

# Support for hospital catering

In a hospital we know you have lots of mouths to feed and three key audiences to cater for. Here are our top tips to help you get the most out of foodservice in your core meal service areas.

## Patient Feed

### Use different flavours to brighten up stews & soups

These dishes are easy to stretch with healthy veg when you're working to a tight budget, while they are also hearty, comforting and easier to eat for those suffering with dysphagia. Offer variety by utilising seasonal ingredients, different spices and experimenting with dishes inspired by different cuisines; such as tagines, chowders and curries.

### Get creative with finger-food-friendly options

For patients less able to use cutlery, such as those with dementia, food needs to be easy to hold to encourage independence. Experiment with different fillings and bases to prevent menu fatigue by switching traditional sandwiches for layered pittas, pizzas for flatbreads, and experiment with what you can put in a traditional burger bun or bagel.

Other meal options include chunky goujons, fritters and roast veg that can be picked up and dipped in different sauces, for extra flavour and variety, and you can't go wrong with trusty pasties and sausage rolls.

When it comes to added nutrition, fortified soups and sauces make for quick wins and it's easy to add in hidden fibre with pulses and rice

## MAKE DESSERTS

*your  
Secret  
Weapon!*

Often the highlight of your patient's day, desserts present the biggest opportunity to encourage ill patients to eat and to fill up on necessary calories, without necessarily being 'unhealthy' foods.

Tempting sponges, pies and crumbles that are loaded with fruits or currents, and topped with custard, cream or ice cream, can be a great opportunity to get much-needed nutrients and calories into a person's diet. Seasonal fruits and old-school dishes can be easy ways to mix up what's on your menu.

Don't forget the low-fat and cold options, for different dietary needs, such as trifles, mousses, jellies and yoghurts.

Check out our popular range of individually portioned, frozen desserts from Cool Delight





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## Visitors & Staff



### What can you offer to grab-and-go?

Vitally important for visitors and staff who are limited on time, being able to offer healthy, hot and cold, grab-and-go options 24 hours a day is no easy task for catering teams. Simple and comforting pasta dishes, hearty sandwiches, tasty noodle and curry pots, sausage rolls, healthy vegan pasties and nutritious salad bowls are all ways to tackle the need for a variety of grab-and-go options which are tasty and nutritious to eat.

It's also important to think about the packaging options for to-go foods and to make sure that you're putting your food 'into the good stuff' - by opting for sustainable and environmentally friendly vegware.



### MEXICAN STREET FOOD

### Inspiration for sit-down, canteen menus

Inspired by rising costs and environmental factors, meal trends are reverting to cheaper, simpler, staple foods. Think hearty and comforting meals which are also easy to make vegetarian or vegan, such as porridge with various toppings, chunky sandwiches with gourmet fillings, flatbreads and salads, tasty pies and pasties with veg or seasonal traybakes and pastas.

If you're looking for inspiration from across the globe, current trends are featuring Sri Lanka, Cuba and Mexico, with street food dishes still proving popular.

### Consider the health benefits of plant-based meals.

Being higher in fibre and lower in saturated fats mean these meals can be better for your patients, as well as becoming more popular and cost-efficient. Instead of focusing on meat substitutes in traditional dishes, make vegan meals exciting in their own right. This will tempt patients to try something new, without thinking about if the dish is vegan or not. [Click here to browse our plant-based brochure.](#)

