



WEEK TWO

2

nhs grampian
pictorial
menus



week

2

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



Potato Soup

Main Course



Fish Dugléré



Sausage Casserole

Main Course



Vegetarian Mince



Hunters Lunch Salad

WEEK 2

Options



Cauliflower

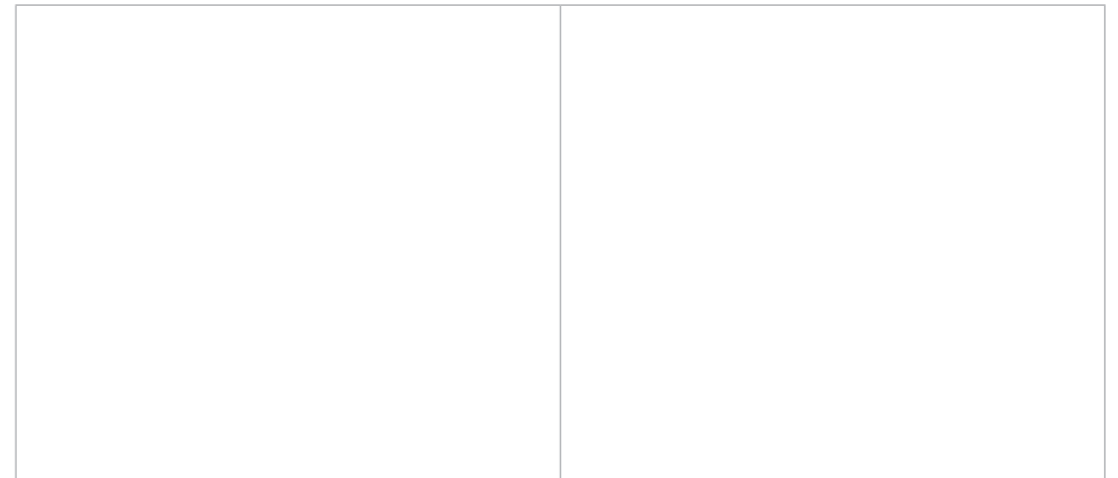


Green Beans

Options



Mashed Potatoes



MONDAY

EVENING

Main Course



Highland Stew



Chicken Curry

Main Course



Vegetable Quiche



Rollmops (Herring) Salad

Options



Mixed Vegetables

WEEK 2

Options



Boiled Rice



Mashed Potatoes

Pudding



Sponge Cake



Custard

Pudding



Mousse



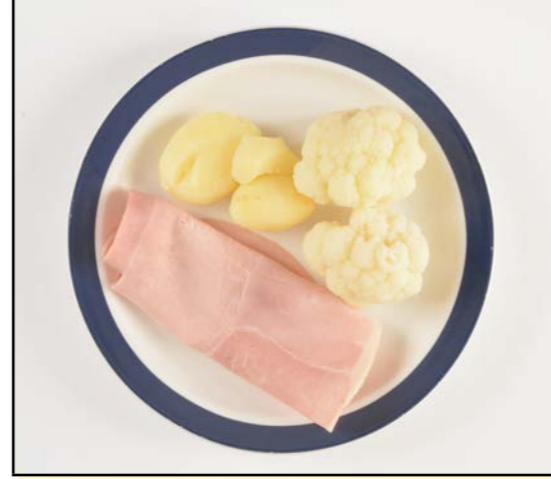
Pears

MONDAY

FINGER FOOD

Main Course

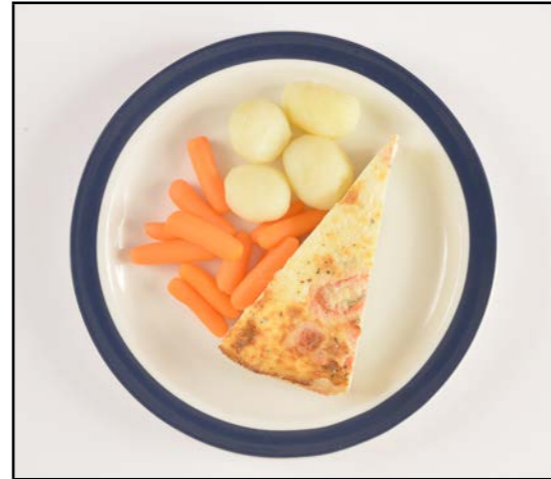
LUNCH



Cold Roast Ham

Main Course

EVENING



Vegetable Quiche

Pudding

EVENING



Jam Doughnut

TUESDAY

Soup



Green Pea Soup

Main Course



Mince and Pastry Square



Chicken Breast with Red Wine Sauce

Main Course



Stovies and Oatcakes



Ham Salad

Options



Savoy Cabbage

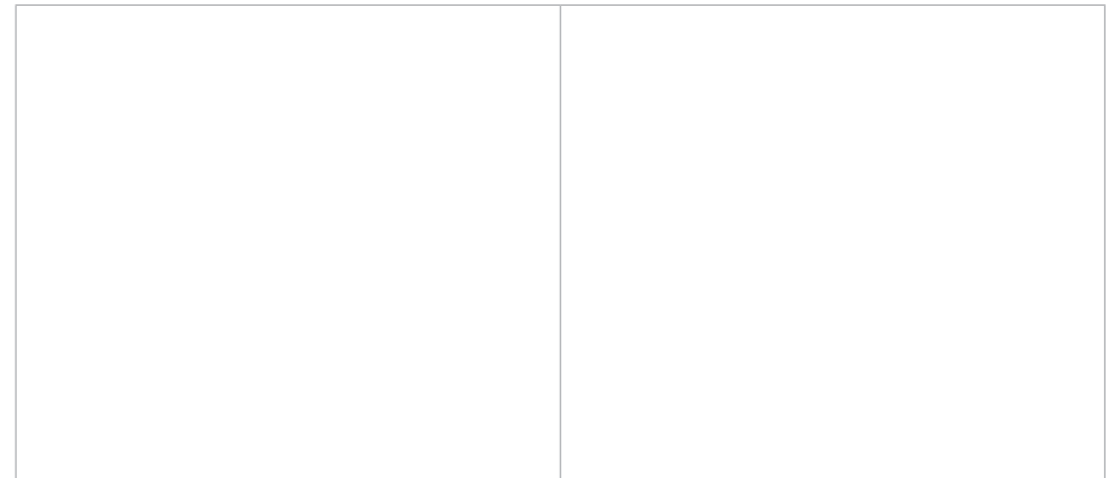


Garden Peas

Options



Potatoes



TUESDAY

EVENING

Main Course



Fish Mornay



Beef and Vegetable Casserole

Main Course



Sweet and Sour Vegetables



Roast Beef Salad

Options



Broccoli

WEEK 2

Options



Boiled Rice



Potatoes

Pudding



Sago



Jelly

Pudding



Ice Cream



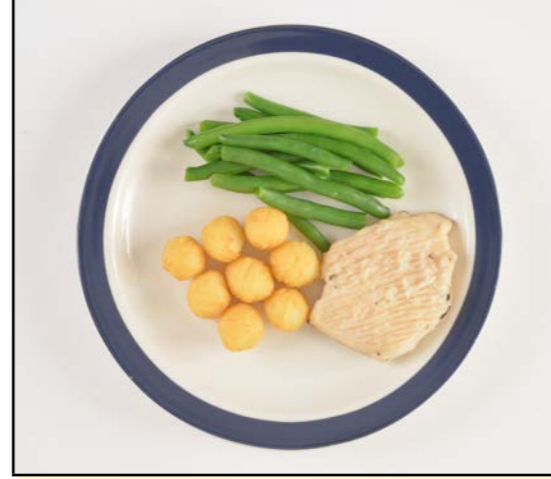
Pineapple

TUESDAY

FINGER FOOD

Main Course

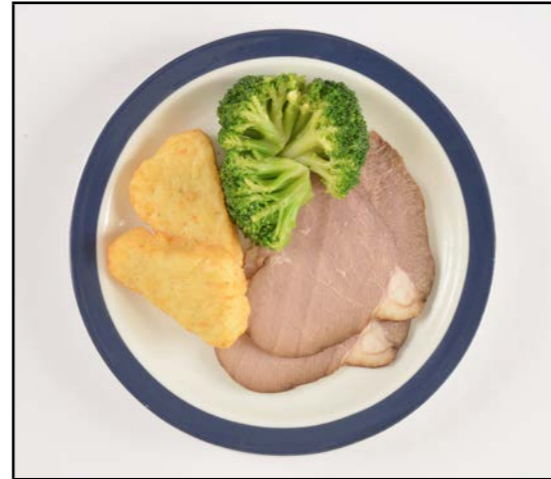
LUNCH



Grilled Chicken

Main Course

EVENING



Roast Beef

Pudding

EVENING



Pear

Wednesday

Soup



Broth Soup

Main Course



Stovies and Oatcakes



Braised Pork with Spring Vegetables

Main Course

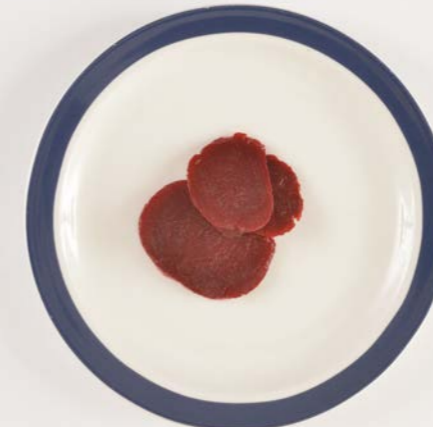


Lentil Lasagne



Turkey Salad

Options



Beetroot

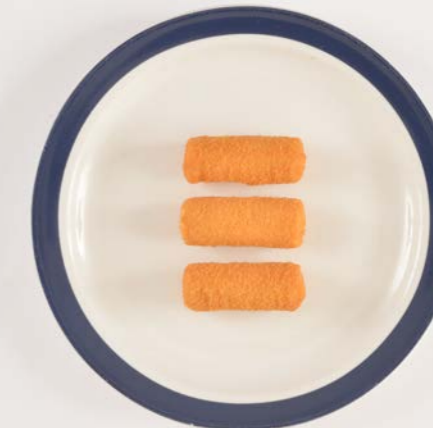


Carrots

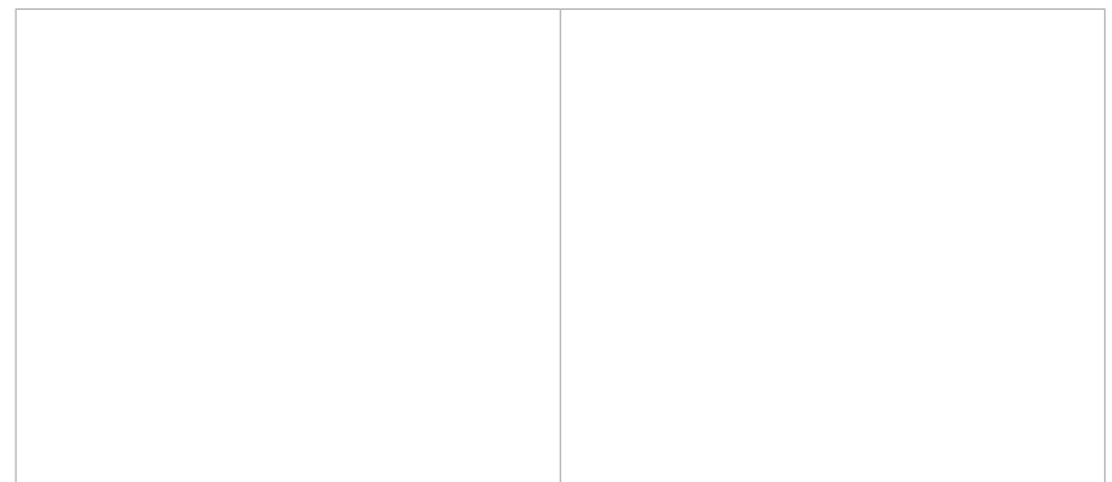
Options



Brussels Sprouts



Croquette Potatoes



WEDNESDAY

EVENING

Main Course



Chicken Chasseur



Mince and Yorkshire Pudding

Main Course



Macaroni Cheese



Roast Pork Salad

Options



Green Beans



Mashed Potatoes

WEEK 2

Pudding



Rhubarb Crumble



Custard

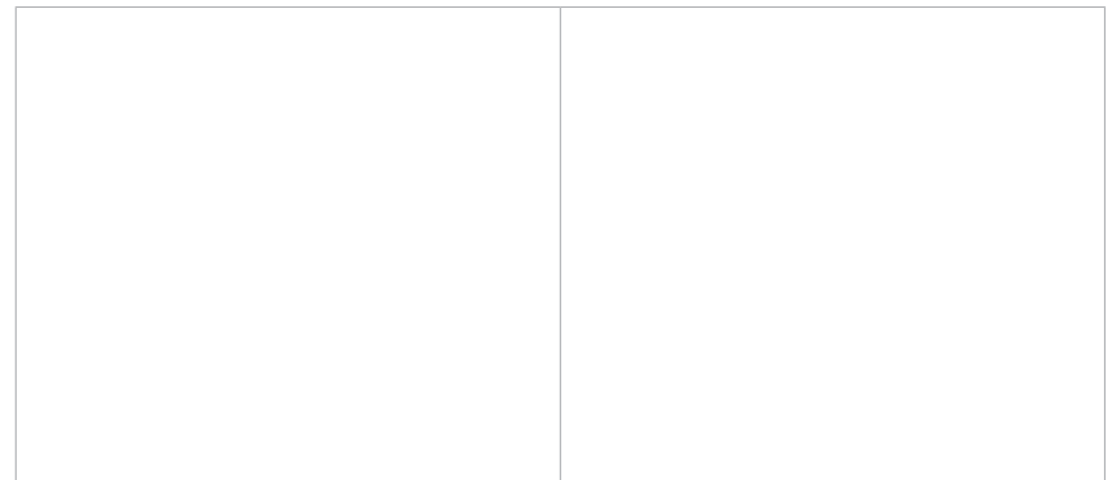
Pudding



Mousse



Peaches

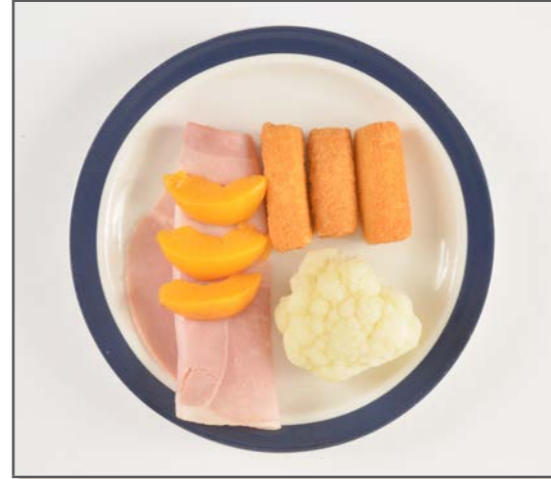


WEDNESDAY

FINGER FOOD

Main Course

LUNCH



Gammon and Peach

Main Course

EVENING



Mini Pizzas

Pudding

EVENING



Sultana and Apple Flapjack

THURSDAY

Soup



Leek and Potato Soup

Main Course



Beef Rogan Josh



Chicken Casserole

Main Course



Vegetable Tart



Tuna Salad

Options



Sweetcorn

Options



Boiled Rice



Potatoes

THURSDAY

EVENING

Main Course



Pork Casserole



Smoked Fish and Leek Sauce

Main Course



Quorn Fusilli



Corned Beef Salad

Options



Carrots



Potatoes

WEEK 2

pudding



Rice Pudding



Jelly

pudding



Ice Cream



Fruit Cocktail

THURSDAY

FINGER FOOD

Main Course

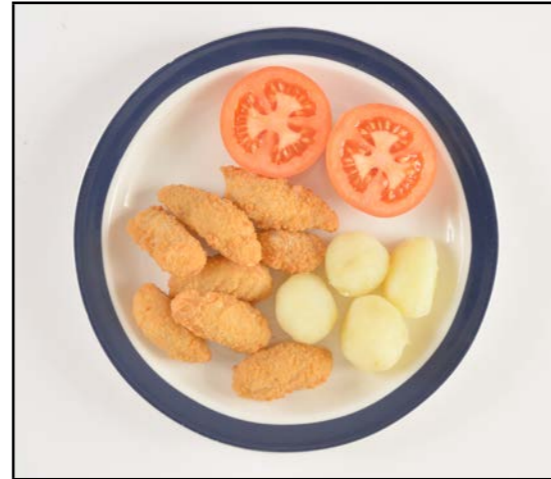
LUNCH



Vegetable Tart

Main Course

EVENING



Scampi

Pudding

EVENING



Cherry Scone

FRIDAY

Soup



Yellow Pea Soup

Main Course



Fried Haddock



Chilli Con Carne

Main Course



Cauliflower Cheese Crunch



Pork Pie Salad

Options



Garden Peas

Options



Boiled Rice



Chips

FRIDAY

EVENING

Main Course



Sausage Casserole



Chicken Fricassee

Main Course



Vegetable Chilli



Cheese Salad

Options



Vegetable Medley

WEEK 2

Options



Boiled Rice



Mashed Potatoes

Pudding



Apple Pie



Custard

Pudding



Mousse



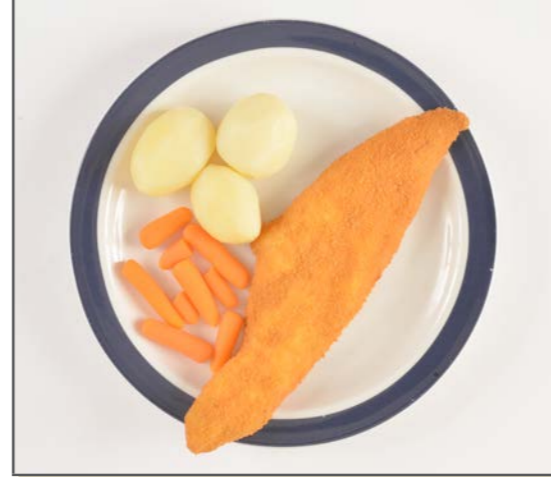
Rhubarb

FRIDAY

FINGER FOOD

Main Course

LUNCH



Fried Haddock

Main Course

EVENING



Grilled Sausages

Pudding

EVENING



Chocolate Fudge Brownie

Saturday

SATURDAY

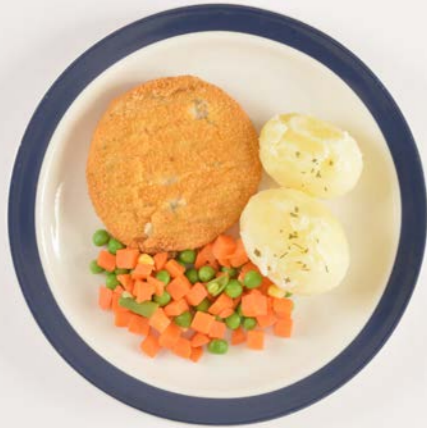
LUNCH

Soup



Lentil Soup

Main Course



Cod Fishcake



Turkey Curry

Main Course



Macaroni Cheese



Ham Salad

WEEK 2

Options



Vegetable Medley

Options



Boiled Rice



Potatoes

SATURDAY

EVENING

Main Course



Braised Steak Mince



Meatballs in Onion Gravy

Main Course



Vegetable Country Bake



Egg Mayonnaise Salad

Options



Cauliflower



Mashed Potatoes

WEEK 2

pudding



Semolina



Jelly

pudding



Ice Cream



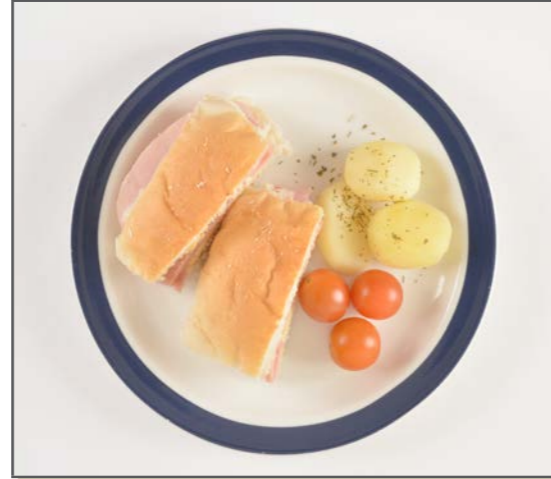
Fruit Cocktail

SATURDAY

FINGER FOOD

Main Course

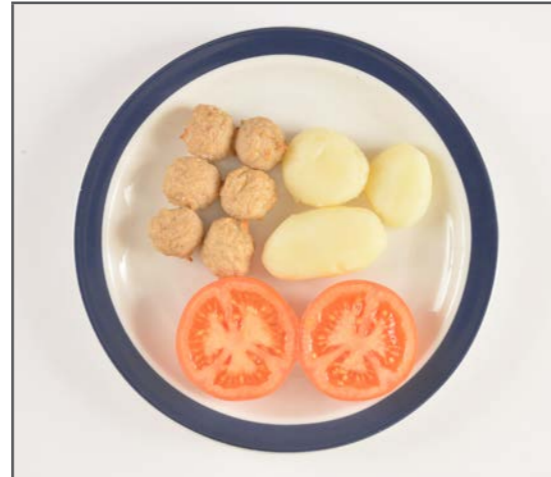
LUNCH



Ham Rolls

Main Course

EVENING



Turkey Meatballs

Pudding

EVENING



Crackers and Cheese

SUNDAY

SUNDAY

LUNCH

Soup



Country Vegetable Soup

Main Course

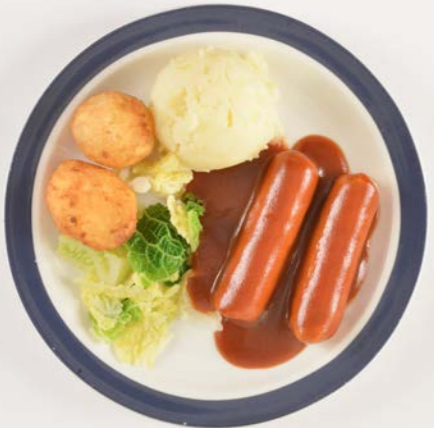


Roast Pork and Apple Sauce



Beef Stew

Main Course



Veggie Sausage in BBQ Sauce



Chicken Mayo Salad

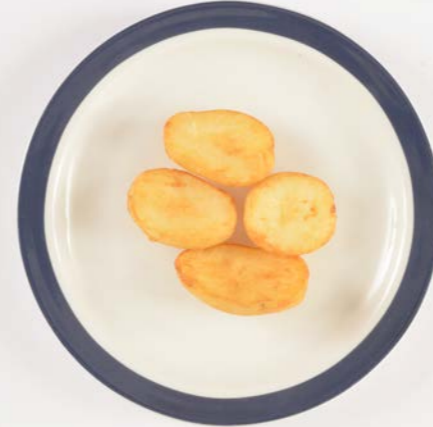
WEEK 2

Options



Savoy Cabbage

Options



Roast Potatoes



Mashed Potatoes

Options

SUNDAY

EVENING

Main Course



Beef Stroganoff



Chicken Breast with Mornay Sauce

Main Course



Omelette



Roast Beef Salad

Options



Garden Peas

WEEK 2

Options



Boiled Rice



Potatoes

Pudding



Fruit Trifle



Mousse

Pudding



Mandarins

SUNDAY

FINGER FOOD

Main Course

LUNCH



Cold Roast Pork

Main Course

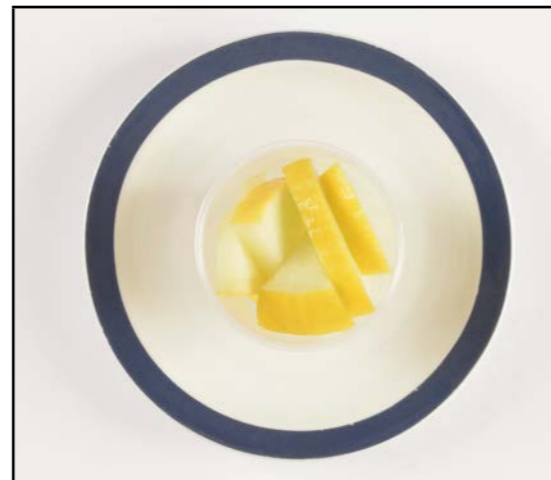
EVENING



Grilled Beefburger on a
Sesame Seed Bun

Pudding

EVENING



Melon



For more information please visit
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 2**

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