

Ward Menu

Hospital food is an essential part of patient care. Good food can encourage patients to eat well and improve recovery from surgery or illness.





Welcome

to the ward

Our aim is to give you food that meets all your individual needs and which you enjoy.

This booklet provides you with important information about mealtimes and the various nutritious meals that we can offer you for your breakfast, lunch and evening meal.

The menu rotates in a 14 day cycle – if you are unsure which week you are in, the calendar on the back cover will tell you. If in doubt please ask a member of staff. If for any reason a food item on the menu is unavailable that day, a suitable alternative will be offered.

What's inside?

- 3** Who will be looking after me?
- 4** Don't go hungry in hospital
- 4** What to do before your meal
- 5** Meal and snack times
- 6** Special dietary requirements
- 6** Lifestyle and ethnic diets
- 7** What happens if I miss a meal?
- 7** Meal coding
- 8** Did you enjoy your meals?
- 9** **Menu Week 1**
- 16** **Menu Week 2**
- 23** Languages, large print or audio
- 24** Menu cycle calendar

Who will be looking after me?

Nursing staff will be making sure you receive the care and nutrition you need.

Nutrition assistants will look after you if you have any special dietary requirements. They will help you to order your meals and snacks and provide you with supplements if required. (Not available on all wards.)

Ward housekeepers will serve your meals, snacks and drinks. They may also hand you your menu and help you to order your food if a nutrition assistant is not available.

Don't go hungry in hospital

If you eat well in hospital you are more likely to recover from illness quickly and go home sooner.

Raise any concerns on arrival

- have you lost over 1/2 stone in the last three to six months?
- or eaten very little in the last five to ten days?

Ask to be weighed

Ask for help during mealtimes, if you:

- need help with eating and/or drinking
- can't reach your meal
- can't open containers or cut up food
- have difficulty chewing or swallowing
- have a special diet or religious beliefs

Make eating easier for yourself by:

- sitting in a chair or upright in bed
- using special eating and/or drinking aids
- asking for a puréed diet rather than solids

Ask about other nutritional support, including light snacks

What to do before your meal

Before you eat a meal or snack please make sure you...

- **Clean your hands** Hand wipes will be brought to you by a member of staff before your meal arrives. Soap, water and hand gel will be available at all times on your ward. Please make sure you clean your hands before and after you eat.
- **Check your meal table is clean** Your meal table will be cleaned before and after you eat a meal or snack. Please make sure that it is clear and that the space around you is not cluttered so your meal table is accessible to staff for cleaning.

These actions are very important to help speed up your recovery.



Meal times

Meals will be served between the following times (these may vary between wards):

- Breakfast: 8.00–9.00 am
- Lunch: 12.00–1.00 pm
- Evening meal: 5.00–6.00 pm

Drinks will be served with your meal and between the following times (these may vary between wards):

- Mid morning: 10.00–10.30 am
- Mid afternoon: 3.00–3.30 pm
- Evening: 8.00–8.30 pm

Drinking plenty of water and fluids is essential to improve your body's health. It is recommended that you should drink six to eight glasses of water a day for good health, so please ensure you regularly take little sips of water throughout the day, **unless you have been advised otherwise to restrict your fluid intake.**

Additional drinks and snacks available 24 hours a day

Additional drinks and snacks are available 24 hours a day from the ward kitchen – please ask a member of staff if you would like any of these at any time of the day or night:

- Cereals and porridge/Ready Brek
- Wholemeal and white bread/toast
- Marmalade, jam, butter, Marmite and margarine

- Biscuits, cakes, fresh fruit, yoghurts and crackers with cheese
- Hot drinks: tea, coffee, hot chocolate, malted milk drink and cup-a-soups
- Cold drinks: fruit juices, water and regular or no added sugar squashes
- Snacks are also available for a range of special diets.



Snacks are very important, especially if you are only managing small amounts of your main meal. Visitors are allowed to bring you snacks and drinks during your stay – please discuss this with the ward staff and they will tell you where you can store it.

Sandwiches

If you require any nutritional information about our sandwiches or rolls, this will be available on your ward.

Special dietary requirements

Puréed meals

If you have been advised to have a puréed diet, please choose from our selection available on the yellow diet menu.

Diabetes

If you have diabetes and are concerned or unsure about the meals and snacks you can eat, please ask a member of staff. All desserts in this menu have been labelled 'Healthy eating' if they contain less than 10g added sugar per serving. If you would like a low sugar custard to go with your chosen dessert, please inform the member of staff taking your order. If you require additional snacks for your insulin regime, please ask a member of nursing staff who will arrange this for you.

Allergies and dietary intolerances

The ward staff can inform you of the suitability of dishes for most allergies and intolerances. We also offer a separate special diet menu, which indicates alternative dishes available. Please speak to a member of staff who can organise this for you.

Coeliac Disease

Coeliac Disease is catered for via the green menu. We also offer gluten free biscuits, cakes, bread, breakfast cereals, crackers and gravy which can be ordered from the Diet Kitchen. Please speak to a member of staff who can organise this for you.

Renal diet

If you need a low potassium and/or no added salt due to renal impairment, please inform a member of staff who will help you choose from the green diet menu.

Lifestyle and ethnic diets

We aim to cater for patients who need a certain diet because of religious beliefs or lifestyle choices. We offer separate à la carte Halal, Kosher and Vegan menus. Please ask a member of staff if you require one of these menus. If you have a dietary requirement which is not mentioned in this booklet, please inform a member of staff.

Halal meals

These meals have been prepared in strict accordance with Islamic food laws, in a kitchen which uses only halal meat from a recognised halal butcher. Our supplier has Halal Food Authority (HFA) approval. These meals are purchased frozen. They are bought in individual containers which are stamped with the appropriate identifying Crescent and Star Mark. Eastern and European selections are available and there is a vegetarian option on the main menu.

Kosher meals

These meals conform to the Jewish food laws. They have been prepared under the strict supervision of the Kedassia and Kashrut Commission. These meals are purchased frozen. They are delivered in individual containers which are stamped with the appropriate identifying mark. Each meal is double wrapped and sealed, to ensure the meal remains clean during the reheating phase.

Vegan meals

All the vegan food purchased is from a dedicated vegan specialist. When your meal is being made we ensure that there is no cross contamination with non-vegan foods. These meals are also suitable for patients who are vegetarian.

What happens if I miss a meal?

If for any reason you were off the ward when the lunch or evening meals were served, we will offer you a hot (Light Bite) or cold option to make sure you receive the meal you missed. If you would like a meal from this service, please ask a member of your ward staff and they will collect one for you.

Hot option – Light Bites

If you would like a hot meal the following hot choices are available to you:

- Roast beef meal
- Roast turkey meal
- Cottage pie
- Lamb casserole
- All day breakfast
- Chicken tikka & rice
- Cod in parsley sauce
- Macaroni cheese
- Cheese and tomato pasta
- Vegetable risotto.



Cold option

The cold option offers a small range of items. A selection of the following will be available:

- A pack of sandwiches
- A yoghurt
- A piece of fresh fruit
- A cake bar

The Light Bite and cold option are available 24 hours a day. If you would like one, please ask a member of staff.




Menu information – Meal coding

S **Energy dense foods** are suitable if you have a small appetite or require food high in energy due to your illness, weight loss, surgery, etc.

H **Healthy eating options** are low in fat (including saturated fat), sugar and salt.

S **Soft foods** can be easily mashed with a fork and are suitable if you have difficulty chewing, swallowing or you have been advised to follow a soft food diet.

V **Vegetarian foods** are free from meat, poultry, fish, and gelatine.



Did you enjoy your meals?

We really value your opinion as we are constantly finding ways to provide an excellent catering service to best suit your dietary needs.

We would be very grateful if you can take some time to complete the patient feedback questionnaire included with this menu.

Patient feedback questionnaire

Any positive and negative feedback you provide will be very much appreciated. Once you've completed the questionnaire please would you fold it in half so that the address label can be seen, then hand it to a member of staff and ask them to place it in the internal post.

If you are dissatisfied with the food service and feel it needs to be addressed urgently, then please call the help desk by dialling ***2696** from your Patientline terminal as soon as possible.

Thank you for your feedback.

Lunch

Main course:

- Steak and kidney pie (with boiled potatoes **+**)
- S** Lamb shepherd's pie
- S V** Cauliflower cheese
- V** Cold hard boiled egg

accompanied by a choice of:

- V** Carrots
- V** Garden peas
- V S** Mashed swede
- V** Side salad
- S V** Creamed potatoes
- V** Boiled potatoes

Dessert:

- S V** Apricot and almond sponge (with custard **+**)
- V S** Rice pudding and sultanas
- V** Fruit **+** **V** Cheese and crackers **+** **S V** Yoghurt

Supper

Either soup:

- V S** Tomato soup

with sandwiches:

- +** **V** A selection of sandwiches

or a hot main course:

- S** Minced beef bolognaise
- V** Bean casserole

accompanied by a choice of:

- V S** Creamed potatoes
- V** Pasta shells
- V** Mixed vegetables

Dessert:

- V** Fruit jelly **+** **V** Jam doughnut
- V S** Tapioca pudding
- V** Fruit **+** **V** Cheese and crackers **+** **S V** Yoghurt

Meal Coding

+ Energy Dense

V Healthy Eating







S Soft Foods

V Vegetarian Foods









See page 7 for full details of meal coding descriptions.

Lunch












Main course:

-  Liver and onion
Roast beef and yorkshire pudding (with roast potatoes )
-    Cheese, onion and potato pie
-  Cold turkey

accompanied by a choice of:




-  Cauliflower florets
-  Green beans
-    Mashed carrots
-   Side salad
-    Creamed potatoes
-   Roast potatoes

Dessert:


-   Apple and blackberry crumble
-  Pears in syrup (with juice )
-   Fruit
-   Cheese and crackers
-    Yoghurt

Supper





Either soup:

-    Watercress soup








with sandwiches:

-    A selection of sandwiches
















or a hot main course:

-  Fish fingers
-    Macaroni cheese

accompanied by a choice of:

-    Creamed potatoes
-   Chips
-   Baked beans

Dessert:

-    Cold apricot rice
-    Rice pudding
-   Fruit
-   Raspberry yoghurt jelly
-   Cheese and crackers
-    Yoghurt

Meal Times






Breakfast: 8.00–9.00 am Lunch: 12.00–1.00 pm Supper: 5.00–6.00 pm

Times may vary between wards. Snacks also available 24hrs a day, see page 5.













Please ask your ward housekeeper for any assistance.

Lunch














Main course:

- Roast pork (with creamed potatoes )
-  Minced lamb
-    Rice and vegetable bake
- Cold salmon

accompanied by a choice of:

-  Carrots
-  Broccoli
-    Mashed cauliflower
-   Side salad
-    Creamed potatoes
-   Roast potatoes

Dessert:

-   Hot banana cake (with custard )
-    Spicy apple
-   Fruit
-   Cheese and crackers
-    Yoghurt

Supper





Either soup:

-    Vegetable soup







with sandwiches:

-    A selection of sandwiches
















or a hot main course:

-  Sausages and onion
-    Scrambled egg

accompanied by a choice of:

-    Creamed potatoes
-    Plum tomatoes

Dessert:

-    Crème caramel
-    Semolina
-   Pear with reduced sugar chocolate mousse
-   Fruit
-   Cheese and crackers
-    Yoghurt






Meal Coding

-  Energy Dense
-  Healthy Eating
-  Soft Foods
-  Vegetarian Foods












See page 7 for full details of meal coding descriptions.

Lunch













Main Course:

-   Beef lasagne
-  Chicken casserole
-  Sweetcorn and mushroom pasta
-  Cold beef

accompanied by a choice of:




-    Mashed swede
-  Garden peas
-   Side salad
-    Creamed potatoes
-   Boiled potatoes

Dessert:




-   Bread and butter pudding
-   Stewed plums in syrup (with juice )
-   Fruit
-   Cheese and crackers
-    Yoghurt

Supper






Either soup:

-    Mushroom soup





with sandwiches:

-    A selection of sandwiches
















or a hot main course:

-   Lamb casserole and vegetables
-    Plain omelette

accompanied by a choice of:

-    Creamed potatoes
-  Broccoli

Dessert:

-    Cold apple and raspberry rice
-    Rice pudding and sultanas
-  Peaches in syrup (with juice )
-   Fruit
-   Cheese and crackers
-    Yoghurt

Meal Times

Breakfast: 8.00–9.00 am Lunch: 12.00–1.00 pm Supper: 5.00–6.00 pm

Times may vary between wards. Snacks also available 24hrs a day, see page 5.

Please ask your ward housekeeper for any assistance.

Lunch

Main course:

- S** Beef cottage pie
Fried cod
(with chips **+**)
- S V** Cauliflower cheese
Sliced ham (**V**) and egg

accompanied by a choice of:

- V** Carrots
- V** Swede
- S V** Mushy peas
- V** Side salad
- V S** Creamed potatoes
- +** **V** Chips

- Dessert: **+** **S V** Apple sponge
V S V Semolina
V V Fruit **+** **V** Cheese and crackers **+** **S V** Yoghurt

Supper

Either soup:

- V S V** Leek soup

with sandwiches:

- +** **V** A selection of sandwiches

or a hot main course:

- +** Sausage roll
- S V** Cauliflower and
broccoli pasta

accompanied by a choice of:

- V S V** Creamed potatoes
- V S V** Mashed carrots and swede

- Dessert: **+** **S V** Cherry cheesecake **V S V** Cold pear fool
V S V Rice pudding
V V Fruit **+** **V** Cheese and crackers **+** **S V** Yoghurt

Meal Coding

- +** Energy Dense
- V** Healthy Eating
- S** Soft Foods
- V** Vegetarian Foods

See page 7 for full details of meal coding descriptions.

Lunch

Main Course:

- S** **V** Minced beef and vegetable stew
- +** Sausage casserole
- V** **V** Vegetable and bean cottage pie
- Cold turkey and cranberry sauce

accompanied by a choice of:

- V** Green beans
- S** **V** **V** Mashed cauliflower
- V** Cabbage
- V** **V** Side salad
- V** **S** **V** Creamed potatoes
- +** Fried diced potatoes

Dessert:

- +** **V** Blackcurrant and apple pie
- V** Fruit jelly
- V** **V** Fruit
- +** **V** Cheese and crackers
- +** **S** **V** Yoghurt

Supper

Either soup:

- V** **S** **V** Asparagus soup

with sandwiches:

- +** **V** **V** A selection of sandwiches

or a hot main course:

- S** Lamb shepherd's pie
- +** **V** **V** Vegetable bake

accompanied by a choice of:

- V** **S** **V** Creamed potatoes
- V** Garden peas

Dessert:

- +** **S** **V** Raspberry blancmange
- V** **S** **V** Tapioca pudding
- V** Fruit cocktail in syrup (with juice **V**)
- V** **V** Fruit
- +** **V** Cheese and crackers
- +** **S** **V** Yoghurt

Meal Times






Breakfast: 8.00–9.00 am Lunch: 12.00–1.00 pm Supper: 5.00–6.00 pm

Times may vary between wards. Snacks also available 24hrs a day, see page 5.

Please ask your ward housekeeper for any assistance.

Lunch













Main Course:

- Roast beef and Yorkshire pudding
-   Cod in tomato sauce
-   Mushroom and nut bake
-  Cheese and pineapple salad

accompanied by a choice of:




-  Baby carrots
-  Brussels sprouts
-    Mashed swede
-   Side salad
-    Creamed potatoes
-   Roast potatoes

Dessert:

-   Sticky toffee pudding
-    Spicy apple
-   Fruit
-   Cheese and crackers
-    Yoghurt

Supper





Either soup:

-    Cauliflower and broccoli soup





with sandwiches:

-    A selection of sandwiches















or a hot main course:

-  Chicken in breadcrumbs
-    Filled pasta with cheese sauce

accompanied by a choice of:

-    Creamed potatoes
-  Broccoli

Dessert:

-   Blackcurrant cheesecake
-   Mandarins in syrup (with juice)
-   Fruit
-    Rice pudding and sultanas
-   Cheese and crackers
-    Yoghurt







Meal Coding

-  Energy Dense
-  Healthy Eating
-  Soft Foods
-  Vegetarian Foods













See page 7 for full details of meal coding descriptions.

Lunch













Main course:

-  Lamb in cider with dumplings
-  Minced pork and veg
-    Cheese, onion and potato pie
-  Cold ham

accompanied by a choice of:



-  Green beans
-  Carrots
-    Mashed cauliflower
-   Side salad
-    Creamed potatoes
-   Boiled potatoes

Dessert:

-   Chocolate sponge (with custard )
-  Peaches in syrup (with juice )
-   Fruit   Cheese and crackers    Yoghurt

Supper




Either soup:

-    Asparagus soup





with sandwiches:

-    A selection of sandwiches















or a hot main course:

-   Cod in parsley sauce
-  Vegetable stroganoff

accompanied by a choice of:

-    Creamed potatoes
-  Mixed vegetables

Dessert:

-    Cold apricot rice  Pears in jelly
-    Semolina
-   Fruit   Cheese and crackers    Yoghurt

Meal Times

Breakfast: 8.00–9.00 am Lunch: 12.00–1.00 pm Supper: 5.00–6.00 pm

Times may vary between wards. Snacks also available 24hrs a day, see page 5.

Please ask your ward housekeeper for any assistance.

Lunch

Main course:

- Fish fingers
(with chips **+**)
- ♥** Chicken curry
- ♥ S V** Plain omelette
- S** Tuna mayonnaise

accompanied by a choice of:

- V** Garden peas
- V** Swede
- S ♥ V** Mashed carrots
- ♥ V** Side salad
- ♥ S V** Creamed potatoes
- ♥ V** White rice
- + V** Chips

Dessert:

- + V** Apple crumble
- ♥ S V** Strawberry whip and fruit
- ♥ V** Fruit
- + V** Cheese and crackers
- + S V** Yoghurt

Supper

Either soup:

- ♥ S V** Tomato soup

with sandwiches:

- + ♥ V** A selection of sandwiches

or a hot main course:

- ♥ S** Minced beef with vegetables
- V** Vegetable curry

accompanied by a choice of:

- ♥ S V** Creamed potatoes
- ♥ V** White rice
- V** Green beans

Dessert:

- S V** Banana cream
- ♥ S V** Rice pudding
- V** Apricots in syrup (with juice **♥**)
- ♥ V** Fruit
- + V** Cheese and crackers
- + S V** Yoghurt






Meal Coding

- +** Energy Dense
- ♥** Healthy Eating
- S** Soft Foods
- V** Vegetarian Foods













See page 7 for full details of meal coding descriptions.

Lunch












Main course:

-  Chicken and ham pie
-   Cod in parsley sauce
-   Cheese, mushroom and potato pie
- Cold roast turkey and cranberry

accompanied by a choice of:




-  Green beans
-  Mixed vegetables
-    Mashed cauliflower
-   Side salad
-    Creamed potatoes
-   Sauté potatoes

Dessert:


-   Sticky toffee pudding
-  Fruit cocktail in syrup (with juice )
-   Fruit
-   Cheese and crackers
-    Yoghurt

Supper





Either soup:

-    Watercress soup






with sandwiches:

-    A selection of sandwiches

















or a hot main course:

-  Sausage and onion
-    Scrambled egg

accompanied by a choice of:

-    Creamed potatoes
-   Baked beans

Dessert:

-    Cold apple and raspberry rice
-    Cold pear fool
-    Tapioca pudding
-   Fruit
-   Cheese and crackers
-    Yoghurt

Meal Times






Breakfast: 8.00–9.00 am Lunch: 12.00–1.00 pm Supper: 5.00–6.00 pm

Times may vary between wards. Snacks also available 24hrs a day, see page 5.













Please ask your ward housekeeper for any assistance.














Lunch

Main course:

-  Liver and bacon casserole
-  Chicken in breadcrumbs
-   Cheese and tomato pasta
-  Cold salmon


accompanied by a choice of:

-  Garden peas
-  Cauliflower
-    Mashed carrots and swede
-   Side salad
-    Creamed potatoes
-   Roast potatoes

- Dessert:
-   Jam sponge (with custard )
 -    Spicy apple
 -   Fruit
 -   Cheese and crackers
 -    Yoghurt

Supper






Either soup:

-    Vegetable soup





with sandwiches:







-    A selection of sandwiches

or a hot main course:

-   Minced beef casserole
-    Macaroni cheese

accompanied by a choice of:

-    Creamed potatoes
-  Carrots

- Dessert:
-   Jelly and mandarins
 -    Semolina
 -  Fruit trifle
 -   Fruit
 -   Cheese and crackers
 -    Yoghurt







Meal Coding

-  Energy Dense
-  Healthy Eating
-  Soft Foods
-  Vegetarian Foods











See page 7 for full details of meal coding descriptions.














Lunch

Main course:

-  Chicken casserole
-   Fish pie
-    Creamy mushroom pasta
- Pork pie with egg




accompanied by a choice of:

-  Baby carrots
-  Cabbage
-    Mushy peas
-  Side salad
-    Creamed potatoes
-   Fried sliced potatoes with onion

- Dessert:    Jam roly poly
-    Smooth rice pudding
-   Fruit   Cheese and crackers    Yoghurt

Supper




Either soup:

-    Mushroom soup






with sandwiches:














-   A selection of sandwiches

or a hot main course:

-  Beef cottage pie
-   Vegetable and cheese burger

accompanied by a choice of:

-    Creamed potatoes
-   Baked beans

- Dessert:   Blackcherry swiss roll   Rice pudding
-   Orange milk jelly
-   Fruit   Cheese and crackers    Yoghurt

Meal Times






Breakfast: 8.00–9.00 am Lunch: 12.00–1.00 pm Supper: 5.00–6.00 pm

Times may vary between wards. Snacks also available 24hrs a day, see page 5.










Please ask your ward housekeeper for any assistance.

Lunch












Main course:

-  Beef and onion pie
-  Chicken in herb sauce
-   Cauliflower cheese
-  Cold salmon

accompanied by a choice of:



-  Cabbage
-  Mixed vegetables
-    Mashed carrots
-   Side salad
-    Creamed potatoes
-   Sauté potatoes

Dessert:



-   Lemon sponge (with custard )
-  Fruit jelly
-   Fruit   Cheese and crackers    Yoghurt

Supper




Either soup:

-    Leek soup







with sandwiches:

-    A selection of sandwiches















or a hot main course:

-  Beef bolognaise sauce
-   Ratatouille

accompanied by a choice of:

-    Creamed potatoes
-   Pasta shells
-  Carrots

Dessert:

-   Raspberry cheesecake    Cold peach fool
-   Apple and raspberry rice pudding
-   Fruit   Cheese and crackers    Yoghurt






Meal Coding

-  Energy Dense
-  Healthy Eating
-  Soft Foods
-  Vegetarian Foods

See page 7 for full details of meal coding descriptions.

Lunch













Main course:

-  Roast chicken breast and stuffing balls
-   Cod in parsley sauce
-  Vegetable lasagne
-  Ham and pineapple

accompanied by a choice of:




-  Swede
-    Mashed cauliflower
-  Brussels sprouts
-   Cucumber salad
-    Creamed potatoes
-   Roast potatoes

Dessert:



-   Syrup sponge (with custard )
-  Pineapple in syrup (with juice )
-   Fruit   Cheese and crackers    Yoghurt

Supper


Either soup:

-    Cauliflower and broccoli soup







with sandwiches:

-    A selection of sandwiches















or a hot main course:

-  Minced lamb
-  Vegetable curry

accompanied by a choice of:

-    Creamed potatoes
-   White rice
-  Broccoli

Dessert:

-  Tropical cheesecake    Cold apricot fool
-    Smooth rice pudding
-   Fruit   Cheese and crackers    Yoghurt

Meal Times

Breakfast: 8.00–9.00 am Lunch: 12.00–1.00 pm Supper: 5.00–6.00 pm

Times may vary between wards. Snacks also available 24hrs a day, see page 5.

Please ask your ward housekeeper for any assistance.

Other languages, large print or audio

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

Polish: Informacje te można otrzymać w innych językach, w wersji dużym drukiem lub audio. Zamówienia prosimy składać pod numerem: 01223 216032 lub wysyłając e-mail: patient.information@addenbrookes.nhs.uk

Portuguese: Se precisar desta informação num outro idioma, em impressão de letras grandes ou formato áudio por favor telefone para o 01223 216032 ou envie uma mensagem para: patient.information@addenbrookes.nhs.uk

Russian: Если вам требуется эта информация на другом языке, крупным шрифтом или в аудиоформате, пожалуйста, обращайтесь по телефону 01223 216032 или на вебсайт patient.information@addenbrookes.nhs.uk

Cantonese: 若你需要此信息的其他語言版本、大字體版或音頻格式，請致電 01223 216032 或發郵件到：patient.information@addenbrookes.nhs.uk

Turkish: Bu bilgiyi diger dillerde veya baskılı ya da sesli formatta isterseniz lütfen su numaradan kontak kurun: 01223 216032 veya asagıdaki adrese e-posta gönderin: patient.information@addenbrookes.nhs.uk

Bengali:

এই তথ্য বাংলায়, বড় অক্ষরে বা অডিও টেপে পেতে চাইলে দয়া করে 01223 216032 নম্বরে ফোন করুন বা patient.information@addenbrookes.nhs.uk ঠিকানায় ই-মেইল করুন।

Document History

Authors	Carin Charlton, Helen Davies and Victoria Ebsworth
Department	Estates and Facilities, Addenbrooke's Hospital, Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ www.cuh.org.uk
Telephone	01223 274346
Published	June 2010
Review Date	June 2012
Supersedes	Version 1 – Addenbrooke's Ward Menu, DME Menu – January 2007
File Name	Media Studio – DME Ward Menu 102507/12.10 5k
Version No.	Version 2
Reference	PIN2628

Menu cycle calendar

The calendar below shows the dates of the fortnightly menu cycle. Please refer to this if you are unsure of whether you are currently in **Week 1** or **Week 2** of the cycle.



2011	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W															
Jan						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
Feb	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28											
Mar	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31								
Apr					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30					
May							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
Jun				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30						
Jul							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
Aug	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31								
Sept				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30						
Oct							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
Nov										1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Dec				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					

Week 1 Week 2