Greek salad with new potatoes, feta cheese, olives, cherry tomatoes & cucumber V
- 71 Moroccan chickpea & couscous salad ♥ V
- 72 Tuna steak, French beans, boiled egg & new potato salad ♥ LS V

## Lighter Bites (continued on back page)

### Eggs served with toasted wholemeal bread

- 73 Poached ♥ LP V
- 74 Scrambled LP NV
- 75 Boiled ♥ LP V

### Three egg omelette with

- 76 Grated Cheddar cheese LP NV
- 77 Mushroom & ham N
- 78 Tomato, mushroom & onion LS V
- 79 Plain omelette LP LS V

NOTE: All eggs will be cooked firm due to food safety

## Lighter Bites (continued)

### Jacket potato with

- 80 Cottage cheese ♥ **LS V**
- 81 Grated Cheddar cheese **N V**
- 82 Baked beans ♥ **N V**
- 83 Tuna mayonnaise **N**

## Beverages

- 84 English tea **LP LS V**
- 85 Peppermint tea ♥ **LP LS V**
- 86 Camomile tea ♥ **LP LS V**
- 87 Filter coffee **LS V**
- 88 Decaffeinated coffee ♥ **LS V**
- 89 Cappuccino **LS N V**
- 90 Café latte **LS N V**
- 91 Hot chocolate **LS N V**
- 92 Ovaltine™ **LS N V**
- 93 Milk ♥ **LP LS N V**
- 94 Orange juice **LS V**
- 95 Apple juice **LS V**
- 96 Pineapple juice **LS V**
- 97 Cranberry juice **LS V** – *NOTE: Patients on Warfarin must avoid all cranberry products*

Other soft drinks (for example Coca-Cola™ and lemonade) are available to order from room service for an extra charge.

## Wine list available on request

Alcohol can interact with your prescribed medication. Nursing staff will be required to check with your Consultant and our pharmacists before you order any alcoholic beverages.

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