

VISITOR FACILITIES

We provide a wide range of healthy eating vending and retail outlet services across our sites.

ARROWE PARK HOSPITAL



Bowman's Dining Room
7.30am to 5pm



Anabelles's Coffee shop
8.30am to 9pm



Lite Bites cake & snack shop
Mon-Fri 8.30am to 6pm
Sat-Sun 12pm to 6pm

CLATTERBRIDGE



Firtrees Restaurant
Mon-Fri 8am to 4pm

VENDING MACHINES

We offer various vending facilities that include healthy snacks and hot and cold drinks across both sites

FOOD SAFETY

⚠ VISITORS BRINGING FOOD FOR PATIENTS ⚠

Relatives who bring food in for patients should be advised to inform nursing staff of what they have brought in. If it needs to be refrigerated, the item should be stored as follows:

- Patient's name
- Date food was brought into hospital
- It should then be covered and placed in the refrigerator.
- Items without use by/best before date should be kept for 24 hours only.

⚠ HIGH RISK ITEMS ⚠

'Ready to eat' high risk items such as sandwiches, yogurts or salads must be consumed or disposed of (if not kept refrigerated) within one hour once delivered to the ward.

JOHN'S CAMPAIGN



We welcome relatives to help at mealtimes for patients who may require assistance from their loved ones.

BREAST FEEDING



Wirral University Teaching Hospital fully supports all mothers to breastfeed their babies.

STAYING HYDRATED

If you are following a fluid restriction for medical reasons then this advice and information is not for you.

Being dehydrated can make you feel unwell. Drinking plenty and staying hydrated is very important and can help to keep you healthy.

Staying well hydrated can prevent or aid the treatment of:

- urinary tract infections and kidney stones
- constipation
- low blood pressure
- pressure sores
- falls

It can also improve concentration and reduce headaches.

All drinks count (with exception of alcohol) and you should aim to drink around 1.5 - 2 litres (around 6 - 8 glasses) of fluid per day to stay hydrated.

Did you know that foods can also contribute to your daily fluid intake, for example fruits such as melon and pineapple, vegetables such as cucumber and lettuce, soups and stews.



Wirral University Teaching Hospital
NHS Foundation Trust



Welcome

to Wirral University Teaching Hospital Catering Services

We work closely with Dietitians and Speech therapists to deliver an appetising and nutritious menu with a wide range of choices for varying tastes and needs, in order to support better outcomes for patients.

MAIN MEALTIME SERVICE

- Breakfast at 8am - 9am
- Lunch at 12pm - 1pm
- Evening meal at 5pm - 6pm
- Snacks, hot and cold drinks available during the day

You will receive our daily menu cards, from which you can select food by simply filling in the box next to your choices. Each item has symbols next to them which help you to understand nutritional information.

NUTRITION SYMBOLS

- Healthier choice**
Lower in fat, sugar and salt, ideal if you have diabetes, are reducing cholesterol.
- Higher energy**
Higher in fat and sugar. Ideal if you are in recovery or aiming to gain weight.
- Vegetarian**
May contain milk, eggs & cheese.

ALLERGIES OR DIETARY REQUIREMENTS

If you have a food allergy or specific dietary requirements including gluten free, vegan, or maybe cultural/ethnic or religious needs please make this known to ward staff.

EXAMPLE DAILY MENU CARD

supper
THURSDAY 1

Please choose by FILLING IN the box next to each choice like this

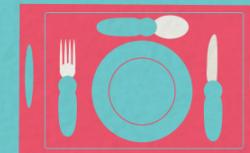
| STARTERS | | MAIN COURSES | | ACCOMPANIMENTS | | DESSERTS | | EVENING SNACKS | | SPECIAL DIET & HE SNACKS | |
|----------|---|---|--|--|--|--|---|--|---|--|--|
| 1 | <input type="checkbox"/> Orange Juice | <input type="checkbox"/> Lamb & Flageolet Bean Stew | <input type="checkbox"/> Creamed Potato | <input type="checkbox"/> Raspberry Trifle | <input type="checkbox"/> Cheese & Biscuits | <input type="checkbox"/> Iced Cherry Bakewell | <input type="checkbox"/> Mashed Potato | <input type="checkbox"/> Cheese & Biscuits | <input type="checkbox"/> Iced Cherry Bakewell | <input type="checkbox"/> Egg Mayo Sandwich White | <input type="checkbox"/> Plain Scone |
| 2 | <input type="checkbox"/> Apple Juice | <input type="checkbox"/> Cheese & Ham Omelette | <input type="checkbox"/> Sauté Potato | <input type="checkbox"/> Pears In Natural Juice | <input type="checkbox"/> Muller Light Yoghurt | <input type="checkbox"/> Egg Mayo Sandwich White | <input type="checkbox"/> Jacket Potato | <input type="checkbox"/> Muller Thick & Creamy Yoghurt | <input type="checkbox"/> Vanilla Ice Cream | <input type="checkbox"/> Fresh Fruit | <input type="checkbox"/> Milk (HE only) |
| 3 | <input type="checkbox"/> Mushroom Soup | <input type="checkbox"/> Vegetable Hotpot | <input type="checkbox"/> Coleslaw | <input type="checkbox"/> Custard | <input type="checkbox"/> Muller Thick & Creamy Yoghurt | <input type="checkbox"/> Double Cream (HE only) | <input type="checkbox"/> Ham Sandwich White | <input type="checkbox"/> Cheese & Biscuits | <input type="checkbox"/> Sugar Free Fruit Jelly | <input type="checkbox"/> Double Cream (HE only) | <input type="checkbox"/> Cooked Breakfast |
| 4 | <input type="checkbox"/> Lamb & Flageolet Bean Stew | <input type="checkbox"/> Jacket Potato | <input type="checkbox"/> Plain Salad | <input type="checkbox"/> Sugar Free Fruit Jelly | <input type="checkbox"/> Cheese & Biscuits | <input type="checkbox"/> Bread Roll Butter or Spread | <input type="checkbox"/> Chicken Mayo Sandwich W/Meal | <input type="checkbox"/> Fresh Fruit | <input type="checkbox"/> Vanilla Ice Cream | <input type="checkbox"/> Double Cream (HE only) | <input type="checkbox"/> Bread Roll Butter or Spread |
| 5 | <input type="checkbox"/> Cheese & Ham Omelette | <input type="checkbox"/> Ham Sandwich White | <input type="checkbox"/> Baked Beans | <input type="checkbox"/> Vanilla Ice Cream | <input type="checkbox"/> Muller Light Yoghurt | | | <input type="checkbox"/> Double Cream (HE only) | <input type="checkbox"/> Sugar Free Fruit Jelly | <input type="checkbox"/> Double Cream (HE only) | |
| 6 | <input type="checkbox"/> Vegetable Hotpot | <input type="checkbox"/> Chicken Mayo Sandwich W/Meal | <input type="checkbox"/> Green Beans | <input type="checkbox"/> Muller Thick & Creamy Yoghurt | <input type="checkbox"/> Cheese & Biscuits | | | <input type="checkbox"/> Double Cream (HE only) | <input type="checkbox"/> Vanilla Ice Cream | <input type="checkbox"/> Double Cream (HE only) | |
| 7 | <input type="checkbox"/> Jacket Potato | | <input type="checkbox"/> Raspberry Trifle | <input type="checkbox"/> Cheese & Biscuits | <input type="checkbox"/> Muller Light Yoghurt | | | <input type="checkbox"/> Double Cream (HE only) | <input type="checkbox"/> Sugar Free Fruit Jelly | <input type="checkbox"/> Double Cream (HE only) | |
| 8 | <input type="checkbox"/> Ham Sandwich White | | <input type="checkbox"/> Pears In Natural Juice | <input type="checkbox"/> Muller Thick & Creamy Yoghurt | <input type="checkbox"/> Cheese & Biscuits | | | <input type="checkbox"/> Double Cream (HE only) | <input type="checkbox"/> Vanilla Ice Cream | <input type="checkbox"/> Double Cream (HE only) | |
| 9 | <input type="checkbox"/> Chicken Mayo Sandwich W/Meal | | <input type="checkbox"/> Custard | <input type="checkbox"/> Muller Thick & Creamy Yoghurt | <input type="checkbox"/> Fresh Fruit | | | <input type="checkbox"/> Double Cream (HE only) | <input type="checkbox"/> Vanilla Ice Cream | <input type="checkbox"/> Double Cream (HE only) | |
| 10 | <input type="checkbox"/> | | <input type="checkbox"/> Sugar Free Fruit Jelly | <input type="checkbox"/> Cheese & Biscuits | <input type="checkbox"/> Double Cream (HE only) | | | <input type="checkbox"/> Double Cream (HE only) | <input type="checkbox"/> Vanilla Ice Cream | <input type="checkbox"/> Double Cream (HE only) | |
| 11 | <input type="checkbox"/> | | <input type="checkbox"/> Vanilla Ice Cream | <input type="checkbox"/> Muller Light Yoghurt | <input type="checkbox"/> Cheese & Biscuits | | | <input type="checkbox"/> Double Cream (HE only) | <input type="checkbox"/> Sugar Free Fruit Jelly | <input type="checkbox"/> Double Cream (HE only) | |
| 12 | <input type="checkbox"/> | | <input type="checkbox"/> Muller Thick & Creamy Yoghurt | <input type="checkbox"/> Cheese & Biscuits | <input type="checkbox"/> Muller Thick & Creamy Yoghurt | | | <input type="checkbox"/> Double Cream (HE only) | <input type="checkbox"/> Vanilla Ice Cream | <input type="checkbox"/> Double Cream (HE only) | |
| 13 | <input type="checkbox"/> | | <input type="checkbox"/> Cheese & Biscuits | <input type="checkbox"/> Fresh Fruit | <input type="checkbox"/> Double Cream (HE only) | | | <input type="checkbox"/> Double Cream (HE only) | <input type="checkbox"/> Vanilla Ice Cream | <input type="checkbox"/> Double Cream (HE only) | |
| 14 | <input type="checkbox"/> | | <input type="checkbox"/> Double Cream (HE only) | <input type="checkbox"/> Bread Roll Butter or Spread | <input type="checkbox"/> Bread Roll Butter or Spread | | | <input type="checkbox"/> Double Cream (HE only) | <input type="checkbox"/> Vanilla Ice Cream | <input type="checkbox"/> Double Cream (HE only) | |
| 15 | <input type="checkbox"/> | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 16 | <input type="checkbox"/> | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 17 | <input type="checkbox"/> | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 18 | <input type="checkbox"/> | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 19 | <input type="checkbox"/> | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 20 | <input type="checkbox"/> | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 21 | <input type="checkbox"/> | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 22 | <input type="checkbox"/> | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 23 | <input type="checkbox"/> | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 24 | <input type="checkbox"/> | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 25 | <input type="checkbox"/> | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 26 | <input type="checkbox"/> | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 27 | <input type="checkbox"/> | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 28 | <input type="checkbox"/> | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 29 | <input type="checkbox"/> | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 30 | <input type="checkbox"/> | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 31 | <input type="checkbox"/> | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 32 | <input type="checkbox"/> | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 33 | <input type="checkbox"/> | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 34 | <input type="checkbox"/> | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |

Diet Codes
 HC Healthier Choice
 V Vegetarian
 EC Easy Chew & Swallow
 HE Higher Energy

NAME
 WARD

ASSISTED EATING

Patients who require assistance and have dementia and may require assistance when eating, will be identified by using RED LABEL/RED TRAY SYSTEM. This will alert staff to supply specially adapted equipment such as 'blue non slip plates' and/or if required 'Good Grip Cutlery'.



This will allow patients to hold and use the adapted cutlery who may struggle using conventional cutlery. Ward staff will be available at mealtimes to assist and support those patients on the RED tray system and/or have dementia.

FOR PATIENTS WITH CHEWING/SWALLOWING DIFFICULTIES

If you have difficulty chewing or swallowing we can provide a range of texture modified foods. Please speak to the ward staff about this.



SNACK BAGS



'Patients' Snack Bags' include sandwiches, a slice of cake, juice drink, biscuit and fresh fruit. They are available from ward staff for patients who miss a meal due to treatment or tests.

ENHANCED RECOVERY PROGRAMME



Eating soon after surgery is proven to assist recovery. We offer a range of nutritious light snacks on speciality wards.

WARD KITCHEN SERVICE

If patients miss a meal or have a late admission – some wards may be able to offer additional catering facilities. Please ask your ward staff.

'Ward Kitchen Service' facilities are also available outside of regular meal times. The service will include some or all of the following:

HOT DRINKS

- Tea
- Coffee
- Hot Chocolate
- Malted Drink
- Bovril



TOAST/BREAD (INC Gluten Free)

- White or wholemeal with;
- Butter or low fat spread
- Jam (low sugar available)
- Marmalade (low sugar available)
- Marmite
- Cheese portions



COLD DRINKS

- Fruit Juice
- Water
- Milk
- Fruit Squash



SNACKS

- Soup
- Biscuits
- Cereals
- Fresh Fruit

