

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, myself and Christopher are readily available to offer advice on healthy eating, dietary requirements and allergen information.

All of our dishes are labelled using the traffic light System, showing how much fat, saturated fats, sugar and salt are in that dish. Using this system shows high (red), medium (amber) and low (green) and there percentages for each of these Dishes. Using the traffic light system can help you make healthier choices quickly and easily.

D Casbeard – Head Chef

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 09.00

(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.