



# London Bridge Hospital

## Dinner Menu 8

Room No:

Date: / /

Patient's Name:

Please indicate portion  Small  Normal  Large

### Starters

- Cream of Pumpkin Soup (HE, V)
- Fresh Fruit Kebab with Fruits of the Forest Sauce (HH, V, LS, LK)
- Bean Salad (HH, HE, V, LS, HK)

### Main Course

- Cumberland Sausage with Sauté Onions and Thyme Gravy (HE, HK)
- Broccoli and Almond Crepe Gratinée served with Chive Sauce (HH, V, LS)
- Omelette of your choice (V, LS, LK)
  - Plain  Cheese  Tomato  Onion  Mushroom
- Cold Poached Salmon with Mixed Salad Leaves & Lemon Mayo (HH, LS, LK)

### Vegetables

- Steamed Rice (HH, LS, LK, V)
- Vegetable of the Day (HH, V, LS)
- Mixed Salad (HH, V, LS)
- Mashed Potato (V, LS)
- Jacket Potato with fillings
  - Plain  Cheese  Butter
  - Cottage Cheese  Baked Beans  Tuna Mayo
- Brown Rice
- Wholemeal Pasta
- New Potato with Dill (HH, V, LS)
- Chipped Potato (HH, V, LS)

### Desserts

- Black Cherry Pie served with Chantilly Cream (HE, V, LK)
- Selection of Cheese x 3 (HE, V, LK)
- Fresh Fruit Platter (HH, V, LS)
- Fruit Yoghurt
- Sorbet
- Ice Cream
- Diabetic Jelly
- Natural Yoghurt

### Breads & Spreads

- White  Butter
- Brown  Low Fat Spread
- Pitta  Sunflower Margarine
- Gluten Free

### Fruit Juices

- Chilled Orange Juice
- Chilled Pineapple Juice
- Chilled Apple Juice
- Chilled Grapefruit Juice
- Chilled \*Cranberry Juice
- Chilled Tomato Juice
- Full Fat
- Low Fat

### Milk



Healthy Heart, N – Nourishing, LS – Low Salt, V – Vegetarian, LK – Low Potassium, HE – High Energy, HK – High Potassium

Some items may contain nuts or derivatives of nut products, and we use pasteurised egg in the production of our menu dishes  
Should you wish to order shell eggs you will be required to sign a disclaimer as part of our Food Safety Policy  
If you have any concerns please do not hesitate to request to speak with the Head Chef or Hotel Services Supervisor

#### Hot Beverages served after meal

If you require a meal that is not listed please contact Room Service on ext 2042

\* Cranberry products should not be taken while on Warfarin, the anticoagulant medication. For further advice speak with nursing staff for referral to dietician.