



Model menu for sustainable food

This factsheet describes the differences between the old and new menu at the Royal Brompton Hospital (London), one of the UK's leading hospitals in terms of sustainable food procurement.

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Hospitals in a number of European countries have launched sustainable food initiatives, aiming to deliver health, environmental and local economic benefits by procuring minimally processed, locally produced, organic, seasonal and fairly traded foods.

But what might an overall menu look like when a hospital has made significant changes to make its food more appetising, to improve nutritional value and balance and to address sustainability issues?

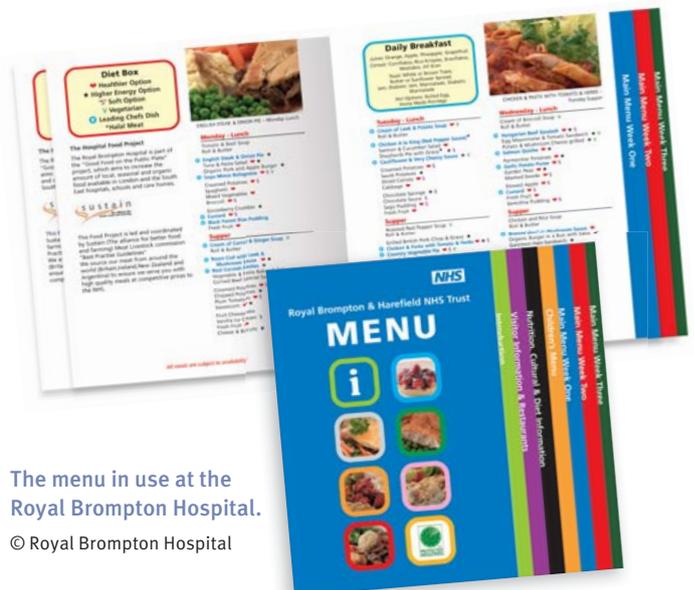
The lunch menu featured on this sheet is week one in the three-week cyclical menu for 2007 to 2008 developed by London's Royal Brompton Hospital – one of the foremost hospitals in the UK in terms of sustainable food procurement.

The Brompton's old menu was dominated by processed foods. Main-course items such as burgers, pasties and chicken nuggets tended to be mass produced using low-quality meat, while soups were made from powdered mixes. Little attention was paid to the provenance of fruit and vegetables and the carbon emissions that might have been created by transporting them long distances.

On the new menu 18 per cent of ingredients are local and/or organic. There are fewer processed foods, more fresh and seasonal fruit and vegetables and more foods produced by the farms of the 'home counties' that surround London. Old favourites often remain on the menu but have been transformed beyond recognition – all soups are now freshly prepared in the hospital kitchens, for example, and the chicken nuggets on the children's menu are made with organic chicken breast. The old menu consisted of a bare list of items but the latest is published

in a colourful and informative booklet that includes background information on sustainable sourcing and healthy eating.

The new menu is accompanied by a series of symbols. These include a red heart indicating 'healthier options' that are suitable for diabetics, patients with raised cholesterol or blood lipid levels and those who need to lose weight. A large black star identifies 'higher energy options' that are best for those who are undernourished or have a poor appetite. A purple 'S' distinguishes the 'soft option' – the best choice for patients with eating or chewing difficulties. A white chef's hat in a blue circle flags up dishes that have been specially designed for the National Health Service by a team of leading chefs including Anton Edelmann, Mark Hix and Michael Caines. There are also symbols to denote vegetarian options (a green 'V') and the use of halal meat (a small black star).



The menu in use at the Royal Brompton Hospital.

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Anatomy of the 2007/08 Royal Brompton Hospital Menu

♥ Healthier Option
 ★ Higher Energy Option
 S Soft Option
 V Vegetarian
 🍴 Leading Chefs Dish
 ★ Halal Meat

Course	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Starter <i>Starters: All soups are freshly made in the hospital kitchens. Apart from frozen peas and some Dutch tomatoes out of the UK growing season, all the vegetables used are locally grown in Kent, Sussex or Surrey. The basil and coriander are fresh when in season and locally grown. Organic bread rolls are served with the soup three times a week, and an organic vegetable bouillon is used in all soup recipes.</i>	V Tomato and basil soup	🍴 ♥ S V Cream of leek and potato soup	V Cream of broccoli soup	V Carrot and coriander soup	V Cream of vegetable soup	V French onion soup	V Minted pea soup
Main courses <i>Mains: Amongst the meats only beef (from Brazil) and lamb (from New Zealand) are imported. When the evening menu is taken into account there is an average of two organic meat dishes on the menu every week - sausages, meat loaf, meat balls and chicken nuggets (on the children's menu) are among the other organic meat dishes available.</i>	<ul style="list-style-type: none"> 🍴 ★ English steak and onion pie <i>Scottish beef, onions from Kent</i> ♥ ★ Tuna and pasta salad <i>locally grown salad</i> ★ Organic pork and apple burger <i>Produced in Wiltshire using Hampshire or Oxfordshire pork</i> 🍴 ♥ S V Soya mince bolognese 	<ul style="list-style-type: none"> 🍴 ♥ S V Chicken a la King with red pepper sauce <i>UK-produced chicken</i> ♥ ★ Salmon and cucumber salad <i>local cucumber</i> ★ S Shepherd's pie with gravy <i>local potatoes, local cauliflower</i> 🍴 ♥ V Cauliflower and Very Cheesy Sauce <i>local cauliflower</i> 	<ul style="list-style-type: none"> 🍴 ♥ S ★ Hungarian beef goulash <i>UK free-range eggs, local tomatoes</i> ★ V Sliced egg and tomato sandwich <i>local vegetables and mushrooms, English cheddar cheese</i> ★ V Potato and mushroom cheese grilled <i>local watercress</i> ♥ ★ Kipper and watercress quiche 	<ul style="list-style-type: none"> 🍴 ♥ ★ Braised lamb in cider <i>local tomatoes, English cheddar cheese</i> ★ V Cheese and tomato sandwich <i>local, seasonal vegetables</i> ★ V Vegetable stroganoff <i>fresh, local herbs</i> 🍴 ♥ S ★ Macaroni, smoked haddock and herbs 	<ul style="list-style-type: none"> ★ Fried cod in batter and lemon <i>UK chicken</i> ♥ ★ Chargrilled chicken and lettuce salad <i>pork from Oxfordshire; sauce made with organic milk</i> 🍴 ★ British pork blanquette white sauce <i>local vegetables</i> 🍴 ★ S V Vegetable lasagne 	<ul style="list-style-type: none"> 🍴 ★ S ★ Chicken and leek pie <i>UK produced halal chicken</i> ★ Sliced ham and salad sandwich <i>Norfolk ham</i> 🍴 ★ S V ★ Marcaroni cheese <i>local potatoes</i> ♥ ★ Jacket potato and tuna mayonnaise 	<ul style="list-style-type: none"> ★ Roast pork, stuffing and apple sauce <i>Oxfordshire pork</i> 🍴 ♥ S ★ Chicken casserole <i>UK chicken</i> ★ Prawn Marie Rose sandwich <i>UK-produced free-range egg</i> 🍴 ♥ S ★ V Nasi Goreng (spicy Indonesian rice with egg)
Vegetables <i>Vegetables: All potatoes except Parmentier and croquette potatoes are locally grown in Kent. All other vegetables except garden peas (from Norfolk), mushy peas (tinned), baked beans (tinned) and cabbage (from Lincolnshire) are locally grown in Kent, Surrey or Sussex. More perishable seasonal vegetables such as broccoli and cabbage are used fresh in season but a portion of the harvest is frozen to allow use out of season too.</i>	<ul style="list-style-type: none"> ♥ S Creamed potatoes ♥ Spaghetti ♥ S Mixed vegetables ♥ S Broccoli 	<ul style="list-style-type: none"> ♥ S Creamed potatoes ★ Sauté potatoes ♥ S Sliced carrots ♥ Cabbage 	<ul style="list-style-type: none"> ♥ ★ Parmentier potatoes 🍴 ♥ S Garlic potato puree ♥ ★ Garden peas ♥ S Mashed swede 	<ul style="list-style-type: none"> ♥ S Creamed potatoes 🍴 Pilau rice ♥ ★ Brussels sprouts ♥ S Cauliflower 	<ul style="list-style-type: none"> ♥ S Creamed potatoes ★ Chips ♥ ★ Garden peas ♥ S Mashed swede 	<ul style="list-style-type: none"> 🍴 ♥ S Olive Oil Mash ★ Croquette potato ♥ ★ Baked beans ♥ S ★ Mushy peas 	<ul style="list-style-type: none"> ★ Roast potatoes ♥ S Creamed potatoes ♥ ★ Roast parsnips ♥ S Broccoli
Dessert <i>Desserts: All custard and milk puddings (rice, sago, semolina and tapioca) are freshly made using UK produced organic milk. Tinned or frozen fruits are used to make Black Forest rice pudding, stewed apple, peach flan and raspberry jelly but the fresh fruits on offer at every meal always include locally grown English apples and far pears when in season. Out of season the menu is supplemented by French apples and Fairtrade bananas.</i>	<ul style="list-style-type: none"> ♥ S ★ Chocolate sponge with chocolate sauce <i>fresh, seasonal, local gooseberries</i> ♥ S 🍴 Sago pudding ♥ ★ Black Forest rice pudding ♥ Fresh fruit 	<ul style="list-style-type: none"> ♥ S 🍴 Stewed apple and custard ♥ S Semolina pudding ♥ Fresh fruit 	<ul style="list-style-type: none"> 🍴 ♥ S Peach flan and custard ♥ S Rice pudding ♥ Fresh fruit 	<ul style="list-style-type: none"> 🍴 ♥ S Apple and toffee roly-poly ♥ S Tapioca pudding ♥ Fresh fruit 	<ul style="list-style-type: none"> ★ Chocolate mousse ♥ S 🍴 Fruit yoghurt <i>Organic</i> ♥ S ★ Fruit cocktail – natural juice ♥ Fresh fruit 	<ul style="list-style-type: none"> ♥ S Rice pudding 🍴 Raspberry jelly 🍴 V 🍴 Yoghurt <i>Organic</i> ♥ Fresh fruit 	

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