

DESSERTS

HOT DESSERTS

Sticky Toffee Pudding & Custard **E GF V R**

Lemon Sponge & Lemon Sauce **E V R**

Summer Fruit Sponge & Custard **V R**

Bakewell Sponge & Custard **E V R**

Rice Pudding **GF V R**

COLD DESSERTS

Thick & Creamy Yogurt **GF V R**

Chocolate Dessert Pot **V**

Strawberry Mousse **GF V R**

Puree Fruit **H V VG R**

Ice Cream **V R**

Ice Cream for those on normal fluids only. Not suitable for those on Level 1, 2, 3 or 4 thickened fluid

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.
- GF** Gluten Free: contain 20 parts per million or less of gluten. Suitable for patients with Coeliac Disease
- 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.
- 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 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.

INPATIENT
DINING

LEVEL 4 PUREED

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



Salmon in Butter Sauce

serco

NHS

South Tees Hospitals
NHS Foundation Trust



Beef in Gravy

ABOUT THIS MENU

This menu is suitable for anyone that has been advised to have a Level 4 (Pureed) diet by their Speech and Language Therapist or their Medical Team.

If you have been advised to follow a Level 5 (Minced and Moist) or Level 6 (Soft and Bite-Sized) diet, we have a separate menu for this. Easy Chew options can be found on our standard menu. Please ask your Nurse or Ward Host for assistance.

For lunch and supper, please choose a main meal and a hot or cold dessert. Snacks will be offered throughout the day.

BREAKFAST

Puree Porridge **V R**

Thick & Creamy Yogurt
GF V R

Puree Fruit **H V VG R**

SNACKS

Thick & Creamy Yogurt
GF V R

Chocolate Pudding Pot **V**

Custard Pot (Cold) **V R**

Puree Fruit **H V VG R**

STARTER

Tomato Soup **V**

Mushroom Soup **V**

NOT suitable for patients on thickened fluid level 3 and 4.

MAIN MEALS

Vegetable & Bean Casserole
with sauté potatoes and peas
E GF V VG R

Tomato & Basil Pasta
with peas **E V R**

Macaroni Cheese
with mashed potato, carrots
and broccoli **E V R**

Cheese & Onion Bake
with duchess potatoes and
broccoli **E V R**

Chicken & Gravy
with carrots and sauté potatoes
E GF R

Chicken & Vegetable
Casserole
with sauté potatoes, carrots
and swede **E GF R**

Fish Pie
with carrots and peas **E R**

Chicken Tikka Masala
with rice and creamed spinach
E GF R

Beef Chilli
with rice and peas **E R**

Salmon in Butter Sauce
with broccoli and sauté
potatoes **E R**

Shepherd's Pie
with carrots and peas **E R**

Beef & Gravy
with green beans and sauté
potatoes **E GF R**

Cottage Pie
with carrots and broccoli **E R**