



week one

1

nhs grampian  
**pictorial**  
menus



week

## Staff information

### Introduction

The menus have been developed to help people understand the meals that are available during their hospital stay. Each booklet shows the options available for lunch and evening meals with a full colour photograph.

**The menus can be used with people who have difficulty reading or understanding, which may be due to:**

- a learning disability
- communication impairment
- aphasia
- a cognitive impairment e.g. dementia
- neurological conditions
- English as a second language.

**What you can do to help people to understand:**

- make sure you have the person's attention
- explain the choices slowly and clearly
- point to the pictures
- check that the person has understood, if not explain.

### Helping the person to communicate their choice

**Encourage the person to indicate their choices in any way they can:**

- speaking
- pointing
- 'yes' and 'no' questions.

## Patient information

### Choosing Your Meals

These are pictures of meals you can have when you are in hospital. You can choose what you want to eat at meal times. If you need help to choose, please ask a member of staff.

**Lunch you can choose:**

- soup
- main course
- vegetable option.

**Evening Meal you can choose:**

- main course
- vegetable option
- pudding.

### Finger Food

**Lunch you can choose:**

- main course.

**Evening Meal you can choose:**

- main course
- pudding.

MONDAY

# MONDAY

# LUNCH

Soup



Lentil Soup

Main Course



Chilli Con Carne



Roast Chicken,  
Gravy, Stuffing

Main Course



Cheesy Bubble & Squeak



Ham Salad

# WEEK 1

Options



Carrots



Sweetcorn

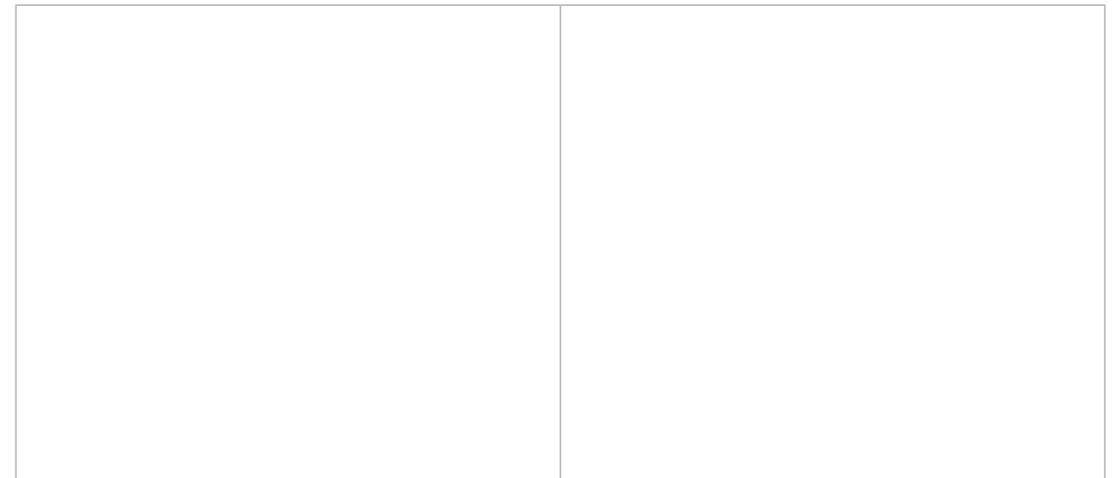
Options



Boiled Rice



Potatoes



# MONDAY

# EVENING

Main Course



Braised Beef



Smoked Haddock with Mild Mustard Sauce

Main Course



Swedish Style Quorn Balls & BBQ Sauce



Cheese Salad

Options



Green Beans



Potatoes

# WEEK 1

pudding



Rice Pudding



Jelly

pudding



Ice Cream



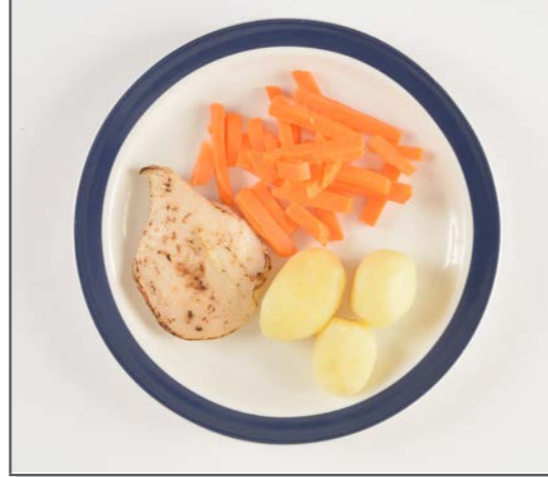
Fruit Cocktail

# MONDAY

# FINGER FOOD

Main Course

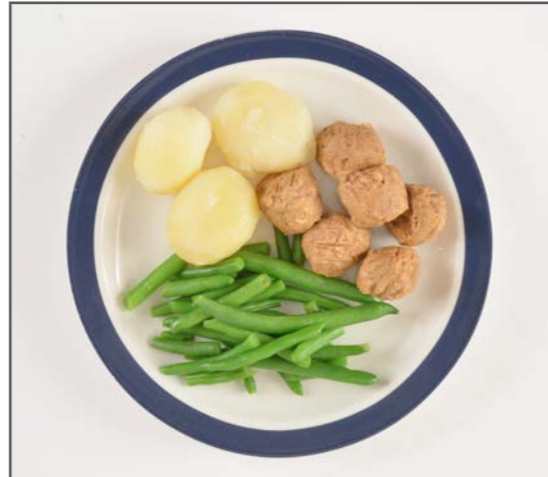
LUNCH



Grilled Chicken

Main Course

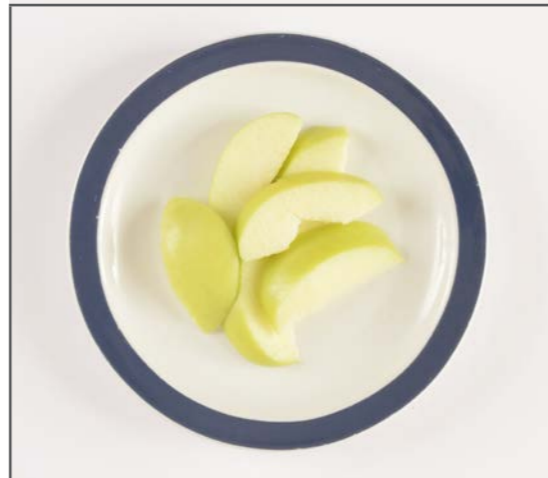
EVENING



Swedish Style  
Quorn Balls

Pudding

EVENING



Apple

# TUESDAY

Soup



Carrot and Coriander Soup

Main Course



Haggis



Mince and Yorkshire Pudding

Main Course



Vegetable and Coconut Curry



Turkey Salad

Options



Mashed Turnip



Cauliflower

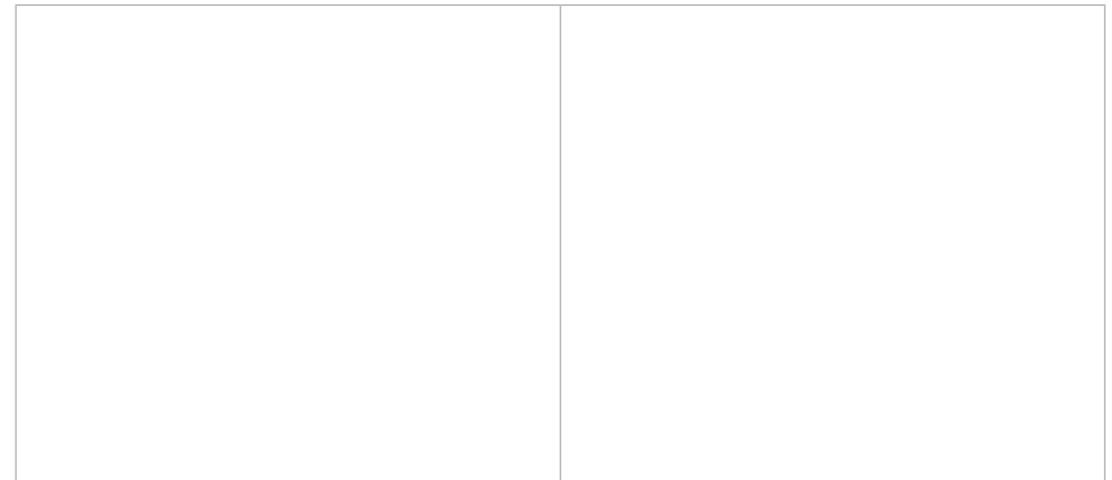
Options



Boiled Rice



Mashed Potatoes



# TUESDAY

# EVENING

Main Course



Chicken Chow Mein



Stovies and Oatcakes

Main Course

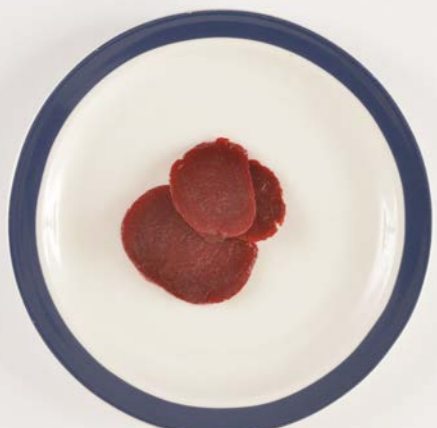


Cauliflower Cheese



Tuna Salad

Options



Beetroot



Garden Peas

# WEEK 1

Options



Potato Noisettes

Pudding



Jam Sponge



Custard

Pudding



Mousse



Mandarins

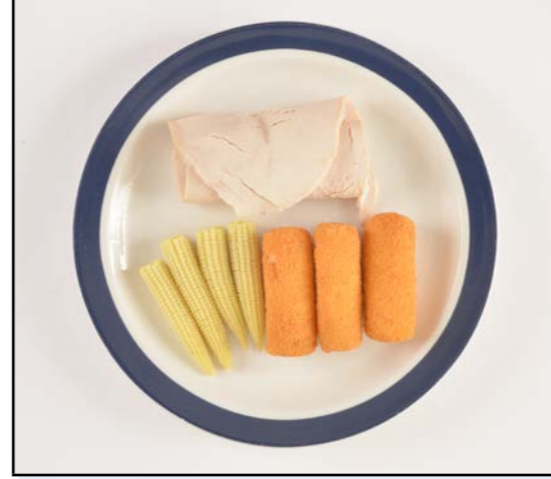


# TUESDAY

# FINGER FOOD

Main Course

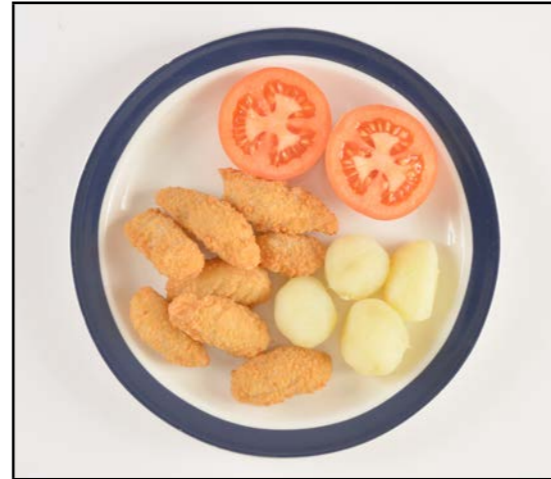
LUNCH



Cold Roast Turkey

Main Course

EVENING



Scampi

Pudding

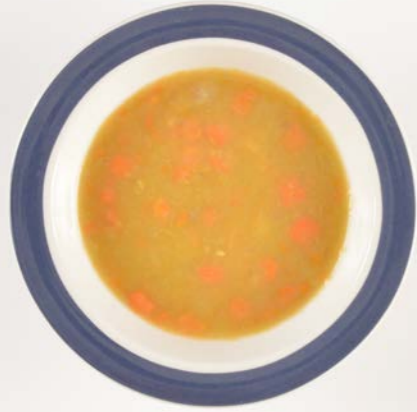
EVENING



Chocolate Éclairs

# Wednesday

Soup



Green Pea Soup

Main Course



Braised Pork with Apple and Vegetables



Fish Mornay

Main Course



Vegetable Country Bake



Cold Savoury Quiche Salad

Options



Broccoli



Carrots

Options



Potatoes

# WEDNESDAY

# EVENING

Main Course



Liver and Bacon Casserole



Homemade Chicken and Gravy Pie

Main Course



Haggis



Ham Salad

Options



Mixed Vegetables



Mashed Potatoes

# WEEK 1

pudding



Semolina



Jelly

pudding



Ice Cream



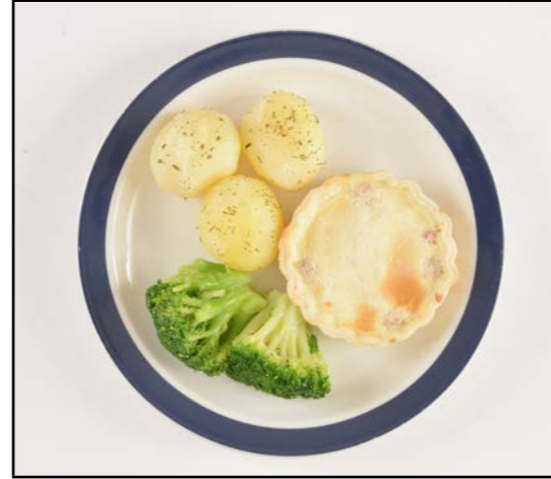
Pears

# WEDNESDAY

# FINGER FOOD

Main Course

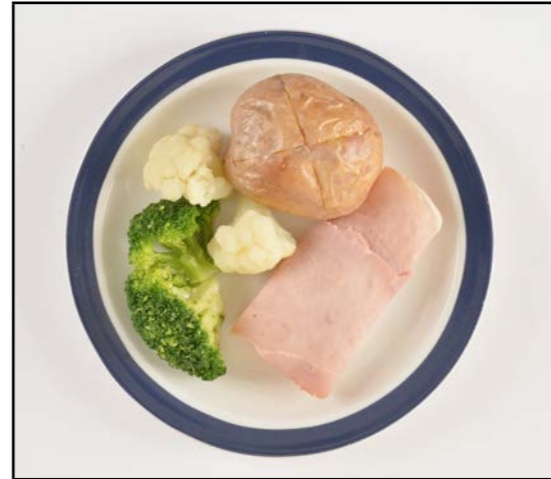
LUNCH



Savoury Quiche

Main Course

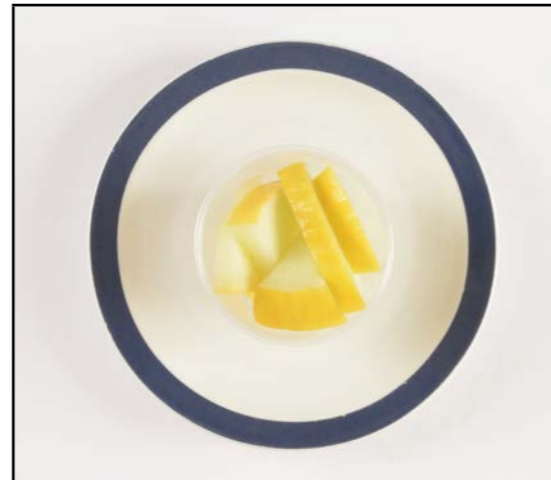
EVENING



Honey Roast Ham

Pudding

EVENING



Melon

# THURSDAY

Soup



Leek and Potato Soup

Main Course



Sweet and Sour Chicken



Braised Sausages

Main Course



Quorn and Vegetable Stir Fry



Roast Beef Salad

Options



Green Beans

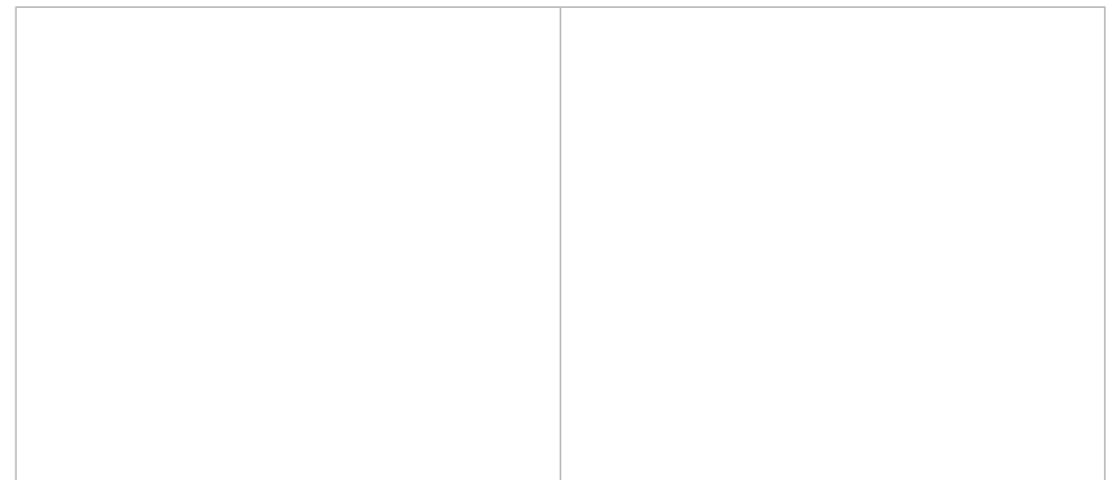
Options



Boiled Rice



Mashed Potatoes



# THURSDAY

# EVENING

Main Course



Mince



Pork and Bean Casserole

Main Course



Macaroni Cheese



Ploughman's Salad

Options



Peas and Sweetcorn



Potatoes

# WEEK 1

pudding



Apple Crumble



Custard

pudding



Mousse



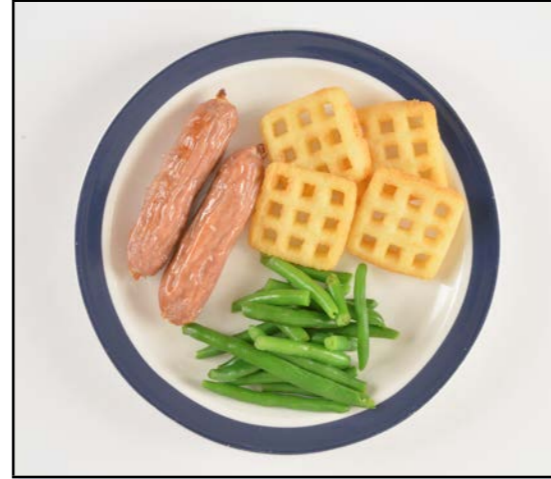
Pineapple

# THURSDAY

# FINGER FOOD

Main Course

LUNCH



Grilled Sausages

Main Course

EVENING



BBQ King Rib

Pudding

EVENING



Cherry Bakewell

# FRIDAY

Soup



Vegetable Soup

Main Course



Fried Haddock



Chicken Curry

Main Course



Cauliflower Cheese Sauce



Roast Pork Salad

Options



Garden Peas



Boiled Rice

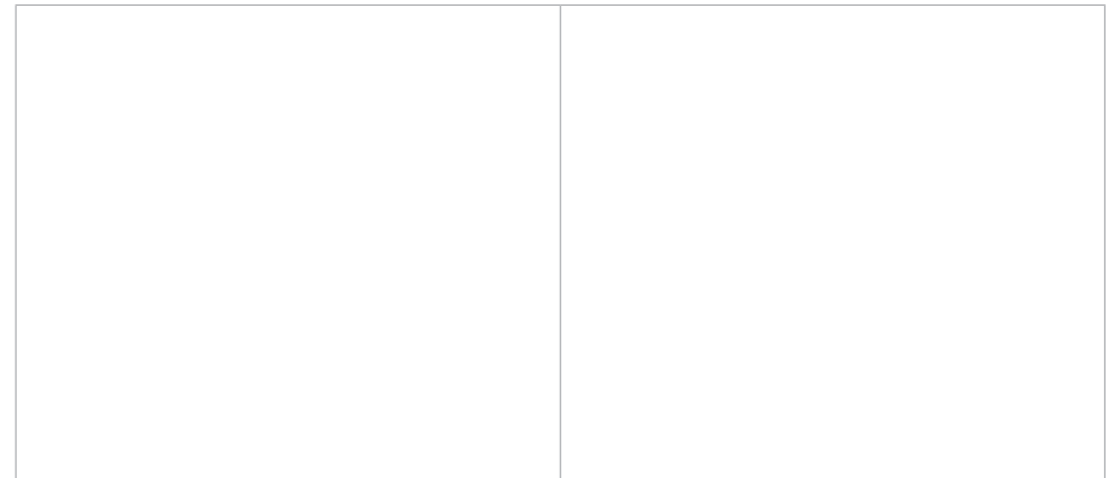
Options



Potatoes



Chips

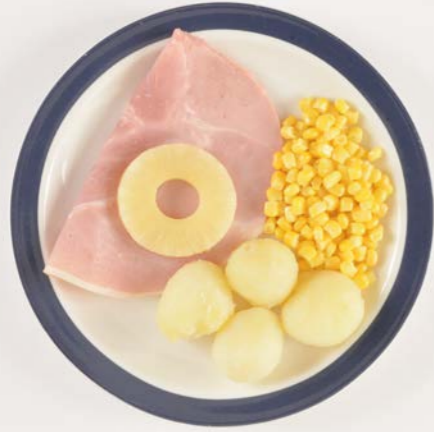




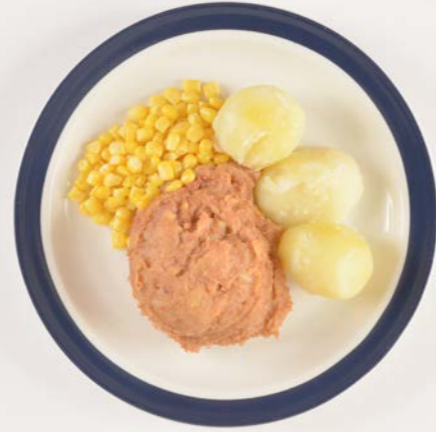
# FRIDAY

# EVENING

Main Course



Baked Gammon and Pineapple



Corned Beef Hash

Main Course



Mushroom Stroganoff



Soused Herring Salad

Options



Sweetcorn

# WEEK 1

Options



Boiled Rice



Potatoes

Pudding



Sago



Jelly

Pudding



Ice Cream



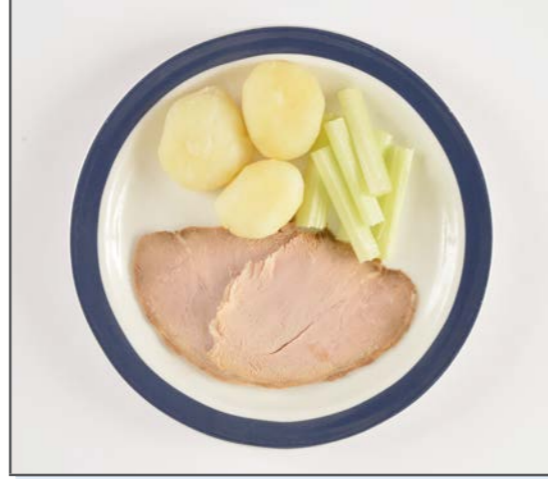
Peaches

# FRIDAY

# FINGER FOOD

Main Course

LUNCH



Cold Roast Pork

Main Course

EVENING



Gammon Steak and Pineapple

Pudding

EVENING



Apple Pie

Saturday

**Soup**



Scotch Broth Soup

**Main Course**



Mince



Hot Quiche Lorraine

**Main Course**



Mixed Bean Hotpot



Corned Beef Salad

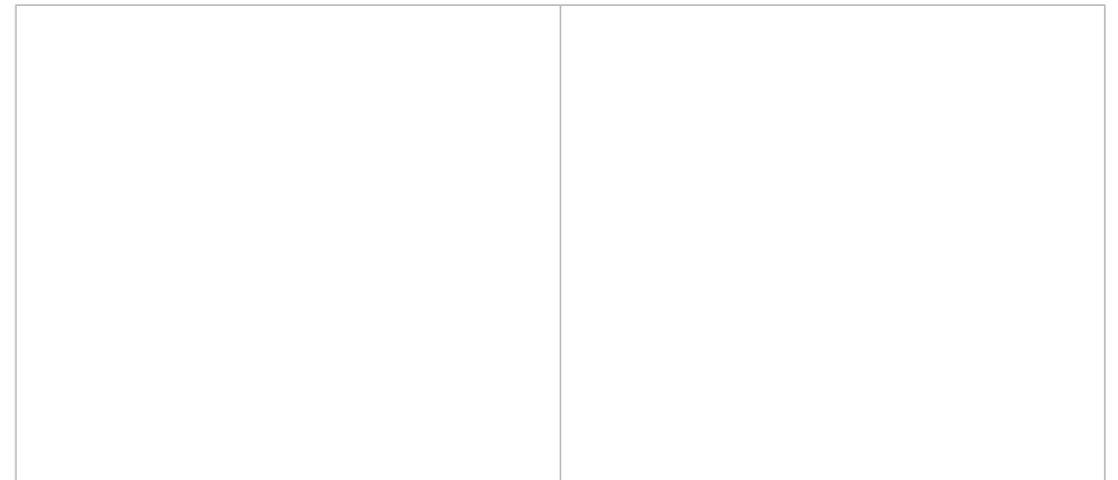
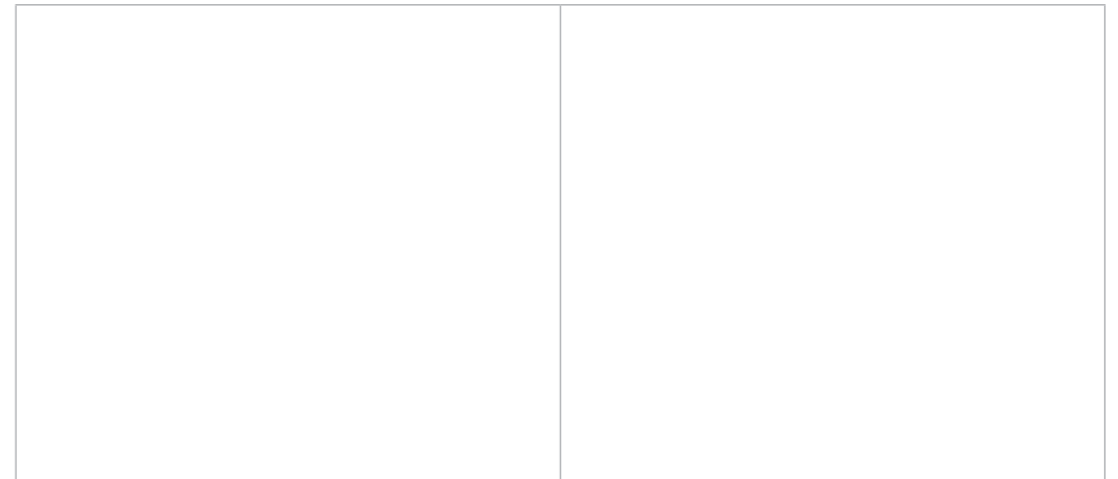
**Options**



Mixed Vegetables



Mashed Potatoes



# SATURDAY

# EVENING

Main Course



Braised Hamburger



Poached Smoked Haddock

Main Course



Cheese and Chive Topped Pasta



Pork Pie Salad

Options



Broccoli



Mashed Potatoes

# WEEK 1

pudding



Blueberry Muffin



Custard

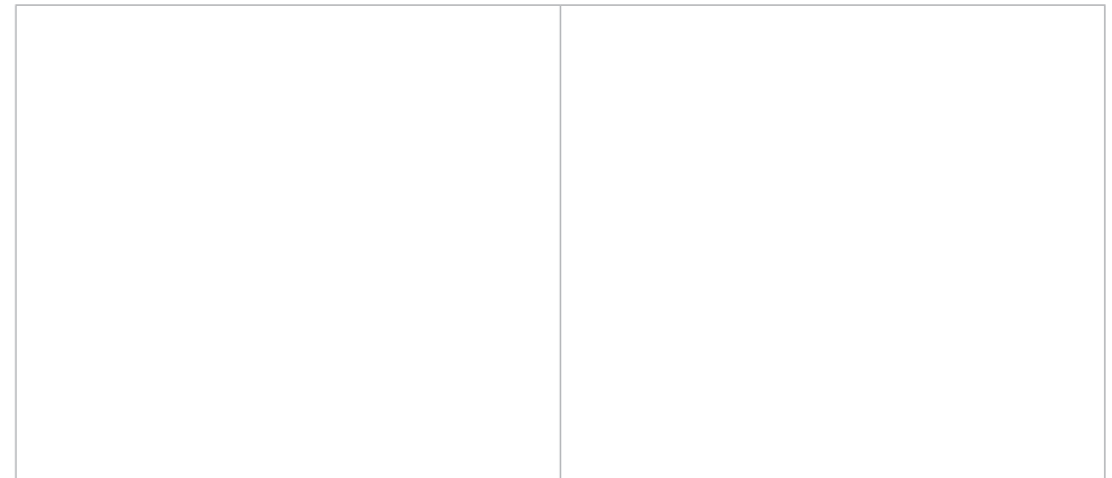
pudding



Mousse



Fruit Cocktail



# SATURDAY

# FINGER FOOD

Main Course

LUNCH



Turkey Meatballs

Main Course

EVENING



Pork Pie

Pudding

EVENING



Blueberry Muffin

# SUNDAY

# SUNDAY

# LUNCH

Soup



Yellow Pea Soup

Main Course



Roast Beef and Yorkshire Pudding



Pasta Bolognese

Main Course



Macaroni Cheese



Salmon Salad

# WEEK 1

Options

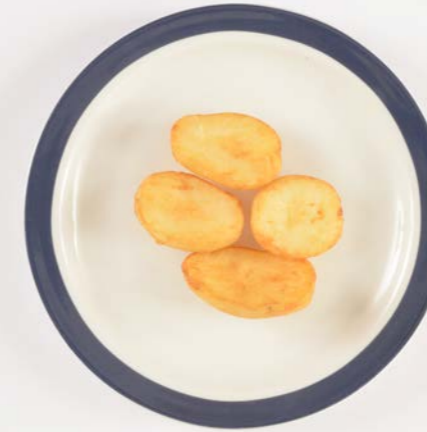


Carrots



Savoy Cabbage

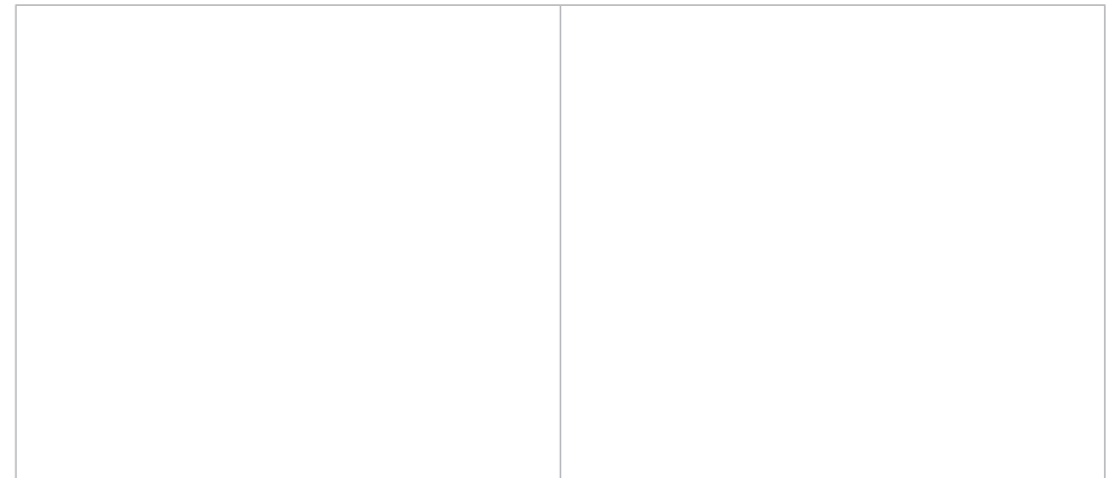
Options



Roast Potatoes



Mashed Potatoes



# SUNDAY

# EVENING

Main Course

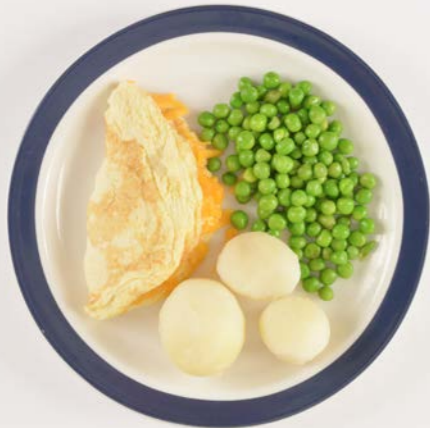


Fish Cake



Chicken and Vegetable Casserole

Main Course



Cheese Omelette



Ham Salad

Options



Garden Peas



Potatoes

# WEEK 1

Pudding



Strawberry Gateau



Jelly

Pudding



Ice Cream



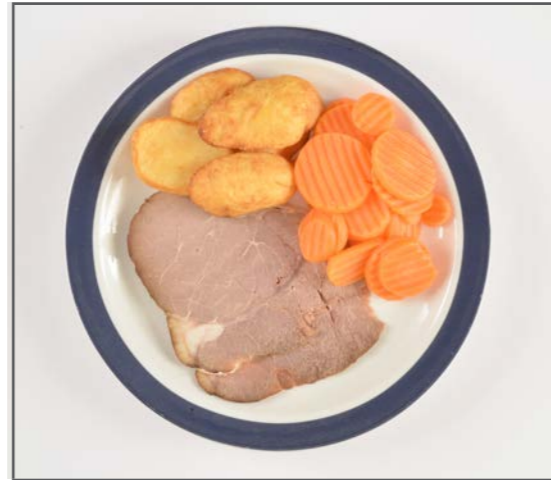
Apricots

# SUNDAY

# FINGER FOOD

Main Course

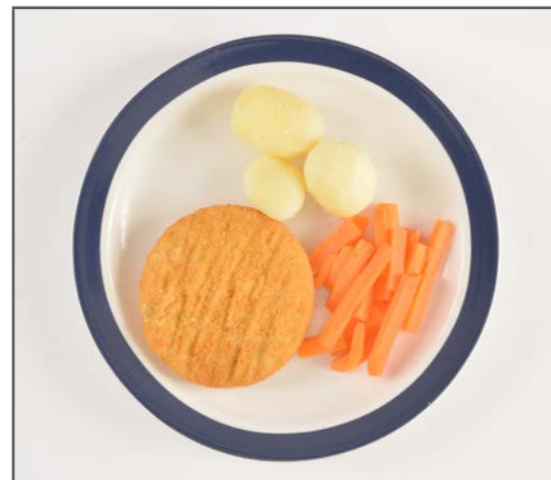
LUNCH



Roast Beef

Main Course

EVENING



Fish Cake

Pudding

EVENING



Oatcakes and Cheese



For more information please visit  
[www.nhsgrampian.org/pictorialmenus](http://www.nhsgrampian.org/pictorialmenus)

Credits

NHS Grampian

Catering Department • Dietetics Department

Speech and Language Therapy Department

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NHS Grampian Pictorial Menu [Week 1](#)

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