

Hotel Services Department Estates and Facilities Management

Gluten-free catering in hospital

Introduction

The Catering Department here at Addenbrooke's strives to ensure that being on a gluten-free diet does not compromise your nutritional needs whilst admitted. Below is a brief guide to our catering service and the many gluten-free options available to you. You will find that we are set up to cater for many special diets, which necessitates a well planned ordering system, making it essential that you advise us of your gluten-free diet as soon as possible on the ward, so that you can make the most of what is on offer.

Who do I tell about my gluten free diet?

The best person to tell is your nurse, who can then make the necessary arrangements by ordering meals needed imminently and informing the ward's housekeeper and dietitian, who can then guide you through the rest of your stay.

How does this catering system work?

Addenbrooke's uses a "cook-chill" system. This means that most the food is cooked off site and brought to an optimum temperature directly before it is served. We operate a 14 day menu cycle which allows you to plan in advance the food items you can expect to appear on a given day over this two week cycle.

Breakfast will be served from your own ward kitchen, which stocks a range of breakfast cereals, bread/toast and milk. Various hot and cold refreshments will be offered to you throughout the day by your ward housekeeper.

Will all the above food be gluten-free?

No. The majority of food served will actually be sent up to the ward automatically. However, we cater for many special diets, so to manage all these successfully we have different coloured menus for different dietary needs. The gluten-free menu will be the **green menu**. Please ensure you are offered this **green menu** every evening to fill in and hand back to your ward staff.

The specialist diet chefs will then process your individual gluten-free order and this will be labelled and sent up to you.

How do I fill in the green menu?

Make sure that your full name and ward number is clearly written at the top of the menu. All the gluten-free options on the green menu will have a "GF" marked next to it. Again, the majority of food available on the green menu will not be sent to the ward automatically and therefore must be ordered. Please ask a member of ward staff if you are not sure. If there is a ✓ by the food item, it means that it is on the standard menu anyway, therefore does not need to be ordered.

What kind of gluten-free food is on the green menu?

The green menu will offer hot and cold meals. These will vary depending upon which day of the 14 day cycle we are on and can all be ordered alongside a choice of potatoes (creamed, sautéed, roasted), two vegetable options, and/or a side salad if you would prefer. On some days, there will also be an option of rice and, at lunch time, a main salad. You will also find a range of gluten-free desserts and even some sweet treats you can save for your mid afternoon/evening snack, baked by the diet chefs.

What if I do not like the food available on the menu?

Don't worry! If you find yourself struggling for choice (you may be vegetarian or have other dietary restrictions) then your ward dietitian can provide you with an "Extra choice" list, full of other gluten-free main courses (including hot/cold meat and vegetarian entrees, pasta, jacket potatoes, chips, rice cakes etc.), desserts, snacks, all of which are available on a daily basis, **provided they are ordered**. On request, your ward can also stock a supply of gluten-free bread, breakfast cereals, and biscuits/crackers.

What happens if I miss a meal whilst an inpatient?

Your ward can order one of two hot gluten-free meals if you miss the main meal service. This can be ordered from our 'Lite Bite' range.

How can I obtain a gluten-free meal when I attend the hospital as an outpatient?

The Concourse shops offer a range of retail products. You need to refer to the coding on the label, as product lines change. The Spice of Life outlet in the Food Court do not code their main meals on whether or not they contain gluten, but, if you ask at the hot counter at Spice of Life, the team there will contact our patient catering department, and have a meal prepared for you from our 'Lite Bite' range.



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or

patient.information@addenbrookes.nhs.uk



Document history

Authors	Nutrition and Dietetics
Department	Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ www.cuh.org.uk
Contact number	01223 245151
Publish/Review date	September 2011/September 2014
File name	Gluten_free_catering.doc
Version number/Ref	2/PIN1823