



BREAKFAST

Apple or Orange Juice **H EC GF**

Soya Fruit Yogurt **H EC R**

Apple **H GF R**

Banana **H EC GF**

Orange **H GF R**

Branflakes with soya milk **R**

Weetabix with soya milk **EC R**

Bread **EC R** or Toast **R**
available with sunflower spread and
a selection of preserves.



STARTER

Lentil Soup **E GF**

Chunky Vegetable Soup **E GF**

Tomato Soup **E GF**

Alternative option of Apple or Orange
Juice available



MAIN MEALS

Spicy Bean Casserole
with potato wedges, broccoli, peas
and sweetcorn **GF**

Vegetable Bake
with sautéed potatoes and green
vegetables **H GF**

Cauliflower & Butterbean
Curry
with rice **E EC GF R**

Chickpea Masala
with daal and rice **R**

Penne Pasta in
Tomato & Basil Sauce
with side salad **H R**

Vegetable Curry
with yellow rice and an onion bhaji
H R

Lentil & Vegetable Flaky
Topped Pie
with side salad **E**

Vegan Sausage Roll
with baked beans **E R**

LIGHTER MEALS

Jacket Potato

with sunflower spread **H**

Jacket Potato

with baked beans **H**

All jacket potatoes are served with or without a side salad

Five Bean Salad Bowl

with lettuce, cucumber and tomatoes **H**



DESSERTS

HOT DESSERTS

Apple Crumble **E R**

Plum & Cherry Crumble **E R**

Soya Custard **EC R**

COLD DESSERTS

Soya Fruit Yogurt **H EC R**

Tinned Fruit in Juice **H R**

Apple **H GF R**

Banana **H EC GF**

Orange **H GF R**

CODES USED IN THIS MENU

- E** Higher Energy: more nourishing than those coded **H** as they contain more calories. Suitable for patients with a reduced appetite.
- H** Healthy Options: 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: 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.
- R** Renal Diet: suitable for patients on a low potassium diet.

ALLERGEN INFORMATION

If you have a food allergy or intolerance, please advise your Nurse on admission and always inform your Nurse and Ward Host before you place a meal order. Allergen Free menu available.

CARBOHYDRATE INFORMATION

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