

Please use this menu to select your **main meal**. You can select your **starter** and **dessert** from the standard menu.

Kosher dishes are available on request, if you require a kosher meal please ask the Ward Host.

HALAL (SPICY)

Beef Curry
with tarka daal and rice **H GF R**

Lamb Biryani
with moong daal and
vegetable masala **H GF R**

Chicken Tikka Masala
with chana daal and rice **GF H R**

Chicken Korma
with masoor daal and rice **GF R**

Minced Lamb & Peas
with vegetable masala
and rice **H GF R**

Chicken & Saag
with moong daal and rice
EC GF R H

HALAL (WESTERN)

Roast Beef
with Yorkshire pudding, creamed
potatoes, carrots and broccoli

Chilli Con Carne
with rice **H GF R**

Chicken Casserole
with parmentier potatoes, green
beans and cauliflower **H GF R**

Shepherd's Pie
with roast potatoes, green beans
and cauliflower **H GF R**

Sweet & Sour Chicken
with rice **GF R H**

AFRICAN CARIBBEAN

Beef Curry
with rice **R**

Fried Red Snapper Fish
with yam and sweet potato **H**

Jerk Chicken
with rice and peas

CHINESE

Chicken in Black bean Sauce
with egg noodles

Sweet & Sour Chicken
with egg noodles **R H**

ASIAN VEGETARIAN

Mixed Vegetable Curry
with masoor daal
and rice **H V R GF**

Cauliflower & Aubergine
Masala with masoor daal
and rice **H EC V R GF**

Aloo Gobi
with moong daal
and rice **H V R GF**

Aloo Saag
with black-eyed bean daal
and rice **V R GF**

Chickpea Masala
with toor daal and rice **V GF**

Mutter Paneer
with chickpea daal and rice
H V R GF

CODES USED IN THIS MENU

- E** High Energy: more nourishing than those coded H as they contain more calories. Suitable for patients with a reduced appetite.
- H** Healthy option: contain moderate amounts of fat, sugar and salt. Suitable as part of a healthy balanced diet and for patients with diabetes.
- EC** Easy to Chew: tender, easier to cut and eat food options. Suitable for patients who have difficulty coping with firm foods (e.g. patients who have no teeth, loose dentures or sore mouth). Refer to our modified texture menus if you have difficulties with swallowing (dysphagia).
- GF** Gluten Free: dishes contain 20 parts per million or less of gluten. Suitable for patients with Coeliac Disease.
- V** Vegetarian: made without meat, poultry, fish and all products derived from these. Suitable for vegetarians that consume milk, eggs and products made from these. Vegan menu available.
- R** Renal Diet: suitable for patients on a low potassium diet.

ALLERGY INFORMATION

If you have a food allergy or intolerance, please advise your Nurse on admission and always inform your Ward Catering Team before you place a meal order.

FISH BONES

Although every care has been taken to remove fish bones from our fish dishes, some may remain. Therefore, please take care when consuming fish dishes.

CARBOHYDRATE INFORMATION

The carbohydrate content of each dish on this menu is available if you require it for carbohydrate counting. Please ask your Ward Host for this information.