

This is our very low fat menu for patients who have a chyle leak. Please only order from this menu if you have been advised to do so by your Medical Team or Dietitian.



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



## BREAKFAST

### Cereals Fat (g)

Cornflakes **V VG** 0

2 Weetabix **V VG** 1

Rice Krispies **V VG** 0

Served with skimmed milk

### Bread or toast Fat (g)

White (1 slice) **H V VG** 1

Wholemeal (1 slice) **H V VG** 1

Jam **V VG** 0

Marmalade **V VG** 0

Honey **V** 0

### Fruit Fat (g)

Apple **H V VG** 0

Banana **H EC V VG** 0

Orange **H V VG** 0



## SNACKS

**Fat (g)**

Apple **H V VG** 0

Banana **H EC V VG** 0

Orange **H V VG** 0

Hi-Cal Jelly **E EC** 0

Reduced sugar jelly available if diabetic

Snacks are served with your mid-morning, mid afternoon and supper drink



## DRINKS

**Fat (g)**

Skimmed Milk **V** 0

Apple Juice **V VG** 0

Orange Juice **V VG** 0

Coffee **V VG** 0

Tea **V VG** 0

Squash **V VG** 0

Decaffeinated tea and skimmed milk are available.

### SCHEDULED SERVICE TIME

Breakfast	Mid Afternoon
Mid Morning	Evening Meal
Lunch	Supper

## MAIN MEALS

Fat (g)

Plain Jacket Potato H V VG	2
Jacket Potato with Beans H V VG	2
Quorn Sausages H V VG	4
Bean Chilli H V VG	3
Chicken Breast in Tomato & Basil Sauce H	3
Sweet & Sour Chicken H	4
Roast Chicken in Gravy H	4
Plain White Fish H	1
Ham Salad H	2

Served with a choice of sides.

### Please avoid:

Butter, sunflower spread, whole & semi-skimmed milk, thick & creamy yoghurt & ice cream.

## SIDES

Fat (g)

White Rice H EC V VG	2
Boiled Potatoes H EC V VG	1
2 Vegetables H V VG	0
Choice of cauliflower, sliced carrots, mashed swede or mushy peas	
Side Salad H V VG	0
No dressing	

## DESSERTS

Fat (g)

Low Fat Yogurt H EC V	1
Hi-Cal Jelly E EC	0
Reduced sugar jelly available if diabetic	
Tinned Fruit H V	0
Apple H V VG	0
Banana H EC V VG	0
Orange H V VG	0

## 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.**
- 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.**

## 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. Please speak to your Ward Host or Nurse if you have any concerns.

## CARBOHYDRATE INFORMATION

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