

## Dear Patients



**This menu enables you to choose your meals according to your personal taste. Our catering assistants will take your orders.**

- On the day of your admission you will receive a lunch menu card offering a daily changing meal option.
- You will be served a standard meal on the day of your admission.
- You will be served alternately biscuits and pastries for afternoon coffee.
- As a patient with diabetes (diabetes- or dietary meals) you may also order from the menu.

We will be glad to provide advice on nutritional matters. To arrange an appointment with the dietary advisory service, please speak to the nurse.

With the meals we provide we would like to contribute to your well-being and swift recovery. In preparing the food, we use fresh and deep-frozen vegetables, raw vegetables and meat and milk products from local providers.

We place great value on a well-balanced diet, meeting the body's needs with valuable protein from milk, milk products, lean meat and fish, vegetable fats and fibre from wholemeal products, fresh fruit and vegetables, which are rich in vitamins and minerals.

Bear in mind that you will not be getting very much exercise during your hospital stay. Your energy requirements are therefore reduced, especially if you are bed-bound.

We wish you a swift recovery and hope that you feel comfortable with us.

### **Your Catering Management**

# Breakfast



## Standard Breakfast

- 1 bread roll
- 1 slice of brown bread
- 20g butter or diet margarine
- red jam
- 1 slice of cheese
- 1 slice of cold poultry meat
- 1 fruit yoghurt

## English Breakfast

- 3 slices of white bread
- baked beans
- 2 slices of bacon
- grilled tomato
- 3 small sausages
- scrambled egg
- jam

## English Breakfast II

- cornflakes with milk

## Alternatively, put together your preferred breakfast:

### ...from the bread basket

(5 items max.)

- white bread rolls
- wholemeal rolls
- brown bread
- wholemeal rye bread
- Kassler" brown bread
- crispbread

### ...in addition

(4 items max.)

- red jam
- yellow jam
- honey
- quark
- cream cheese
- cheese spread
- sausage spread

### ...side dish

(1 item max.)

- natural yoghurt
- muesli
- fresh fruit
- fruit yoghurt
- porridge

### ...to drink

(2 items max.)

- coffee
- decaffeinated coffee
- black tea
- fruit tea
- herbal tea
- green tea
- peppermint tea
- camomile tea
- English tea
- fennel tea
- full-fat milk
- butter milk
- cocoa

### Daily choice of cold poultry meat slices:

- **Monday** - turkey luncheon meat
- **Tuesday** - smoked spiced turkey
- **Wednesday** - cold slices of turkey
- **Thursday** - minced turkey slice
- **Friday** - turkey luncheon meat
- **Saturday** - spiced turkey luncheon meat
- **Sunday** - cold slices of turkey

### Daily choice of sliced cheeses:

- **Monday** - Gouda
- **Tuesday** - Butter Cheese
- **Wednesday** - Edam
- **Thursday** - Maasdam
- **Friday** - Gouda
- **Saturday** - Butter Cheese
- **Sunday** - Edam

# Supper

## Standard Supper

- 1 slice of graham bread
- 1 slice of "Kassler" brown bread
- 20g of vegetable margarine
- 1 slice of cheese
- 1 slice of cold meat 1
- 1 slice of cold meat 2
- side salad

## Alternatively, put together your preferred supper:

### ...from the bread basket

(5 items max.)

- rye bread
- white bread
- brown bread
- wholemeal rye bread
- "Kassler" brown bread
- crispbread

### ...side dish

(1 item max.)

- pickled gherkin
- tomato
- fresh fruit
- fruit yoghurt
- natural yoghurt
- salad
- cream of vegetable soup

### ...in addition

(4 items max.)

- vegetarian pate
- cheese spread
- Camembert cheese
- cream cheese with herbs
- turkey slice
- salami
- ham
- liver pate
- smoked sausage spread

### ...to drink

(2 items max.)

- black tea
- fruit tea
- herbal tea
- green tea
- peppermint tea
- camomile tea
- English tea
- fennel tea
- full-fat milk
- butter milk
- cocoa

## Daily choice of sliced cheeses

- **Monday** - Dill Cheese
- **Tuesday** - Leerdam
- **Wednesday** - Gouda
- **Thursday** - Butter Cheese
- **Friday** - Dill Cheese
- **Saturday** - Gouda
- **Sunday** - Leerdam

## Daily choice of cold meats 1

- **Monday** - smoked ham
- **Tuesday** - turkey luncheon meat with herbs
- **Wednesday** - sliced gammon
- **Thursday** - spiced pork slice
- **Friday** - sliced pork luncheon meat
- **Saturday** - minced turkey slice
- **Sunday** - ham

## Daily choice of cold meats 2

- **Monday** - paprika salami
- **Tuesday** - cheese salami
- **Wednesday** - cold slices of turkey
- **Thursday** - ham
- **Friday** - smoked ham
- **Saturday** - pepper salami
- **Sunday** - luncheon meat