

DESSERTS

HOT DESSERTS

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

Apple Sponge & Custard
E GF V R

Rice Pudding & Summer Fruits **GF V R**

The above desserts must be thoroughly stirred before serving

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 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. Please take care when consuming fish dishes.

CARBOHYDRATE INFORMATION

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

INPATIENT
DINING

LEVEL 5 MINCED & MOIST

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



Macaroni Cheese

serco

NHS

South Tees Hospitals
NHS Foundation Trust



Rice Pudding

ABOUT THIS MENU

This menu is suitable for anyone that has been advised to follow a Level 5 (Minced and Moist) diet by their Speech and Language Therapist or their Medical Team.

If you have been advised to follow a Level 4 (Puree) or Level 6 (Soft and Bite-Sized) diet, we have separate menus for these. Easy Chew options can be found on our standard menu. Please ask your Nurse or Ward Host for assistance.

For lunch and your evening meal, please choose a main meal and dessert. Snacks will be offered throughout the day.

BREAKFAST

Porridge **H V R**
No loose milk

Thick & Creamy Yogurt
GF V R

Weetabix **H V R**
No loose milk

SNACKS

Thick & Creamy Yogurt **GF V R** **Chocolate Pudding Pot** **V**

Custard Pot (Cold) **V R** **Puree Fruit** **H V VG R**

Rice Pudding Pot (Cold) **V R**

STARTER

Tomato Soup **V**

Mushroom Soup **V**

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

MAIN MEALS

Vegetable & Lentil Casserole with potato, cauliflower, sprouts and carrots **E V VG R**

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

Chicken & Vegetable Casserole with mashed potato, carrots and sprouts **E GF R**

Chicken Curry with white rice, broccoli and cauliflower **E GF R**

Creamy Chicken Pie with mashed potato, carrots and broccoli **GF R**

Chicken in Gravy with mashed potato, carrot and swede **H GF R**

Fisherman's Pie with broccoli **E GF R**

Salmon in Dill Sauce with mashed potato, carrots and broccoli **GF R**

Sausages in Onion Gravy with parsley mashed potato, carrots and broccoli **E GF R**

Pasta Bolognese in tomato herb sauce and with carrots **H R**

Cottage Pie with mashed carrot and swede **GF R**

Shepherd's Pie with mashed carrot and swede **E GF**