

Low fibre menu

Breakfast

Orange Juice **GF VG**

Apple Juice **GF VG**

Rice Krispies **V LP**

Cornflakes **V LP**

Gluten Free Cornflakes **GF VG LP**

Served with a choice of

Semi-Skimmed Milk **♥ V**

Whole Milk **↑ V**

Soya Milk **VG LP**

Thick & Creamy Yoghurt **★ GF V LP +**

Sliced White Bread **VG LP**

Fruit Jam **VG LP**

Butter **V LP**

Sunflower Spread **VG LP**

Croissant **↑ V**



Further information regarding nutritional content and food allergens is available upon request; please ask your Catering Team.

Menu codes

↑ Higher Energy

♥ Healthier Eating

★ Easy to Chew

GF Gluten Free

V Vegetarian

VG Vegan

LP Low Potassium

+ Higher Protein



Nutrition and Allergen Information

If you have a food allergy, please tell your nurse and the catering team when you order your meal. You can check nutritional content and food allergen information by scanning the QR code or asking the catering team.

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Starters

Tomato Soup ★ V

Sliced White Bread **VG LP**

Smaller appetite

These meals are smaller in size, but are higher in energy and protein, so ideal if you're not feeling very hungry.

Chicken Soup ★ **GF LP**

Cream of Vegetable Soup ★ **GF V LP**

Macaroni Cheese ↑ ★ V **LP +**

Macaroni pasta in a creamy sauce.

Sandwiches (white bread only)

Ham +

Tuna Mayonnaise

Cheddar Cheese V

Egg Mayonnaise V

Jacket Potato (without skin)

Plain ♥ **GF VG**

with Butter V

or Sunflower Spread **VG**

and Tuna Mayonnaise ♥

or Cheese ↑ V

Hot desserts

Rice Pudding ★ **GF V LP**

Stewed Apple with Custard ★ **GF V LP**

Bakewell Tart & Custard ↑ ★ V **LP**

Jam Sponge ↑ ★ **GF V LP**

Main meals

Fish Pie ↑ ★ **GF LP +**

Served with carrots.

Creamy Chicken Pie ★ **GF LP +**

Served with carrots, swede, and mashed broccoli.

Beef Bolognese with White Pasta ♥ +

The below main meal options are served with your choice of

Mashed Potato ★ **GF V** or **Chips** **GF VG**

Plain Omelette ♥ ★ **GF V LP**

Fish Goujons ♥ **LP +**

Roast Chicken Breast in Gravy ♥ **GF LP +**

Pork Sausages

Veggie Sausages ♥ **VG +**

Chicken Goujons ♥ **LP +**

Fish Goujons ♥ **LP +**

Cold desserts

Lemon Cake ↑ V

Raspberry Jelly ♥ ★ **GF VG LP**

Orange Sugar Free Jelly ♥ ★ **GF VG LP**

Thick & Creamy Yoghurt ★ **GF V LP +**

Alpro Soya Vanilla Dessert ♥ ★ **GF VG**

Cheese & Crackers V **LP +**

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