

26 March 2015

Dear Sir/Madam

Thank you for your recent Freedom of Information request regarding processed meat products and vegan options.

The Trust can provide the following information:

1. Are processed red meat products – particularly bacon, sausages, ham, salami and pepperoni – served to patients anywhere in your Trust?

Yes. Via Steamplicity

2. Is your Trust able to cater for vegan hospital patients and, if so, could you please provide me with an example of 5-days worth of meal options for vegan patients?

Please see attached menu

Yes we do however it is on request only and procured via Medirest on a daily basis. A 5 day meal plan is arranged on an ad hoc basis in conjunction with Trust dieticians to ensure that all dietary and nutritional content is met. All meals are provided via Medirest (steamplicity provision) and confirmed by dietetics.

If you have any queries about this response please contact the information governance manager at [foi@homerton.nhs.uk](mailto:foi@homerton.nhs.uk), in the first instance. If, following that, you still have any concerns, you may contact the Information Commissioner either by letter, FOI/EIR Complaints resolution, Wycliffe House, Water Lane, Wilmslow, Cheshire SM9 5AF, or by email [www.informationcommissioner.gov.uk](http://www.informationcommissioner.gov.uk) to take them further.

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Yours sincerely

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*Incorporating hospital and community health services, teaching and research*

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## Starters, Accompaniments and Desserts

Fruit Juice

Fresh Fruit or Tinned Fruit in Juice or other dessert choice from main menu

All main courses are served with potatoes, pasta or rice and vegetables. All dishes subject to availability which may vary from time to time. Puree and gluten free options are also available if required.

## Special Diets

If you have a special dietary requirement which the dietitian has told you about, look for the relevant symbol on the menu next to each dish. Menus for other special diets are also available.

On this menu, most people with diabetes may choose starters and main courses freely but should select desserts marked  from the main menu which contain less than 15g added sugar. However some people with diabetes needing a lower fat diet should select only items marked .

 **Healthier choice.** Main courses have less than 15g fat per portion and have less salt, making them particularly suitable for some people with diabetes and those needing less fat and salt in their diet. Desserts marked  contain less than 15g added sugar and less fat per portion.

 **Higher Energy.** These dishes are particularly high in calories.

 **Softer.** These meals are easier to chew and can be easily mashed with a fork.

 **Vegetarian.** Suitable for vegetarians

 **No Gluten Containing Ingredients.**

These meals do not have any gluten containing ingredients.

Although dishes do not contain nuts in the ingredients, we cannot guarantee that traces of nuts may not be present.

Please ask for our **Allergy Menu** or alert your nurse if you have a nut or other severe food allergy.

## Kosher

Spaghetti Bolognese

Steak and Mushroom Pie 

Stuffed Chicken 

Sesame Chicken Schnitzel 

Grilled Salmon 

Fried Cod Goujons 

Fish Bake with Herb Crust

Fisherman's Pie

Vegetable Schnitzel 

Omelette with Mushrooms  

## Halal Main Courses

Chicken Korma and Masoor Dal  

Chicken Masala and Chana Dal  

Chicken and Lentils and Black-Eyed Bean Dal  

Lamb Korma and Masoor Dal   

Lamb Masala and Chana Dal  

Lamb Biryani, Whole Moong Dhal & Rice  

Minced Lamb Tarka and Black-Eyed Bean Dal  

## Arabic Halal Main Courses

Cod served with Arabic Rice & Traditional Vegetables  

Lamb served with Arabic Rice & Traditional Vegetables  

## Asian Vegetarian / Vegan Main Courses

Aloo Gobi and Whole Moong Dal   

Mixed Vegetable Curry and Masoor Dal   

Brinjal with Potato and Chana Dal   

Green Bean Masala and Urad Dal    

Peas and Potato Masala with Black-Eyed Bean Dal   

Red Kidney Bean Curry and Moong Dal   

Vegetable Korma and Masoor Dal   

## Additional Vegan Main Courses

Five Bean Chilli (Steamplicity)   

Ratatouille (Kealth)   

Potato Casserole (Kealth)   

Vegetable Curry (Kealth)   

Chickpea and Sweet Potato Curry (Steamplicity)   

## African and Caribbean Main Courses

Jerk Chicken

Curried Goat and Rice 

Stewed Mutton and Rice 

Curried Chicken and Rice 

Minced Lamb with Okra 

Spinach, Cabbage and Okra  

West African Chicken Stew  

West African Jollof Rice & Chicken  