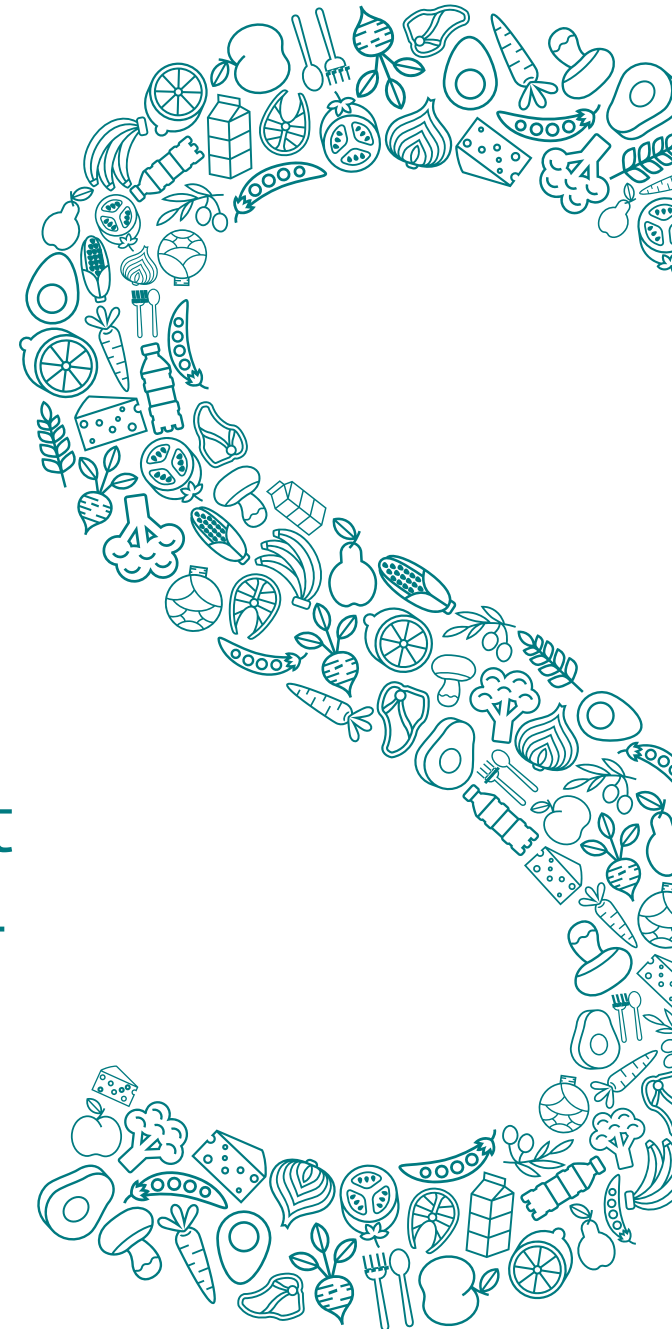




Spire Healthcare



Day patient menu 2024



All of our disposable catering cups, plates and utensils are made from plants, using renewable, lower carbon, recycled or reclaimed materials. It's compostable, which means it is designed to be commercially recycled with food waste.

Revised date: June 2024

Day patient menu

How to order your meals

We will take your meal orders. Just sit back, relax, and let us take care of everything. If your visitors require a meal, please ask for the visitor menu.

Allergens and dietary requirements

Please advise your ward host of any requirements you may have so we can cater for your needs.


Wellbeing, lifestyle and dietary

- Nutritional information is available for all dishes shown on this menu
- Indicates a dish suitable for vegetarian patients to enjoy V
- Indicates menu choices suitable for vegan patients to enjoy VG
- Suitable for coeliac patients, dishes and products labelled GF contain less than 20mg/kg gluten GF

Breakfast

Selection of cereals

Your choice of Weetabix, Kellogg's Cornflakes, Frosties, Rice Krispies, Special K, Bran Flakes and Coco Pops and porridge.


Gluten free Corn Flakes and porridge options available 

Fruit and nut muesli

Bakery, fruit yoghurt and smoothies

Croissant, freshly baked, served with butter or Flora, and preserve

Toast, white or brown bread, served with butter or Flora and preserve

Gluten-free option available 

No added sugar preserves are available upon request.

Whole fresh fruit V

Fresh fruit salad V

Stewed prunes V

Ubley natural yoghurt, low fat V


Little Town Dairy low fat, bio fruit yoghurt V

Naked Fruit smoothies V

Alpro organic soya plant based drink

Lite Bites

Soup of the day: Gluten Free

Your choice of a roll, butter or Flora or crunchy croutons, gluten-free options available 

Baked jacket potato, your choice of fillings and side salad V

Your choice of British Red Tractor mature Cheddar cheese, Heinz baked beans, grilled Mediterranean-style vegetables, crunchy coleslaw, tuna mayo, prawn Marie Rose sauce, British salt and pepper chicken, Red Tractor ham, Coronation chicken, Cannellini bean ragu or today's daily filling.

Omelette, free range eggs with your choice of fillings and side salad V

Your choice of British Red Tractor mature Cheddar cheese, onion, mushroom, tomato, grilled Mediterranean-style vegetables, British salt and pepper chicken, and Red Tractor ham.

Giant British cod fish finger

In a gluten-free ciabatta roll and accompanied with tartar sauce and mushy peas.

Sandwiches

Served Your choice, ask for today's choice of sandwiches,

wraps and paninis, served with salad and Tyrrells

gluten-free and vegan root vegetable crisps

Vegetarian, vegan, plant-based, and gluten-free

options are available.

Desserts

Sugar-free jelly V

Yarde Farm ice cream selection including plant-based vanilla V

Food Heaven's non-dairy vanilla ice cream style is available.

Sorbet selection V

Alpro organic soya plant based drink

Sicilian lemon cheesecake

Chocolate brownie V

Served with Yarde Farm plant based vanilla ice cream or Food Haven non-dairy vanilla ice cream

Drinks

Fairtrade tea and coffee

A range of styles and infusions are available.

Selection of decaffeinated drinks available.

Selection of fruit juices

Squash

Orange or blackcurrant V.