



WEEK THREE

3

nhs grampian
pictorial
menus



week

3

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



Green Pea Soup

Main Course



Chicken Casserole



Beef Olives

Main Course



Vegetable and Bean Hotpot



Quiche Salad

WEEK 3

Options



Carrots

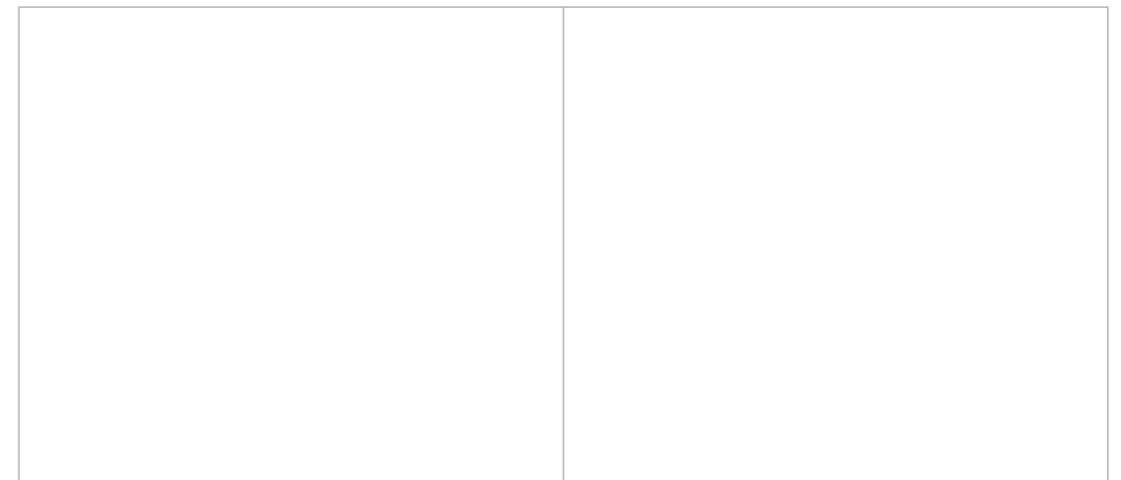


Broccoli

Options



Potatoes



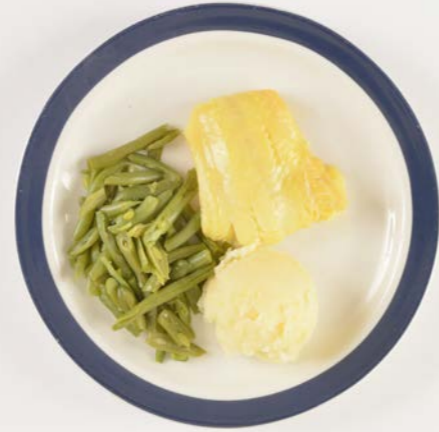
MONDAY

EVENING

Main Course



Homemade Mince Pie



Smoked Haddock

Main Course



Red Thai Vegetable Curry



Roast Pork Salad

Options



Green Beans

WEEK 3

Options



Boiled Rice



Mashed Potatoes

Pudding



Sago

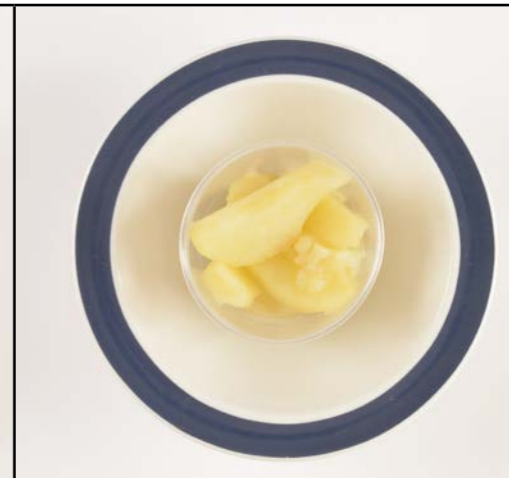


Jelly

Pudding



Ice Cream



Apple

MONDAY

FINGER FOOD

Main Course

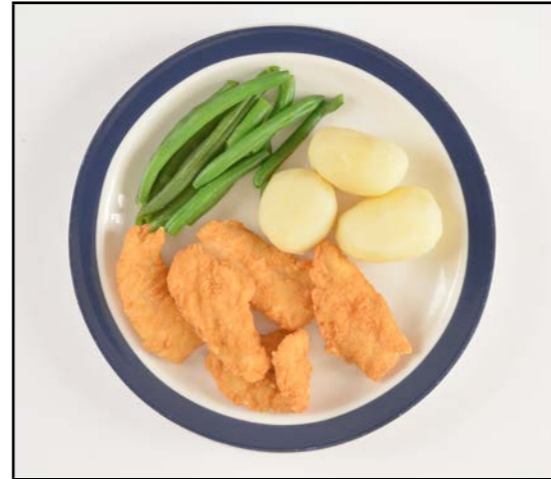
LUNCH



Quiche

Main Course

EVENING



Southern Chicken Strips

Pudding

EVENING



Pear

TUESDAY

TUESDAY

LUNCH

Soup



Lentil Soup

Main Course



Braised Beef Steak with Vegetable Gravy



Sweet and Sour Pork

Main Course



Macaroni Cheese



Salmon Salad

WEEK 3

Options



Garden Peas

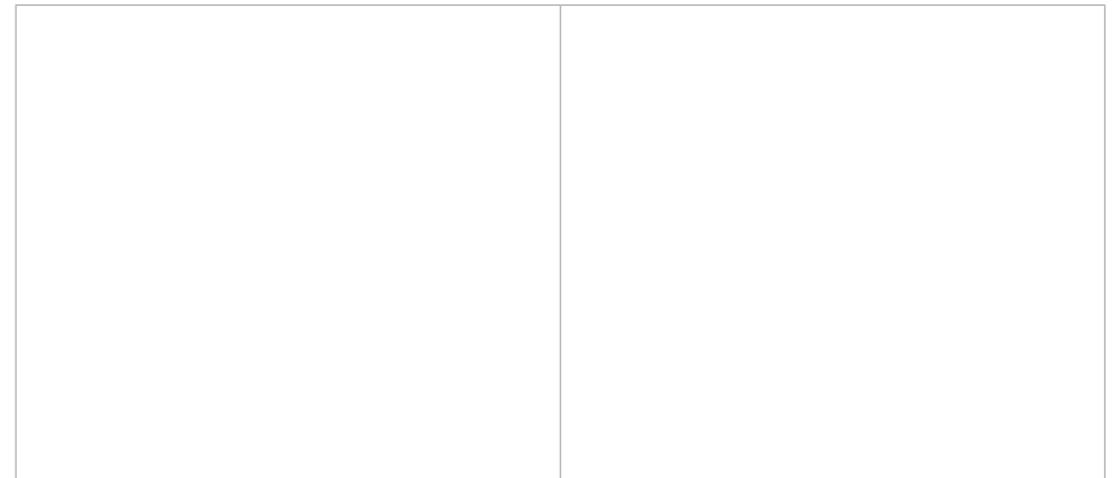
Options



Boiled Rice



Mashed Potatoes



TUESDAY

EVENING

Main Course



Corned Beef Hash



Beef Curry

Main Course



Tortellini Formaggio and Tomato Sauce



Ham Salad

Options



Vegetable Medley

WEEK 3

Options



Boiled Rice



Potatoes

Pudding



Chocolate Muffin



Custard

Pudding



Mousse



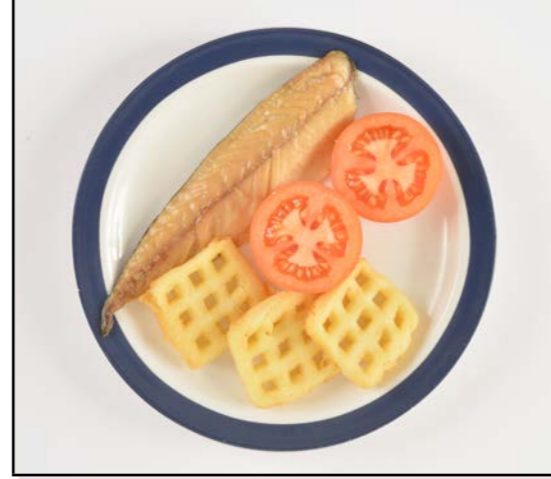
Fruit Cocktail

TUESDAY

FINGER FOOD

Main Course

LUNCH



Mackerel

Main Course

EVENING



Honey Roast Ham

Pudding

EVENING



Chocolate Muffin

Wednesday

Soup



Tomato Soup

Main Course



Mince and Doughball



Chicken in BBQ Sauce

Main Course



Cauliflower and Broccoli Bake



Corned Beef Salad

Options



Savoy cabbage



Swede

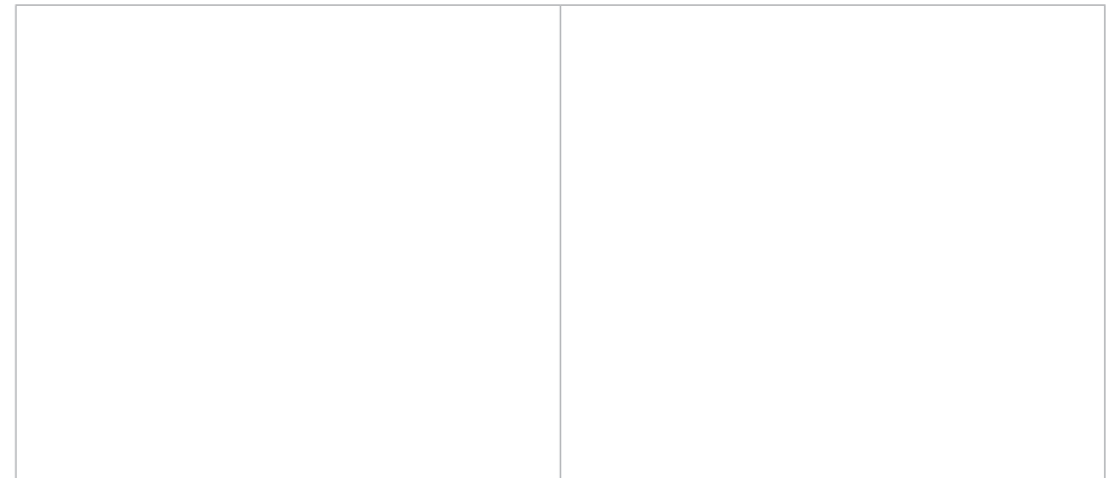
Options



Boiled Rice



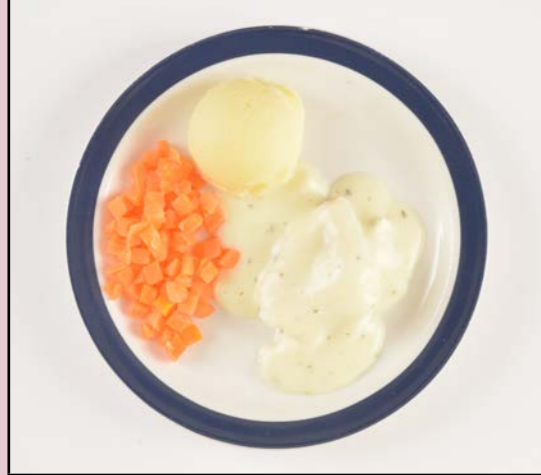
Potatoes



WEDNESDAY

EVENING

Main Course

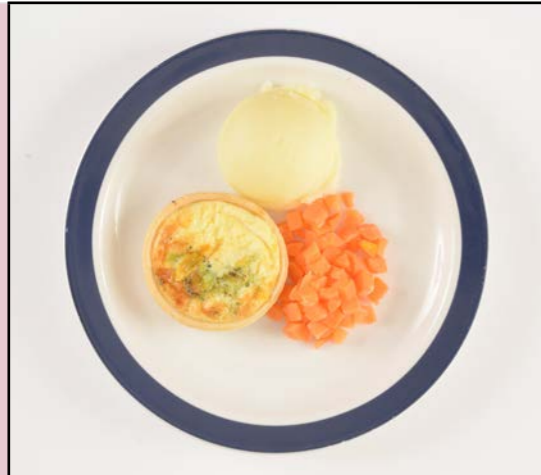


Fish and Parsley Sauce



Liver and Onion Casserole

Main Course



Broccoli and Stilton Quiche

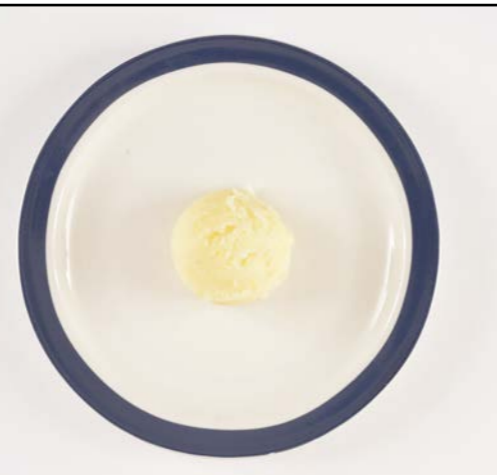


Chicken Mayonnaise Salad

Options



Carrots



Mashed Potatoes

WEEK 3

Pudding



Rice Pudding



Jelly

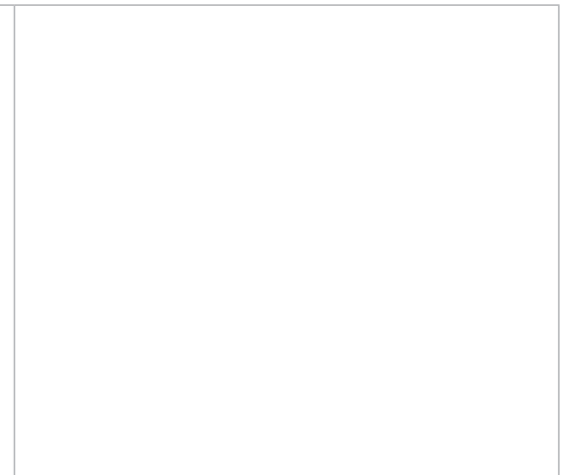
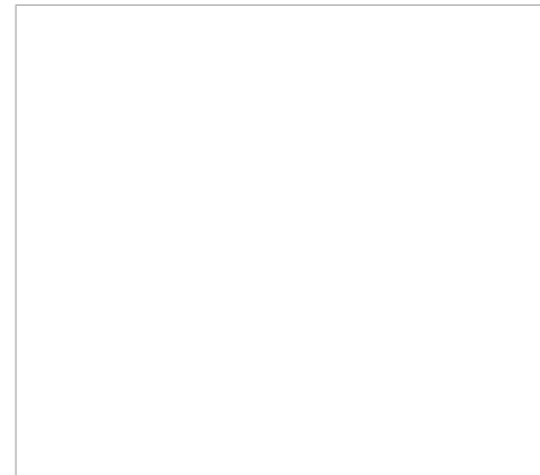
Pudding



Ice Cream



Pears



WEDNESDAY

FINGER FOOD

Main Course

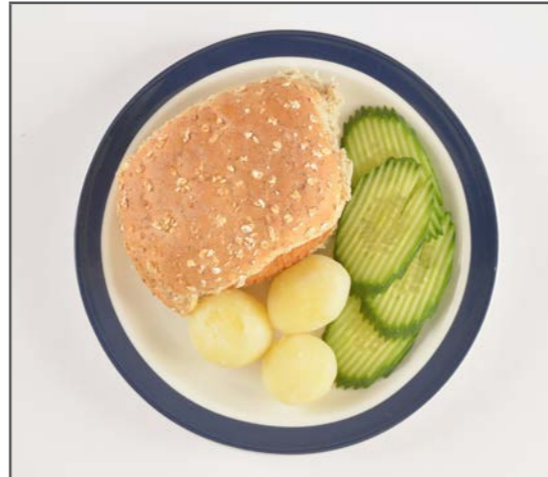
LUNCH



Crispy Crumbed Turkey Burger

Main Course

EVENING



Breaded Chicken in a Sesame Seed Bun

Pudding

EVENING



Apple

THURSDAY

THURSDAY

LUNCH

Soup



Vegetable Soup

Main Course



Pork in Cream Sauce



Stovies and Oatcakes

Main Course



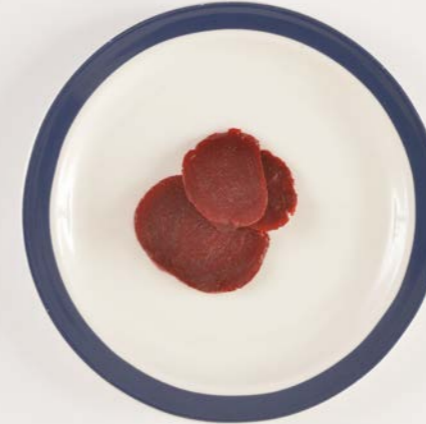
Mexican Bean Stew



Fisherman's Lunch Salad

WEEK 3

Options



Beetroot



Green Beans

Options



Mashed Potatoes

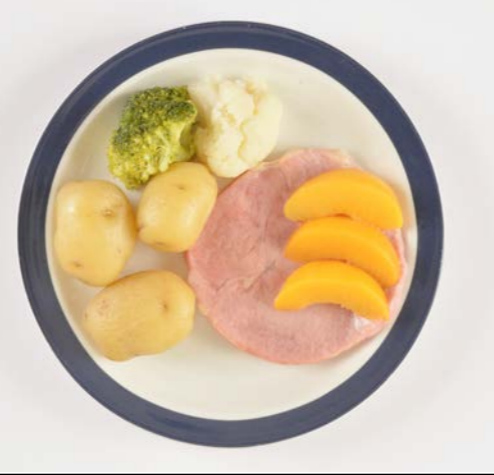
THURSDAY

EVENING

Main Course



Braised Steak Mince



Baked Gammon and Peaches

Main Course



Quorn and Vegetable Casserole



Cheese Salad

Options



Cauliflower Broccoli Mix



Potatoes

WEEK 3

pudding



Ginger Sponge



Custard

pudding



Mousse



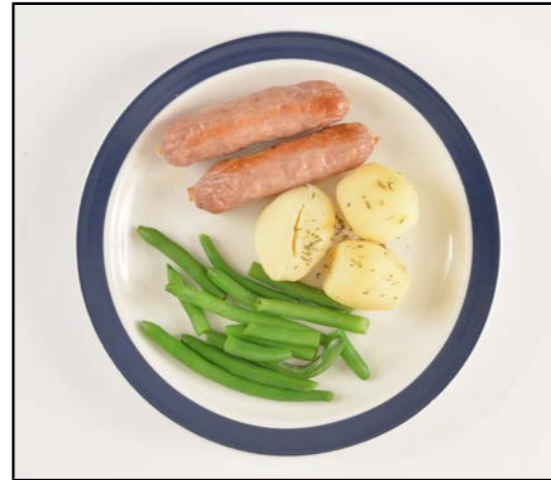
Mandarins

THURSDAY

FINGER FOOD

Main Course

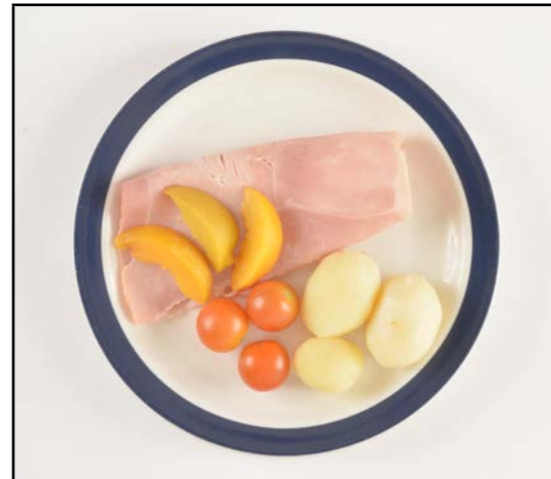
LUNCH



Grilled Sausages

Main Course

EVENING



Gammon and Peach

Pudding

EVENING



Oatmeal and Raisin
Cookie

FRIDAY

Soup

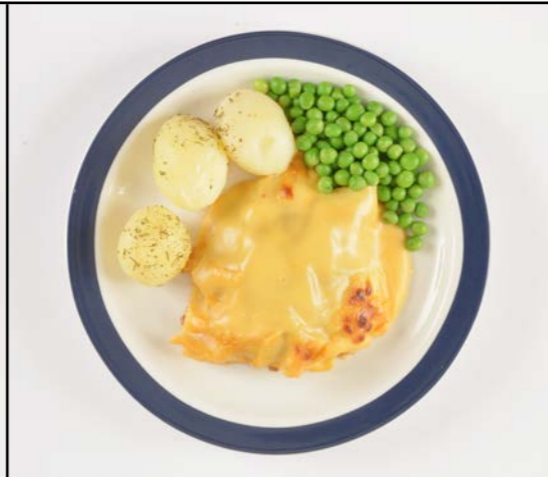


Leek and Potato Soup

Main Course

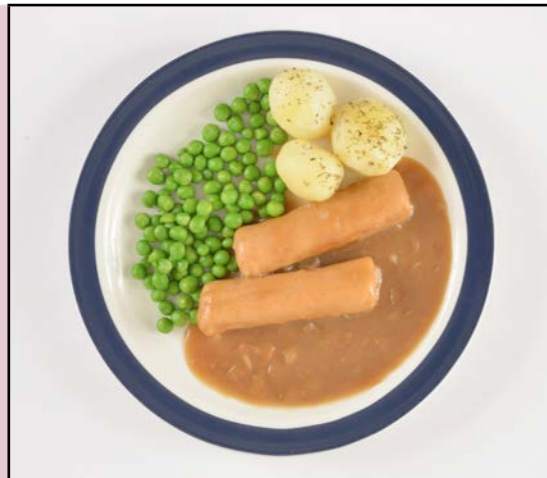


Fried Haddock



Beef Lasagne

Main Course



Braised Veggie Sausages



Roast Pork Salad

Options



Garden Peas

Options



Potatoes



Chips

FRIDAY

EVENING

Main Course



Beef Cobbler



Creamed Chicken

Main Course



Vegetarian Chilli



Tuna Salad

Options



Brussels Sprouts

WEEK 3

Options



Boiled Rice



Mashed Potatoes

Pudding



Semolina



Jelly

Pudding



Ice Cream



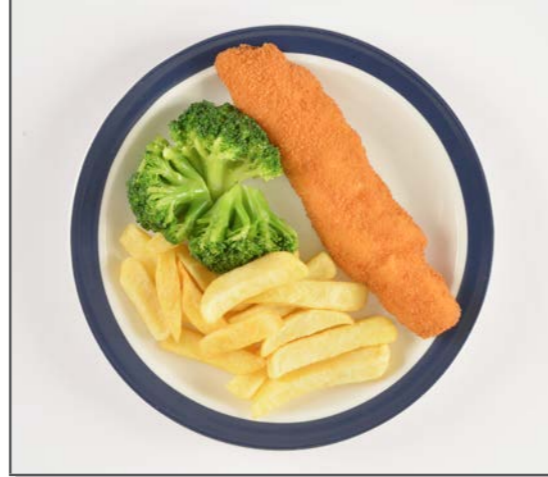
Fruit Cocktail

FRIDAY

FINGER FOOD

Main Course

LUNCH



Breaded Haddock

Main Course

EVENING



Macaroni Pie

Pudding

EVENING



Chocolate Mini Roll

Saturday

SATURDAY

LUNCH

Soup



Yellow Pea Soup

Main Course



Pork and Apple Casserole



Mince and Pastry Square

Main Course



Vegetable Quarter Pounder



Chicken Salad

WEEK 3

Options



Mashed Turnip



Mashed Potatoes

SATURDAY

EVENING

Main Course



Chicken and Pasta
in Tomato Sauce



Braised Sausages

Main Course



Vegetable and Bean
Casserole



Roast Beef Salad

Options



Green Beans



Potatoes

WEEK 3

pudding



Fruit Crumble



Custard

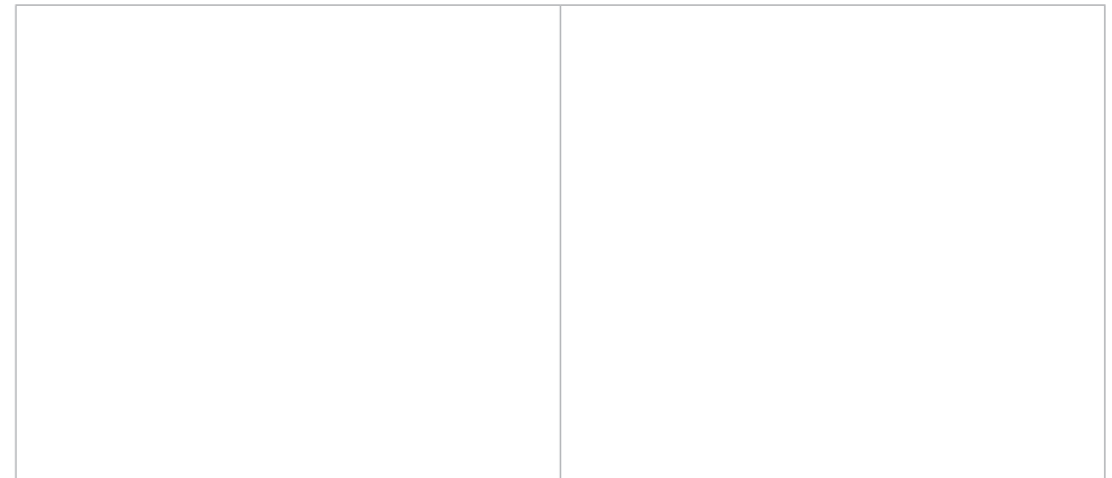
pudding



Mousse



Pineapple



SATURDAY

FINGER FOOD

Main Course

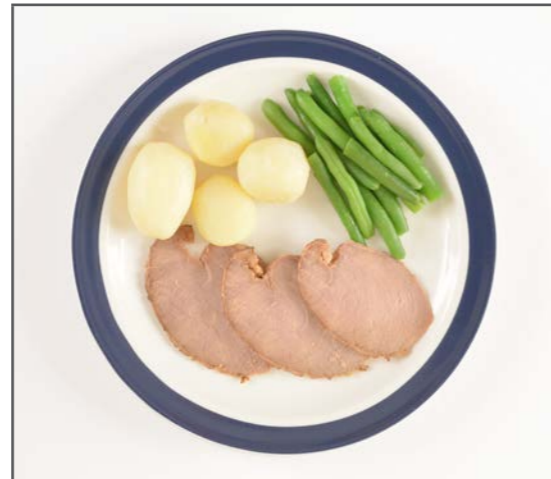
LUNCH



Meatballs

Main Course

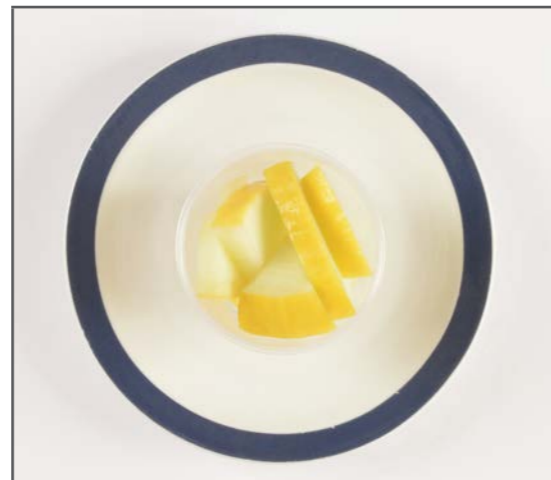
EVENING



Cold Roast Beef

Pudding

EVENING



Melon

SUNDAY

SUNDAY

LUNCH

Soup



Farmhouse Broth

Main Course



Roast Turkey and Stuffing



Fish in Lime and Coriander Sauce

Main Course



Vegetarian Stovies and Oatcakes



Ploughman's Salad

WEEK 3

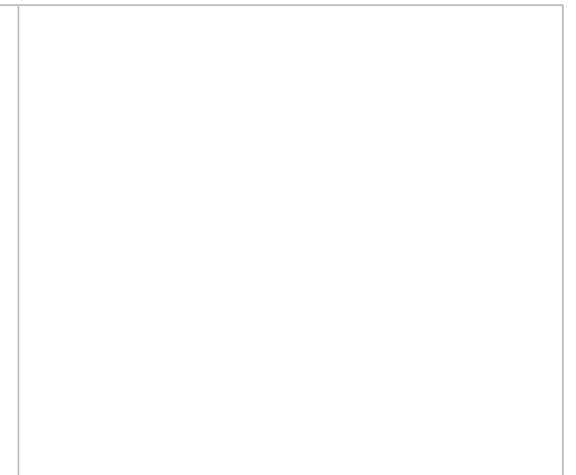
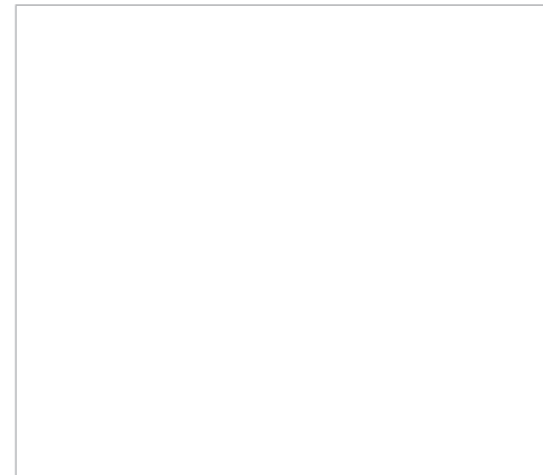
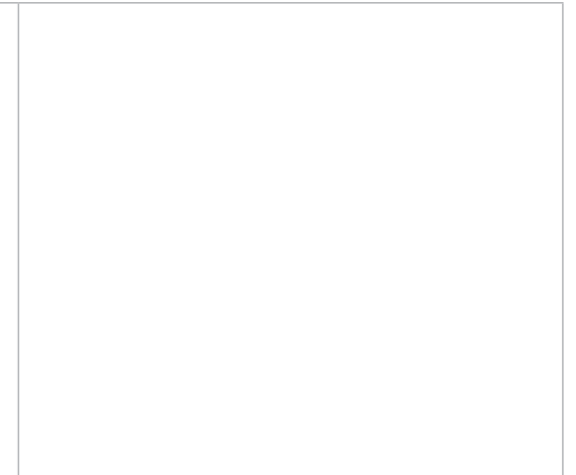
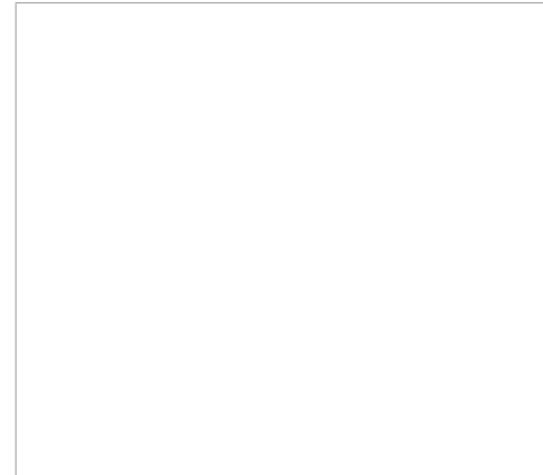
Options



Mixed Vegetables



Potatoes



SUNDAY

EVENING

Main Course



Salmon Fish Cakes



Beef Szechuan

Main Course



Macaroni Cheese



Egg Mayonnaise Salad

Options



Carrot and Swede



Garden Peas

WEEK 3

Options

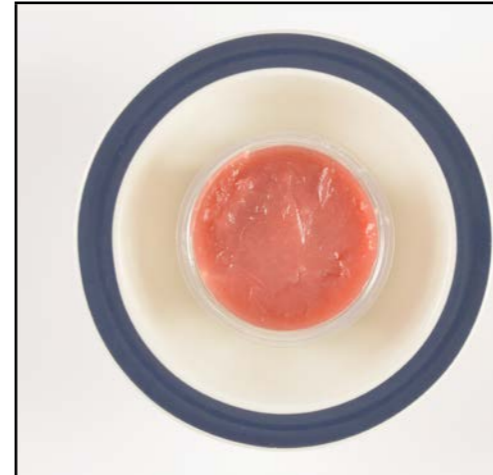


Boiled Rice



Boiled or Mashed Potatoes

Pudding



Cheesecake

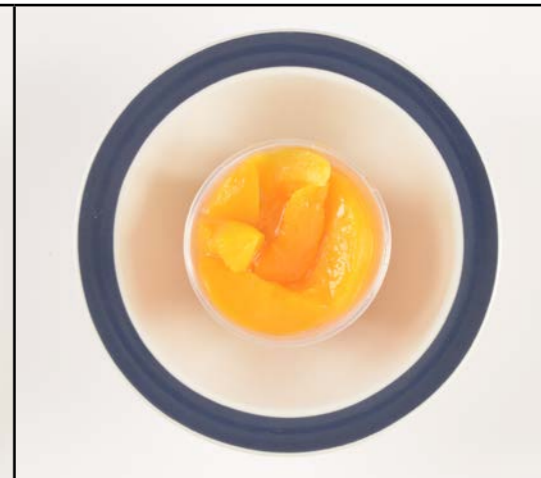


Jelly

Pudding



Ice Cream



Peaches

SUNDAY

FINGER FOOD

Main Course

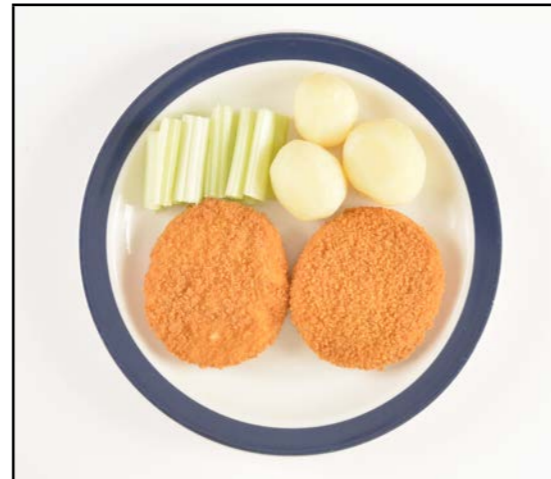
LUNCH



Cold Turkey

Main Course

EVENING



Salmon Fish Cakes

Pudding

EVENING



Sultana Scone



For more information please visit
www.nhsgrampian.org/pictorialmenus

Credits

NHS Grampian

Catering Department • Dietetics Department

Speech and Language Therapy Department

Photographs courtesy of Medical Illustration Service, University of Aberdeen

Layout by Corporate Graphic Design, NHS Grampian

© NHS Grampian 2016



NHS Grampian Pictorial Menu *Week 3*

Version 1 May 2016

ZKO 003 CGD 140760