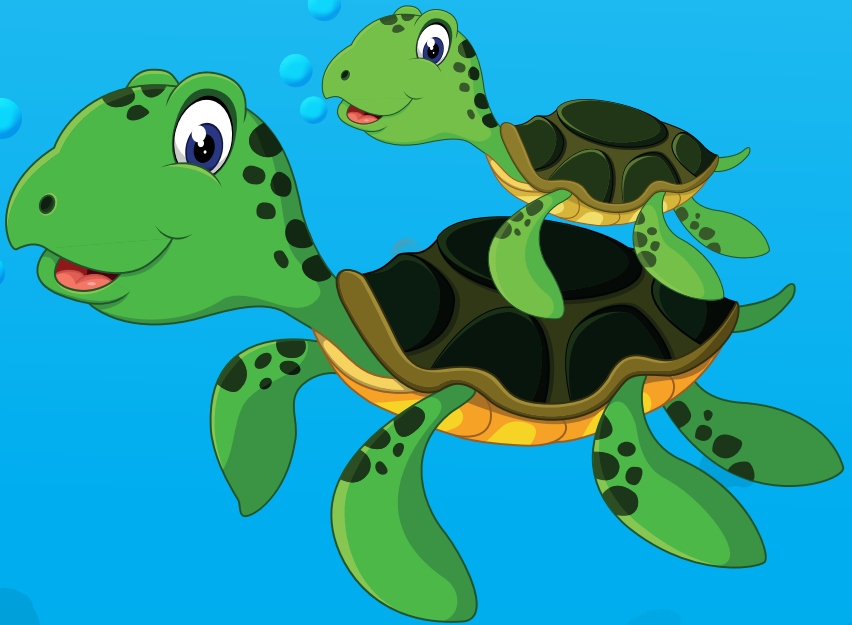




Children's Ward Menu



**Welcome to University Hospitals
Birmingham NHS Foundation Trust**

Please find enclosed your full guide to meals,
drinks & snacks. Your hostess will take your
lunch and dinner orders at your bedside.



Message for parents/carers from the catering team:

Every effort is taken at University Hospitals Birmingham to improve the quality of food offered to children by curating menus that raise standards of nutrition and freshness. Our new menu has been developed in partnership with the Children's Healthy Food Company, recognised by NHS England as the only provider of children and young people's meals with the correct nutrition for their age group. Using only the right ingredients, with no added salt or sugar, every dish is designed to support your child's recovery.

These menu selections have been trialled and tested across local schools, and we truly believe there is something for every child to enjoy – ensuring the food your child eats while in hospital is the very best it can be.

Our menu changes reflect the below :

-  By encouraging the use of locally produced ingredients and supporting British farmers and the wider economy.
-  All meat used in meal preparation are ethically sourced from farms which meet UK legal welfare standards as a minimum and is Farm Assured, such as Red Tractor.
-  We do not use any endangered fish as recognised by the Marine Conservation Society 'fish to avoid' list

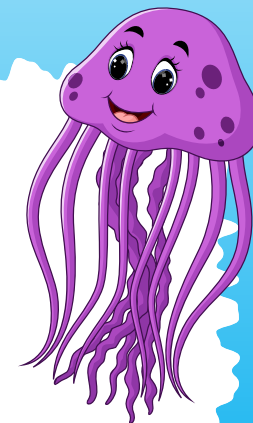
Allergy free menu is available on request. Meals are free from the 14 key allergens.

Meals and snacks are provided to all breast-feeding mothers to help them with eating a healthy balanced diet

Please note we make every effort to provide allergen free food on request, however this cannot be guaranteed as we handle all 14 allergens on the premises.

Recipes have been assessed on ingredient and allergen declaration from suppliers.

We cannot eliminate possible trace contamination of foods within Catering and Supplier environments.



Breakfast

Juices

Orange Juice

Cereals

With hot or cold milk

Cornflakes

Ready Brek

Rice Krispies

Weetabix

Fruits

Fresh Banana, Apple or Satsuma

Thick & Creamy Yoghurt

Toast, Breads & Rolls

With butter or unsaturated spread

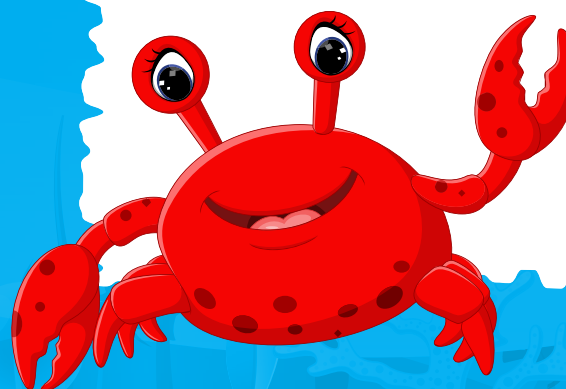
Wholemeal Bread

White Bread

Preserves

Assorted Jams

Marmalade



Snacks

A snack trolley service will be provided seven times all throughout the day

Light Snacks

Fresh Fruit

Raisins

Baby Bell

Sugar Free Jelly

Ambrosia Rice Pudding Pots

Ambrosia Custard Pots

Cheese & Crackers

Toast with a choice of butter, sunflower, spread, jam and marmalade

Cake & Biscuits

Soreen Apple Loaves

Hill Gingerbread Men Mini Packs

Lotus Biscoff and other tasty selections of cakes and Biscuits are available.

Drinks

Milk (full cream or semi skimmed served cold or warm)

Fruit Squash and No Added Sugar

Orange Juice

Milkshake Strawberry, Chocolate and Banana

Children's Lunchtime menu served Monday to Sunday

Children on the ward can have fun building their very own lunchbox by choosing their favourite filling from our lunchtime menu, then adding a selection of delicious sides and treats. It's a tasty way to give them choice and control over their meal, while ensuring they enjoy something healthy, colourful, and made just for them.

Jelly

Baby Bell

Raisins

Fresh Fruit

Full Fat Yoghurt

Cheese White

Cheese Wholemeal

Tuna Mayonnaise White

Tuna Mayonnaise Wholemeal

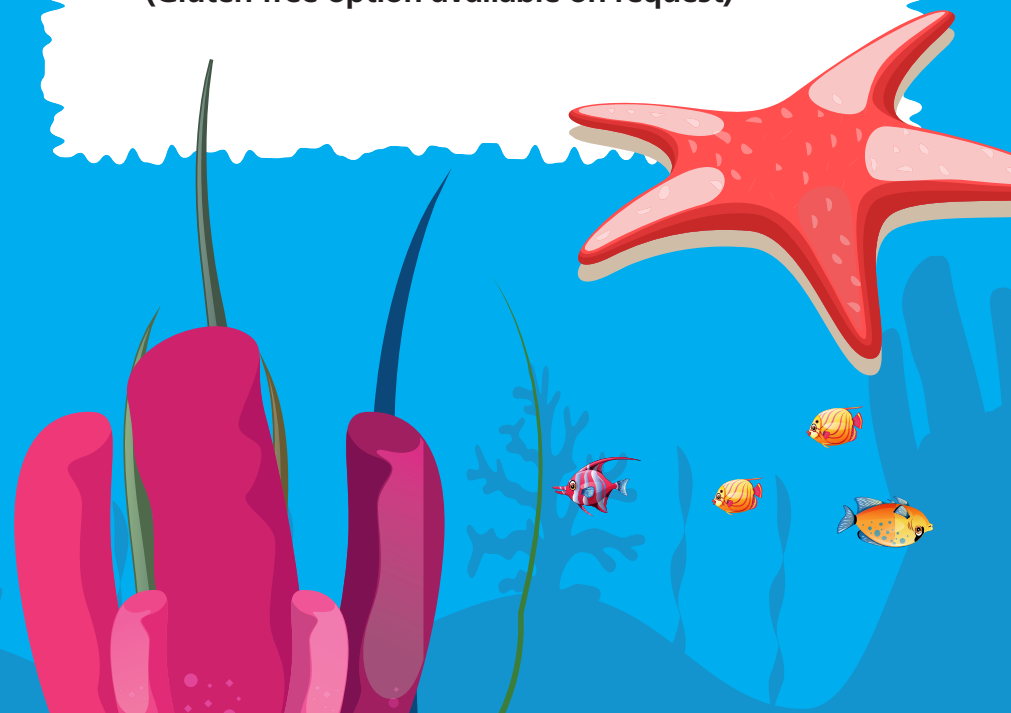
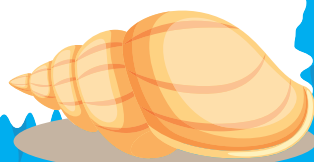
Ham White

Ham Wholemeal

Egg Mayonnaise White

Egg Mayonnaise Wholemeal

(Gluten free option available on request)



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Cultural meal selections

The dishes in our cultural menu are specially made in our very own kitchen, using only Red Tractor-approved meats that are all certified Halal. These tasty meals are full of flavour and are a great alternative to the main menu .

All selections are served with Basmati Rice.

Asian Halal

Chicken Kale & Chickpea
South Indian Beef Curry
Keralan Chicken Curry
Halal Chicken Curry

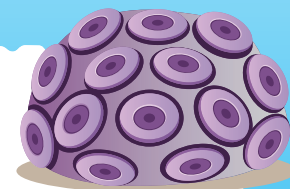
African Caribbean

Chicken Sweet Potato Hash
Caribbean Fried Spiced Fish
Caribbean Jerk Pork
Caribbean Tropical Veg Curry
Caribbean Cajun Sweet Pot Hash

Vegetarian/Vegan Selection

Keralan Makhani
Spiced braised Chickpea Curry
Sweet Potato & Butternut Korma

Missed a meal?



Snack box

If you have missed a meal and would like a snack box please inform a member of the nursing staff, you can choose from the following items:

Light Snacks

Fresh fruit
Raisins
Baby Bell
Sugar Free Jelly
Ambrosia Rice pudding pots
Ambrosia Custard Pots
Cheese & Crackers
Toast with a choice of butter, sunflower spread, jam and marmalade.

Cake & Biscuits

Soreen Apple Loaves
Hill Gingerbread Men Mini Packs
Lotus Biscoff and other tasty selections of cakes and Biscuits are available.

Out of hours

If you have missed a mealtime, please speak to a member of staff who can arrange a hot meal from our out-of-hours selection. This service is here to make sure you don't miss out on a meal, and is intended for occasions when the regular mealtime has passed.

