

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

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)

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

Chicken Tikka Masala
with chana daal and rice

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

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

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

Minced Lamb & Peas
with vegetable masala and rice
H R

HALAL (WESTERN)

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

Cottage Pie
with mashed potato and mixed
vegetables **H R**

Sweet & Sour Chicken
with rice **R**

Lamb Casserole
with roast potatoes and broccoli
R

AFRICAN CARIBBEAN

Jerk Chicken
with rice and peas

Beef Curry
with rice

CHINESE

Chicken Chow Mein
with egg noodles **H R**

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

ASIAN VEGETARIAN

Mixed Vegetable Curry
with masoor daal and rice
H V VG R

Aloo Gobi
with moong daal and rice
H V VG R

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

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

Aloo Saag
with black-eyed bean daal and
rice **V VG 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).
- 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.

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. Allergen Free menu available.

CARBOHYDRATE INFORMATION

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