

Please wash your hands or use the wipes provided before each meal.



STARTER

Tomato Soup **E V VG**

Orange or Apple Juice **H EC V VG**



MAIN MEALS

**Cauliflower & Butterbean
Curry**

with rice **E EC V VG R**

Spicy Bean Casserole

with potato wedges, broccoli,
peas and sweetcorn **V VG**

**Chicken, Bacon & Thyme
Hotpot**

with sautéed potatoes, mashed
carrots and swede **H R**

Lamb Tagine

with yellow rice, carrots, peas
and green beans **R**

Chilli Con Carne

with vegetable rice

Vegetable Bake

with green beans, peas and
broccoli **H V VG R**

Sweet & Sour Chicken

with vegetable rice **R**

Roast Chicken in Gravy

with roast potatoes, mashed
carrots and peas **H R**

Steak & Mushroom Casserole

with skin on boiled potatoes,
carrots and green beans **H**

Cottage Pie

with sweet potato and carrots **E
EC**

DESSERT

Apple H V VG R

Banana H EC V VG

Orange H V VG R

The main meals on this menu have been specially prepared and are made without cereals containing gluten, celery, egg, fish, milk (and other dairy products), molluscs, mustard, nuts, peanuts, crustaceans, lupins, soya, sulphites and sesame. These meals are also made without onion and garlic.

If you have an allergy or intolerance to other food ingredients not listed, please let your Ward Catering Team know before making your meal choice. Our Catering Team will check the full ingredient profile to allow you to make an informed choice.

CODES USED IN THIS MENU

- H** **Healthy Options:** contain moderate amounts of fat, sugar and salt. **Suitable as part of a healthy balanced diet and for patients with diabetes.**
- E** **Higher Energy:** more nourishing than those coded **H** as they contain more calories. **Suitable for patients with a reduced appetite.**
- EC** **Easy to Chew:** suitable for patients who have difficulty coping with firm foods due to having no teeth, badly fitted dentures or sore mouths. **Refer to our modified texture menus if you have difficulties with swallowing (dysphagia).**
- V** **Vegetarian:** Free from meat, poultry, fish and all products derived from these. **Suitable for vegetarians that consume milk, eggs and their products.**
- VG** **Vegan:** free from all animal products including meat, poultry, fish, milk, eggs and all products derived from these. **Vegan menu available.**
- R** **Renal Diet:** suitable for patients on a low potassium diet.

CARBOHYDRATE INFORMATION

Please ask your Ward Host for carbohydrate information if you require it.