

# Eating at Flint House

*We aim to provide high quality meals, using fresh, locally sourced ingredients, wherever possible*

The Kitchen offers a wide choice of meals; the Centre's own chefs prepare the majority of the food on site seeking to provide patients with a 'well balanced' meal every time. We aim to develop recipe ideas from all over the world in order to tempt all tastes. These menu ideas include vegetarian options alongside traditional dishes as well as the more contemporary ideas.

Chefs at Flint House endeavour to balance the nutritional content of every meal during a patients stay my chef Christopher Gray and I are readily available to offer advice on healthy eating.

Our "light-hearted" option at lunch time, be it meat, fish or vegetarian, is for a balanced meal where we seek to reduce your Sugar, Fat and Salt intake. There is always the opportunity to consume at least your five portions of vegetables and fruit each day.

## 'NUTRITION' & HEALTH TALK

*An informal gathering of patients and staff is held every Wednesday afternoon, promptly, from 1:45pm in the servery area of the Dining Room and then in the Conference Room for 2:00pm, on the first floor, immediately above the Bar, for those patients who would like to discuss to achieve a better understanding of Nutrition.*

*This is not about fad diets – but simply about 'eating healthily' – to appreciate the potential benefits of eating in a more Mediterranean style; things to look out for in your diet; a better understanding of what your body needs; plus the possible risks associated with a poor diet and lack of exercise.*

*At 1:45pm in the Servery, promptly,  
try our 'challenging' quiz on hidden sugar in Drinks!  
Guess the number of calories hidden or lurking in 'Healthy Salads'!*

*From about 2:00pm (until 3:00pm'ish) we move up to the Conference Room on the first floor for a discussion on 'Healthy Eating' supported by a Power Point Presentation on Nutrition, with props in the form of food packaging – so please bring your glasses – the print can be small – the meeting can run a little longer as we can often stay on to help answer any questions.*

*Gail and I look forward to seeing you there.*

*Gail Rainsden - Lead Nurse, Health & Wellbeing  
Robert Chalmers - Catering Manager*

## The Dining Room

**Monday Arrivals: 'Welcome Meeting': in your Lounge at 12:45 – PLEASE ATTEND**  
**Sunday Arrivals: 'Welcome meeting' 19:15 in Flint House - Quiet Room**

**Breakfast 07:30 to 08:45**

*(08:30 to 09:00 Weekends and Bank Holidays)*

**Lunch & Dinner – First come, first served –**  
**Once Room is full then diners will be asked to return to the second service**

**Lunch 12:00 to 12:30 or 13:00 to 13:30**  
*(12:30 to 13:00 Weekends and Bank Holidays)*

**Dinner 18:00 to 18:30 or 19:00 to 19:30**

*(18:00 to 18:30 Friday, Saturday & Bank Holidays - 18:00 to 18:45 Sunday)*

***Patients - are requested to arrive promptly at all mealtimes. Due to the pressure on seating, please assist the catering staff by vacating your table at your earliest convenience so that the dining room can prepare for your colleagues, on the second sitting at Lunch and Dinner times – Thank you.***

## Eating at Flint House

If you have a special dietary requirements such as medical, religious, **ALLERGIES\*** or intolerances please advise the duty Chef as soon as possible.

This can be done by e-mail [catering@policerehab.co.uk](mailto:catering@policerehab.co.uk)

*\* **Allergens:** affect many people, more than was first understood. There are 14 allergens, (along with some 200+ intolerances) some allergens like 'celery' quite surprising and some more serious like 'peanuts'.*

*All allergens found in our food are listed on our Daily, Buffet and Dessert menus found on 'touch display screen' outside the Dining Room; the information displayed in RED so that the allergens are readily & quickly identified as being part of the dish.*

### Coffee & Tea

Flint House Lounge	07:30 to 23:30
Time Tunnel	24hrs
Flint Fold Lounge	24hrs

**Packed lunch** if you require a packed lunch, please give 24hrs notice, order before 16.00hrs the day before if the packed lunch is to be picked before 09:00hrs – thank you. **Please note: There is a charge for this service.**

### Dining Room & Bar Dress Code:

Although we do not have a formal dress code – please consider the other users of the facility, **especially before and after using the gym**, so that appropriate attire is worn at all times

**For patient safety, no bare feet in the dining room or servery at any time**

**The Bar is open,**

**18:00 to 22:30 Monday to Thursday.**

**Drinking-Up Time by 23:00, Glasses will be removed at 23.00 promptly.**

**18:00 to 22:00 Sunday**

**Drinking-Up Time by 22.30, Glasses will be removed at 22:30 promptly**

**Quiz Nights** are in the Bar Mondays and Thursday at 20:30hrs

**Stock-piling of drinks is not permitted**

**Alcoholic drinks can only be consumed in the Flint House Lounge & Bar, Dining Room or the Sky Television Lounge**

**The Vending Machine** for toiletries, soft drinks and snacks is located in the rotunda of the link corridor in Flint House.

**Patients are reminded that excessive drinking and unreasonable behaviour is not acceptable and could result in you being asked to leave the centre**

**Consumption of alcohol in bedrooms is not permitted; neither may alcohol be brought into any area of the Centre from outside**

### **Patient's guests & visitors – Dining**

If guest meals are required please book early with the the Dining Room managers, as space for visitors is limited. 24 hours' notice could save disappointment.

There are specific mealtimes allotted for patients with guests, please confirm with the Dining Room managers.

**Please note: There is a charge for this service. Please enquire at Reception**

Thank you for taking the time to read this, the department staff wishes you an enjoyable and beneficial stay.

All staff are here to help – please, don't hesitate to ask for any assistance that you may require.

**Robert Chalmers**  
**Catering Manager**

Telephone/Dietary Requirements Direct Line:

Switchboard

For Dietary requirements:

**01491 878570** with answerphone (Catering Manager)

01491 874499 – Catering Manager = Ext 330

**catering@policerehab.co.uk**