

Steamplicity



Business Overview

What is Steamplicity

Insight and Product Development



What makes Steamplicity unique?

- Steam-cooking “Micro Steaming”
- Cooking fresh, raw ingredients safely and consistently
- Cooking food at point of service
- User friendly, delivering consistent meal quality
- 7 days shelf life allows <2% waste



Patient Centered Solution

- Patients Association research
 - Choice, Temperature, Quality
- 29 hot options to select from
 - Light bites, meal soups and finger food
- Cooked at point of service
- Consistency and Quality delivered
- Flexibility in offer, light bites , meal soups and finger food



Menu's

Standard menu

Healthier Choice
High Energy
Easy to chew
Vegetarian
Gluten free
Finger food



Diet menu's

Religious, Cultural and Vegan
Allergy menu
Dysphasic – IDDSI
Low sodium/potassium menu



Standard Steamplicity Menu



Welcome to
our new menu
of the best
freshly cooked,
nutritious food.

To Start

Soup of the Day

White or brown roll and spread on request

Fruit Juice

Ask the Ward Host/Hostess for today's choice

Fish

All fish is from sustainable sources
NB - Fish dishes may contain small bones

Steamed Fillet of Salmon in Hollandaise Sauce

Steamed salmon fillet in a hollandaise sauce served with
boiled potatoes and a green vegetable medley

Fish and Chips

Battered white fish served with chunky chips
and garden peas

Fish Fingers and Chips

Fish fingers served with chips and broccoli

Steamed Fish Mornay

Steamed white fish in a cheese and chive sauce
served with mashed potato and carrot and swede mash

Using this menu

- This menu has been translated into 11 additional languages; pictorial and Braille versions are available upon request. The following additional menus are also available: Halal, Kosher, Caribbean, Asian Vegetarian, Vegan, Allergy and Modified Textures.
- If you are having difficulty finding food you can eat, please speak to a member of the Catering Team.
- A choice of drinks will be offered to accompany your meals.
- 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.
- For the nutritional information of our dishes, including **carbohydrate content**, ingredients and allergens, or if you need help **opening food packaging**, please ask a member of the team who will be happy to assist you.

Beef & Lamb

Chilli Con Carne

Served with steamed rice

Cottage Pie

Minced beef in a rich gravy topped with fluffy mashed potato and served with carrots

Beef Casserole and Dumpling

Tender beef in a rich gravy served with a steamed vegetable medley, boiled potatoes and a fluffy dumpling

Savoury Minced Lamb

Minced lamb in a rich gravy, served with boiled potatoes and carrots

Chicken

Roast Chicken

Roast chicken breast in a rich gravy served with roast potatoes, broccoli and a vegetable medley

Chicken, Tomato and Mascarpone Pasta

Tender pieces of chicken in a tomato and mascarpone cheese sauce with red pepper and spinach

Chicken Goujons and Potato Wedges

Southern fried style chicken goujons served with seasoned potato wedges, carrot batons and broccoli florets

Sweet and Sour Chicken

Tender chicken in a sweet and sour sauce served with steamed rice

Chicken Tikka Masala

Tender pieces of chicken breast in a spicy tikka masala sauce served with steamed yellow rice

Nutritional symbols

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.

- Healthier Choice.** These meals have less fat and salt. Desserts have a lower sugar content making them a better choice for people with diabetes.
- Higher Energy.** Each main course contains more than 450kcal.
- Easier to Chew.** These meals are regular texture (DSDS level 7) but some people may find them tender and easier to chew. These are not designed for people at risk with a swallowing difficulty who will be given a separate menu.
- Vegan.** Meals suitable for vegetarians.
- Gluten Free.** These meals are tested to ensure they are suitable for people with coeliac disease.
- Finger Food.** Suitable to eat without cutlery.

Pork

All Day Breakfast

Traditional English breakfast with a Cumberland sausage, streaky bacon, fluffy omelette, baked beans, fresh tomato and a hash brown

Sausage and Mash

Traditional Cumberland sausages in a rich red onion gravy served with mashed potato and garden peas

Vegetarian and Vegan

Cheese and Tomato Pasta

Fusilli pasta in a rich tomato sauce with fresh courgette topped with Cheddar cheese

Quorn Biryani

Quorn pieces with curried rice, peas, sweetcorn and peppers

Chickpea and Sweet Potato Curry (vegan)

Mild chickpea and vegetable curry served with steamed rice

Vegetarian 'Meatballs' and

Roast Potatoes (vegan)

Vegetarian 'meatballs' served with roast potatoes, carrots and broccoli

Macaroni Cheese

Pasta in a mature Cheddar cheese sauce

Vegetarian Bean Chilli (vegan)

Mixed beans in a spicy tomato and pepper sauce served with steamed rice

Cheese and Tomato Omelette

Cheese and tomato omelette served with chips and baked beans

Plain Omelette

A plain omelette served with boiled potatoes and garden peas

Please turn over for a selection
of smaller and light meals,
salads and sandwiches

Sandwiches

Traditional Favourites

Tuna Mayonnaise (Dolphin Friendly)

and Cucumber on Oatmeal Bread

Free Range Egg Mayonnaise and Cress
on Malted Bread

Plain and Simple - white bread, no mayonnaise and no fuss

Ham

Cheddar Cheese

Something Different

Ham, Cheddar and Pickle on Malted Bread

Coronation Chicken on Oatmeal Bread

Houmous and Carrot Wrap (vegan)

NB: A small selection of sandwiches made with gluten free bread
is available from the diet bay

Salad Selection

Chicken Salad

Greek Salad

With feta cheese, olives and red onion

Tuna Salad

Egg Salad

Cheddar Cheese Salad

Jacket Potato

A plain jacket potato (vegan)
served with your choice of filling:

Grated Cheddar Cheese

Tuna Mayonnaise

Plain Tuna

Baked Beans (vegan)

Optional side salad on request

Hearty Soups

A nourishing soup for when you have a poor appetite.
White or brown roll and spread on request

Cream of Chicken Soup

Cream of Tomato Soup

Codes apply to soup without roll

Small, Simple and Light Selection

If you would like a lighter meal, something plainer or if you
have a poor appetite and would prefer something smaller,
please choose from the following sections.

Pasta Bolognese

A smaller portion of our beef Bolognese sauce
served with pasta

Cauliflower and Broccoli Cheese

A small but tasty serving of cauliflower and broccoli
in a rich cheese sauce

Beef Casserole and Dumpling

A smaller portion of our tasty beef casserole in
a rich gravy served with a fluffy dumpling

Hot Desserts

Served with custard

Chocolate Sponge

Steamed Raspberry Jam Sponge

Apple Crumble (vegan)

Rhubarb and Apple Crumble (vegan)

Sticky Toffee and Date Pudding

Apple and Raisin Sponge

Cold Desserts

Fresh Fruit or Tinned
Fruit in Natural Juice

Fresh Apple

Fresh Orange

Fresh Banana

Peaches in Juice

Pears in Juice

Fruit Cocktail in Juice

Ambrosia Devon
Custard Pot

Ambrosia Chocolate
Custard Pot

Traditional English
Trifle

Jelly or Sugar

Free Jelly

Thick and Creamy
Yoghurt

Diet Fruit
Yoghurt

Ambrosia Rice
Pudding Regular
or Light

Served hot or cold

Cheese and Biscuits

Vanilla Ice Cream

(Where available)

Religious, Cultural and Vegan menu

Kosher Main Courses

(Meals are made under Kedassia supervision)

Meals with a K code are stocked *

Inside M25

Spaghetti Bolognese ★

Steak & Mushroom Pie Ⓢ

Stuffed Chicken Ⓢ

Lamb Provencal Ⓢ

Grilled Salmon Ⓢ★

Cod Goujons ♥

Fisherman's Pie ★

Vegetable Lasagne ♡

Omelette with Mushrooms and Tomato Ⓢ♡

Outside M25*

Meatballs in Tomato Sauce Ⓢ★K1

Chicken & Mushroom Pie Ⓢ

Roast Chicken

Sliced Lamb Ⓢ

Beef Goulash Ⓢ

Grilled Cod

Chopped Fish Cutlet Ⓢ★K2

Vegetable Platter ♡K3

Desserts

Please choose a suitable dessert from the Lunch & Supper Steamplivity menu



Religious, Cultural and Vegan menu

This menu contains a wide selection of dishes for religious, cultural and vegan preferences

This menu is designed to offer you a varied choice of meals with the reassurance that they meet your dietary needs. All main courses include potato/rice/pasta and vegetables.

All dishes are subject to availability which may vary locally from time to time. Occasionally, some meals may not be offered in every hospital. Your ward host/hostess will tell you which ones are available locally to you.

For details of ingredients and allergens in all our dishes, please ask a member of the team. Alternative menus, including Allergy Aware and Texture Modified, are available on request.

Nutritional symbols

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.

- ♥ **Healthier Choice.** These meals have less fat and salt. Desserts have a lower sugar content making them more suitable for people with diabetes.
- Ⓢ **Higher Energy.** Each main course contains more than 450kcal.
- ★ **Easier to Chew.** These meals are regular texture (IDDSI level 7) but some people may find them tender and easier to chew. These are **not** designed for people at risk with a swallowing difficulty who will be given a separate menu.
- ♡ **Vegetarian.** Meals suitable for vegetarians.

To Start

Fruit Juice ♥★♡

Halal Main Courses

Chicken Korma, Masoor Dal and Rice ⓈH1

Chicken Jalfrezi, Whole Moong Dal and Rice ⓈH2

Chicken Rogan Josh with Mixed Lentils and Vegetable Rice ♥H3

Minced Lamb and Peas, Masoor Dal and Rice Ⓢ★

Lamb Biryani, Whole Moong Dal and Rice ⓈH4

Lamb Korma, Masoor Dal and Rice ⓈH5

Lamb served with Arabic Rice and Vegetables ♥

Cod served with Arabic Rice and Vegetables ♥H6

Additional halal meals can be found under the African/Caribbean section

Meals with a H code are stocked

Vegan Main Courses

Bean Goulash ♥♡ (Vegan) V1

Harvester Casserole ♡ (Vegan) V2

Vegetable Chilli ♥♡ (Vegan) V3

Lentil Bolognese ★♡ (Vegan) V4

Mediterranean Stew ♥★♡ (Vegan) V5

Savoury Bean Casserole ♥♡ (Vegan) V6

Additional vegan meals can be found within the African/Caribbean and Asian/Vegetarian sections as well as on our Lunch & Supper Steamplivity menu

African and Caribbean Main Courses

Jerk Chicken with Spicy Vegetables and Rice halal AF1

Curried Mutton, Spicy Vegetables and Rice halal ♥ AF2

West African Chicken Stew halal ♥

West African Jollof Rice with Chicken halal Ⓢ AF3

Minced Lamb and Okra with Spicy Vegetables and Rice halal ♥★♡ AF4

Spinach, Cabbage and Okra with Spicy Vegetables and Rice ♥♡ (Vegan) AF5

Asian Vegetarian Main Courses

Meals with an AV code are stocked

Aloo Gobi, Whole Moong Dal and Rice Ⓢ♡ (Vegan) AV1

Brinjal with Potato, Chana Dal and Rice Ⓢ★♡ (Vegan)

Green Bean Masala, Urad Dal and Rice Ⓢ♡ (Vegan)

Mixed Vegetable Curry, Masoor Dal and Rice Ⓢ♡ (Vegan)

Vegetable Jalfrezi, Mixed Lentils and Vegetable Rice ♥♡ (Vegan) AV2

Vegetable Korma, Masoor Dal and Rice Ⓢ♡



Allergy Menu

Meals Without SOYA		
Starters	Cheese and Tomato Omelette	Main Courses from Diet Bay
Fruit Juice	Quorn Biryani	Tuna Salad
Main Meals	Vegetarian Bean Chilli	Cheese Salad
<i>Steamplicity Meals</i>	MINI Pasta Bolognese	Egg Salad
Beef Casserole & Dumpling	MINI Beef Casserole	Desserts
Cottage Pie	Jacket Potato served plain or with Plain Tuna, Baked Beans or Grated Cheese	<i>From Standard Menu</i>
Savoury Minced Lamb	Cream of Tomato Soup	Ambrosia Rice Pudding
Chilli Con Carne	Cream of Chicken Soup	Ambrosia Chocolate Custard Pot
Sausages and Mash		Ambrosia Devon Custard Pot
All Day Breakfast	Sandwiches	Fresh or Tinned Fruit
Roast Chicken	Tuna Mayonnaise and Cucumber	Fruit Yoghurt or Diet Fruit Yoghurt
Chicken Tikka Masala	Free Range Egg Mayonnaise and Cress	Fruit Jelly
Chicken, Tomato and Mascarpone Pasta	Ham, Cheddar and Pickle	Trifle
Fish and Chips	Coronation Chicken	Vanilla Ice Cream
Fish Fingers and Chips		
Fish Mornay	Houmous and Carrot Wrap	
Cheese and Tomato Pasta	Plain Ham	
Chickpea and Sweet Potato Curry	Plain Cheddar Cheese	
Plain Omelette		

Free From RANGE		
The following special allergy meals are free from all 14 major allergens including cereals containing Gluten, Milk, Egg, Soya, Fish, Crustaceans, Molluscs, Peanuts, Tree Nuts, Sesame Seeds, Celery, Mustard, Lupin or Sulphites.		
Allergy Range (F coded meals)		
Beef Casserole with New Potatoes, Sweetcorn and Green Beans F1	Ratatouille with Rice and Peas F4	
Chicken Casserole with Parmentier Potatoes, Cauliflower and Green Beans F2	Savoury Bean Casserole with Roast Potatoes, Carrots and Mixed Vegetables F5	
Lamb Casserole with Parmentier Potatoes and Broccoli F3	Chilli Con Carne & Rice and Mixed Vegetables F6	



Allergy Aware Menu

We consider the enjoyment of your meals to be very important and we have planned this allergy menu to include dishes we hope you will like.

This allergy menu is designed to offer you an interesting choice with the reassurance that it meets your dietary restrictions.

We have a range of meals free from all 14 major allergens as well as sections free from the more common allergens; egg, milk, soya and gluten.

For details of ingredients and allergens in all our dishes, please ask a member of the team. We hope you enjoy your meals during your stay.

Meals Without MILK		
Starters	Chickpea and Sweet Potato Curry	Main Courses from Diet Bay
Fruit Juice	Vegetarian Bean Chilli	Chicken Salad
Main Meals	Vegetarian "Meatballs" and Roast Potatoes	Tuna Salad
<i>Steamplicity Meals</i>	MINI Pasta Bolognese	Egg Salad
Beef Casserole & Dumpling	MINI Beef Casserole	Desserts
Savoury Minced Lamb	Jacket Potato served plain or with Plain Tuna or Baked Beans	<i>From Standard Menu</i>
Chilli Con Carne		Fresh or Tinned Fruit
Roast Chicken	Sandwiches	Fruit Jelly
Chicken Goujons	Houmous and Carrot Wrap	<i>Diet Bay</i>
Sweet and Sour Chicken		Provamel Soya
Fish and Chips		Milk Custard
Fish Fingers and Chips		

Meals Without GLUTEN		
These meals are also free from wheat containing ingredients		
Starters	MINI Cauliflower and Broccoli Cheese	Desserts
Fruit Juice	Jacket Potato served plain or with Tuna Mayonnaise, Plain Tuna or Grated Cheese	<i>From Standard Menu</i>
Main Meals	Cream of Tomato Soup	Ambrosia Rice Pudding
<i>Steamplicity Meals</i>		Ambrosia Chocolate Custard Pot
Cottage Pie	Main Courses from Diet Bay	Ambrosia Devon Custard Pot
Savoury Minced Lamb	Tuna Salad	Fresh or Tinned Fruit
Chilli Con Carne	Cheese Salad	Fruit Yoghurt
Roast Chicken	Egg Salad	Fruit Jelly
Chicken Tikka Masala	Greek Salad	<i>Diet Bay</i>
Steamed Fillet of Salmon		Provamel Soya
Fish Mornay		Milk Custard
Cheese and Tomato Omelette		
Plain Omelette		
Chickpea and Sweet Potato Curry		
Quorn Biryani		
Vegetarian Bean Chilli		

Meals Without EGG		
Starters	Macaroni Cheese	Main Courses from Diet Bay
Fruit Juice	Cheese and Tomato Pasta	Chicken Salad
Main Meals	Vegetarian Bean Chilli	Tuna Salad
<i>Steamplicity Meals</i>	Vegetarian "Meatballs" and Roast Potatoes	Cheese Salad
Beef Casserole & Dumpling	MINI Pasta Bolognese	Greek Salad
Cottage Pie	MINI Beef Casserole	Desserts
Savoury Minced Lamb	MINI Cauliflower and Broccoli Cheese	<i>From Standard Menu</i>
Chilli Con Carne	Jacket Potato served plain or with Plain Tuna, Baked Beans or Grated Cheese	Ambrosia Rice Pudding
Sausages and Mash	Cream of Tomato Soup	Ambrosia Chocolate Custard Pot
Roast Chicken	Cream of Chicken Soup	Ambrosia Devon Custard Pot
Sweet and Sour Chicken		Fresh or Tinned Fruit
Chicken, Tomato and Mascarpone Pasta	Sandwiches	Fruit or Diet Fruit Yoghurt
Chicken Goujons	Ham, Cheddar and Pickle	Fruit Jelly
Chicken Tikka Masala	Plain Ham	<i>Diet Bay</i>
Fish and Chips	Houmous & Carrot Wrap	Provamel Soya
Fish Fingers and Chips	Plain Cheddar Cheese	Milk Custard
Fish Mornay		
Chickpea and Sweet Potato Curry		

Meals Without EGG & MILK		
Starters	Chickpea and Sweet Potato Curry	Main Courses from Diet Bay
Fruit Juice	Vegetarian "Meatballs" and Roast Potatoes	Chicken Salad
Main Meals	Savoury Minced Lamb	Ham Salad
<i>Steamplicity Meals</i>	MINI Pasta Bolognese	Tuna Salad
Beef Casserole & Dumpling	MINI Beef Casserole	Desserts
Chilli Con Carne	Jacket Potato served plain or with Plain Tuna or Baked Beans	<i>From Standard Menu</i>
Roast Chicken		Fresh or Tinned Fruit
Chicken Goujons	Sandwiches	Fruit Jelly
Sweet and Sour Chicken	Houmous & Carrot Wrap	<i>Diet Bay</i>
Fish and Chips		Provamel Soya
Fish Fingers and Chips		Milk Custard
Vegetarian Bean Chilli		



Modified texture menu

MODIFIED
E
TEXTURE

FORK MASHABLE
DYSPHAGIA
DIET MENU

6

SOFT &
BITE SIZED

MAIN COURSES

Lamb

E1 Roast Lamb with Mint, Mashed
Potato and Swede

Beef

E2 Cottage Pie, Cauliflower Cheese,
Carrot & Swede

Poultry

E3 Chicken Casserole with Mashed
Potatoes & Carrots

Fish

E4 Fish in Cheese Sauce with
Mashed Potatoes & Mushy Peas

Vegetarian

E5 Vegetable Tikka Masala, Bombay
Potatoes & Lentil Daal

E6 Vegetable Cottage Pie, with
Carrots & Peas

COLD DESSERTS

Ambrosia Chocolate Custard Pot

Smooth Thick & Creamy Yoghurt

Ambrosia Rice Pudding Pot

Ambrosia Devon Custard Pot

Traditional English Trifle

HOT PUDDINGS

Hot Puddings from C
Texture Menu



MODIFIED TEXTURE MENUS

This menu is designed to offer you a varied choice of meals with the reassurance that they meet your dietary needs.

Food and drink textures are classified using letters and this 'language' ensures consistency. Some new descriptors are now in use so this menu uses the original letters and the new numbers.

B
3

C
4

D
5

Only choose from one section of this menu as prescribed by your Speech and Language Therapist or Dietitian.

Most dishes listed are available but occasionally, some are offered in every hospital. Your ward host/hostess will be able to advise you on what is available locally to you.

For details of ingredients and allergens in all our dishes, please ask a member of the team.

We hope you enjoy your meal

NUTRITIONAL SYMBOLS

If you have a special dietary requirement which the catering team is not aware of, look for the relevant symbol on the menu next to the dish name.

♥ **HEALTHIER CHOICE:** These meals have less fat and sugar. Desserts have a lower sugar content making them a healthier choice for people with diabetes.

⚡ **HIGHER ENERGY:** Each main course contains more than 100g of carbohydrates.

🌱 **VEGETARIAN:** Meals suitable for vegetarians.

🌾 **GLUTEN FREE:** These meals are tested to ensure they are safe for people with coeliac disease. A further list of dishes containing gluten-free ingredients is available on request from the catering team.

DIETARY MEALS FROM SIMPLY

MODIFIED
B
TEXTURE

THIN PURÉE
DYSPHAGIA DIET
MENU

3

LIQUIDISED

MAIN COURSES

B1 Chicken & Potato Pie

B2 Bean & Veg Casserole

B3 Beef Stew & Dumpling

B4 Lancashire Hotpot

DESSERTS

Muller Healthy Balance Yoghurt

Ambrosia Chocolate Custard Pot

Ambrosia Devon Custard Pot

B5 Thin Puree Fruit

MODIFIED
D
TEXTURE

PRE-MASHED
DYSPHAGIA
DIET MENU

5

MINCED & MOIST

MAIN COURSES

D1 Lancashire Hotpot with Mashed
Potatoes & Mushy Peas

D2 Cottage Pie with Cauliflower
Cheese, Carrots & Swede

D3 Chicken Casserole, with Mashed
Potato & Carrots

D4 Fish in Cheese Sauce, Mashed
Potato & Mushy Peas

D5 Veg Tikka Masala, Lentil Daal &
Ground Rice

D6 Vegetable Lasagne, Mashed
Potatoes & Carrots

DESSERTS

Smooth Thick & Creamy Yoghurt

Ambrosia Rice Pudding Pot

Ambrosia Custard Pot

Ambrosia Devon Custard Pot

HOT PUDDINGS (Available
from C texture Menu)

Sticky Toffee Pudding

Jam Sponge & Custard

MODIFIED
C
TEXTURE

THICK PURÉE
DYSPHAGIA
DIET MENU

4

PURÉED

MAIN COURSES

Lamb

C1 Lancashire Hotpot with Mashed
Potato, Carrots & Peas

Beef

C2 Beef Stew & Dumpling, Mashed
Potatoes, Carrots & Peas

C3 Cottage Pie with Carrots
& Broccoli

Poultry

C4 Chicken Curry

C5 Hearty Chicken Casserole,
Potatoes & Peas

Fish

C6 Salmon in Dill Sauce, Mashed
Potato, Carrots & Peas

Vegetarian

C7 Cheesy Macaroni, Mashed
Potato, Carrots & Peas

C8 Bean & Veg Casserole, potatoes
& Vegetables

C9 Baked Beans on Toast

COLD DESSERTS

Muller Smooth Thick & Creamy
Yoghurt

Ambrosia Chocolate Custard
Pot

Ambrosia Devon Custard
Pot

C10 Thick Puree Fruit

HOT PUDDINGS

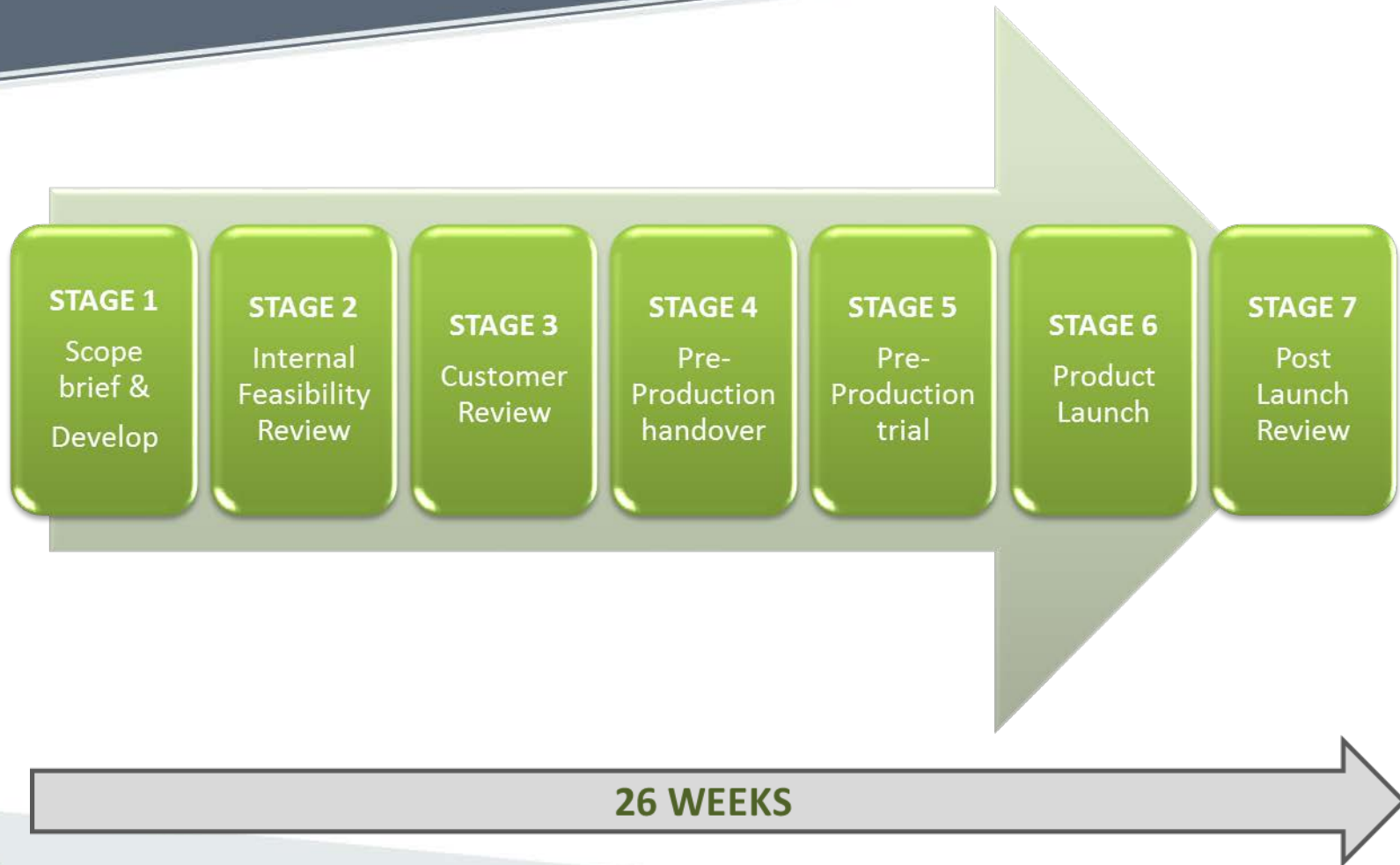
C11 Sticky Toffee Pudding

C12 Jam Sponge and Custard

A full range of Kosher
and Spicy Halal meals
are also available to
everyone.

Please ask a member
of the catering team
for more information

New Product Development



Responsible Approach

- 40% less energy used with Steamplicity
- Less food wastage
- Zero waste to landfill
- 66% of materials UK supplied



PLACE FOOD SCORES 2018

