

## DESSERTS

### HOT DESSERTS

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

Lemon Sponge **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 and 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 6 SOFT & BITE-SIZED

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



Cheese & Onion Pie

serco

**NHS**

South Tees Hospitals  
NHS Foundation Trust



Beef Hotpot

## ABOUT THIS MENU

This menu is suitable for anyone that has been advised to follow a Level 6 (Soft and Bite-Sized) diet by their Speech and Language Therapist or their Medical Team.

If you have been advised to follow a Level 4 (Puree) or Level 5 (Minced and Moist) 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**

Custard Pot  
(Cold) **V R**

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

Chocolate  
Pudding Pot **V**

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 Bake  
with fried potatoes and  
cauliflower **E V VG**

Cheese & Onion Pie  
with mashed broccoli, carrots  
and swede **E V R**

Chicken in Gravy  
with boiled potatoes, carrots,  
swede and cauliflower **GF R**

Sausages in Onion Gravy  
with mashed potato and  
carrots **E R**

Cottage Pie  
with carrots and mashed  
swede **E GF R**

Shepherd's Pie  
with mashed root vegetables  
**GF R**

Vegetable Curry  
with curried spinach and  
Bombay potatoes **E GF V VG**

Fish Pie  
with carrots **E GF R**

Chicken in Creamy  
Mushroom Sauce  
with fried potatoes **GF R**

Ham in Parsley Sauce  
with mashed potato, diced  
carrots and swede **E GF R**

Pasta Bolognese  
in tomato and herb sauce with  
carrots and creamed spinach **R**

Beef Hotpot  
with fried potatoes, spinach in  
cheese sauce **E GF R**