

Menu

Operation Day and Day One

Consommé

Vegetable  • Chicken • Beef

Followed by

Orange Sorbet  or Fruit Jelly 

Day Two

Breakfast and Lunch

Clear fluids from day one

Dinner

White Toast with butter 

Dessert

Orange Sorbet  or Fruit Jelly 

Day Three

Breakfast

Rice Krispies with semi-skimmed milk[†] and White Toast with butter 

Lunch

Choice of sandwich on white bread  or a soft flour tortilla wrap 

Chicken • Egg Mayonnaise 

• Quorn Roasted Fillets 

Ask your host for gluten-free bread 

Dinner

Choose from:

Grilled Chicken Breast • Grilled Hake Fillet  • Quorn Roasted Fillet 

Served with Carrots  and your choice of: Mashed Potato  • Boiled Rice 

or

Plain Omelette with white toast 

Tofu Omelette with white toast 

Dessert

Orange Sorbet  or Fruit Jelly 

Day Four

Breakfast

Rice Krispies with semi-skimmed milk[†] and White Toast with butter 

Lunch

Choice of sandwich on white bread  or a soft flour tortilla wrap 

Chicken • Egg Mayonnaise 

• Quorn Roasted Sliced Fillets 

Ask your host for gluten-free bread 

Dinner

Grilled Chicken Breast • Grilled Hake Fillet  • Quorn Roasted Fillet 

Served with Carrots  and your choice of: Mashed Potato  • Boiled Rice 

or

Omelettes

Ham • Cheddar Cheese  • Tofu 

Dessert

Orange Sorbet 

Selection of Ice Cream 

Fruit Jelly 

Day Five

Breakfast

Cereal and toast only

Lunch and Dinner

See main à la carte menu

Day Six

Breakfast only

Cereal and toast only

Drinks

Black Coffee Apple Juice 

Black Tea Cranberry Juice 

Herbal Tea Orange Squash



Seafood with this mark comes from an MSC certified sustainable fishery. www.msc.org MSC-C-50903

If you have an allergy or intolerance, please speak to a member of our catering team before you order or purchase any food or drink. The written allergen information that we provide, details the 14 major allergens that are contained in the ingredients. If you require further information about the presence of unintentional allergens (may contain), please ask us so that we can help you with your choice. If you are a regular patient, please continue to ask a member of our team as recipes and ingredients may change.

[†] Dairy-free milk available on request.