



Menu Information

University Hospital Limerick

Patient information - food service

We hope you enjoy your meals at University Hospital Limerick.

This booklet has been designed to provide you with information you may require regarding the catering service during your stay.

If you require support in choosing your meal, please talk to a member of ward staff who will help you.

Table of Contents:

- 1** Meal and snack rounds; How to use this menu
- 2** Ordering your meals; Allergens
- 3** Monday menu
- 4** Tuesday menu
- 5** Wednesday menu
- 6** Thursday menu
- 7** Friday menu
- 8** Saturday menu
- 9** Sunday menu
- 10** Breakfast, snack items, and drinks
- 11** Notes

Meal and snack rounds

Please make sure you tell nursing staff if you:

- have any special dietary requirements.
- need assistance with eating and/or drinking.
- cannot reach for your meal or cut up your food.
- have difficulty swallowing.
- need help when choosing your meals or snacks.
- have missed a meal or have been given a wrong meal.

Meal times

Meals will be served from the following times.

Breakfast	from 08:15
Lunch	from 12:30
Supper	from 17:00

Drinks

Drinks will be served after your meals and between the following times.

Mid morning	from 10:00
Mid afternoon	from 14:30
Evening	from 19:00

How to use this menu

- The menu shows the daily range of meals from which you can choose.
- You may choose your meals from the menu, but you must think carefully about your choice if you are following a special diet.
- If you are unsure whether a particular meal is suitable for you then you should discuss this with nursing or catering staff.
- This menu is not suitable if you are on a texture modified diet. Please speak with catering staff who will advise you on your options.
- We can offer you a choice of meal items for your breakfast, lunch and supper.
- Breakfast is continental style - fruit juice, selection of cereals, toast, marmalades or jam.
- Catering staff in our main kitchen will be preparing your lunch and supper meals. Your meals will be delivered and served to you by the catering attendants.
- A range of hot and cold drinks will be offered to you during the day.

Ordering your meals

Every day a catering attendant will take your order using a menu card containing the available dishes for the next day's meal. We would like you to indicate your preference for each meal to the catering attendant.

Each dish is coded to allow you to make an informed choice. The codes are as follows:



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



Gluten free foods are free from gluten containing ingredients such as wheat, rye, barley, and oats.



Vegetarian foods are free from meat, poultry, fish, and gelatine



Renal options are suitable for those who have been advised to follow a low potassium and/or no added salt diet, or those undergoing dialysis treatment.

Please note that the healthy option is suitable for anyone on a diabetic, cardiac, or weight reducing diet.

Allergens




Allergens are displayed on the menu below for each meal option. The numbers beside each food item indicate the presence of specific allergens

- | | |
|---------------|------------|
| 1. Gluten | 5. Celery |
| 2. Milk/dairy | 6. Fish |
| 3. Soy | 7. Mustard |
| 4. Sulphites | 8. Egg |

If you have a food allergy and are ordering a sandwich and/or snack, please speak with catering staff and they will try to meet your needs.



Monday


Monday lunch options

Broccoli and cauliflower soup   
(2,4)

Main meal

Roast loin of bacon (2,4)  

Baked salmon (2,4,6)  





Vegetable spring rolls (1,2,3,5,8) 

Served with



Baton carrots   



Boiled cabbage    

Roast potato   

Mashed potato (2,4)    

Dessert

Apple crumble (1,2,4)  

Jelly and ice cream (2)  


Peaches    

Sugar free jelly   

Monday supper options




Hot options





Chicken and mushroom vol au vent (1,2,8)

Chicken al a creme and braised rice (2,4) 

Scrambled egg (2,8)    


Salad

Roast beef salad (2,4,7,8)   

Mixed leaves, potato salad, cheese, egg, and tomato salad (2,4,7,8)    

Sandwich

Ham 

Ham and cheese 

Chicken  

Egg salad   




Cheese  

Beef 



Gluten free sandwiches available on request.



Tuesday


Tuesday lunch options

Celery and potato soup (2,4,5)   

Main meal

Roast loin of pork with stuffing (1,2,3)  


Beef stew (2,3,4,5)  

Vegetable pizza (1,2) 

Served with

Broccoli Mixed   



veg   


Mashed potato (2,4)    

Roast potato   

Carrot parsnips    

Dessert

Irish baileys cheesecake (1,2,4,8)  

Jelly and ice cream (2)  

Fresh fruit salad   

Sugar free jelly   




Tuesday supper options





Hot options

Sausages with beans (1) 

Scrambled egg (2,8)    


Salad

Roast chicken salad (2,4,7,8)   

Mixed leaves, potato salad, cheese, egg, and tomato salad (2,4,7,8)    

Sandwich

Ham 

Ham and cheese 

Chicken  

Egg salad   




Cheese  

Beef 


Gluten free sandwiches available on request.

Wednesday


Wednesday lunch options

Mushroom soup (2,4,5)   

Main meal


Roast beef with stuffing (1,2,3)  





Chicken casserole (1,2,4)

Vegetable lasagne (1,2,4,5) 

Served with

Baton turnip   



Baton carrots   



Mashed potato (2,4)    

Roast potato   



Broccoli    

Dessert

Fruit trifle (1,2,4,8)  


Jelly and ice cream (2)  

Sugar free jelly  



Angel delight (2,4)  

Wednesday supper options



Hot options





Breaded fish with diced potatoes (1,6) 

Scrambled egg (2,8)    

Baked fish with peas (6)  

Salad


Ham salad (2,4,7,8)  

Mixed leaves, potato salad, cheese, egg, and tomato salad (2,4,7,8)    

Egg salad (8)   

Sandwich

Ham 

Ham and cheese 

Chicken  

Egg salad   




Cheese  

Beef 




Gluten free sandwiches available on request.



Thursday


Thursday lunch options

Carrot and coriander soup   
(2,4,5)

Main meal




Roast turkey with stuffing (1,2,3)   





Beef stew (2,3,4,5)  

Vegetable pasta bake (1,2,8) 


Served with

Brussel sprouts   


Carrot and parsnip   



Mashed potato(2,4)    





Roast potato   

Diced swede    

Dessert

Warm chocolate brownie 
(1,2,3,8)



Jelly and ice cream (2)  

Stewed apple with custard (2,4)    

Sugar free jelly  




Thursday supper options





Hot options

Chicken maryland with
garlic potatoes (2,4,8)  

Scrambled egg (2,8)    


Salad

Roast beef salad (2,4,7,8)   

Mixed leaves, potato salad,
cheese, egg, and tomato
salad (2,4,7,8)    


Sandwich

Ham 

Ham and cheese 

Chicken  

Egg salad   




Cheese  

Beef 




Gluten free sandwiches available on request.


Friday


Friday lunch options

Leek and potato soup (2,4,5)   

Main meal

Baked salmon (2,4,6)   





Cottage pie (2,3,4,5) 

Vegetable quiche (1,2,8) 

Served with



Parsnip   



Broccoli   



Mashed potato (2,4)    

Roast potato   

Dessert

Apple tart (1,2,4,8)  

Jelly and ice cream (2)  


Angel delight (2,4)  



Sugar free jelly  


Peaches and cream (2)  

Friday supper options




Hot options





Beef burger with wedges and brioche bun (1,2,3,4) 

Beef burger without wedges/brioche bun (2,3,4)  

Scrambled egg    


Salad

Roast turkey salad (2,4,7,8)   

Mixed leaves, potato salad, cheese, egg, and tomato salad (2,4,7,8)    

Sandwich

Ham 

Ham and cheese 

Chicken  

Egg salad   




Cheese  

Beef 



Gluten free sandwiches available on request.

Saturday


Saturday lunch options

Tomato and basil soup (2,4,5)   


Main meal

Roast loin of pork with stuffing (1,2,3)  





Chicken casserole (1,2,4)

Vegetable spring rolls (1,2,3,5,8) 

Served with

Baton carrots    



Green beans   


Mashed potato (2,4)    

Roast potato   

Dessert

Lemon cheesecake (1,2)  



Jelly and ice cream (2)  

Fresh fruit salad   

Sugar free jelly  



Saturday supper options





Hot options

Chicken curry with braised rice (2,4,5)  

Scrambled egg (2,8)    

Salad


Ham salad (2,4,7,8)  

Mixed leaves, potato salad, cheese, egg, and tomato salad (2,4,7,8)    

Egg salad (8)   

Sandwich

Ham 

Ham and cheese 

Chicken  

Egg salad   




Cheese  

Beef 




Gluten free sandwiches available on request.

Sunday


Sunday lunch options

Vegetable soup (2,4,5)   

Main meal

Roast chicken with stuffing (1,2,3)   





Irish stew (4,5)  

Goats cheese tartlet (1,2,8) 

Served with

Garden peas   



Cauliflower   



Mashed potato (2,4)    



Roast potato   


Broccoli    

Dessert

Profiteroles with cream (1,2,8)  

Jelly and ice cream (2)  

Angel delight (2,4)  




Sugar free jelly   





Sunday supper options

Main hot

Scrambled egg (2,8)    


Salad

Roast chicken salad (2,4,7,8)   


Mixed leaves, potato salad, cheese, egg, and tomato salad (2,4,7,8)    

Sandwich

Ham 

Ham and cheese 

Chicken  

Egg salad   

Cheese  

Beef 

Gluten free sandwiches available on request.

Breakfast, snack items, and drinks

Breakfast

Cereals

- Porridge
- Weetabix
- Corn flakes
- Rice krispies
- Gluten free cereal

Toast/bread

- Brown bread
- White bread
- Gluten free bread

Condiments

- Butter
- Low-fat spread
- Jam
- Marmalade

Yoghurt

- Fruit yoghurt
- Custard style
- Petit filous
- Diet yoghurt

Snack items

Snacks will be offered with drinks from: 10:00, 14:30, 19:00

- Fruit yoghurt
- Custard style
- Petit filous
- Diet yoghurt
- Custard pot
- Rice pudding pot
- Crackers with cheese
- Biscuits
- Banana
- Queen cake

Drinks

- Water
- Juice
- Tea
- Coffee
- Milk

Please note that fruit juices are not suitable for people on a renal diet.

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