

3 LIQUIDISED

Soup

Cream of Chicken	GF LP
Carrot	GF V LP
Cream of Vegetable	GF V LP
Tomato	GF VG LP



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.

Menu codes **GF** Gluten Free **V** Vegetarian **VG** Vegan **LP** Low Potassium

4 PUREED

Main courses

Vegetable & Bean

Casserole **↑ GF VG LP**

Served with peas and sauté potatoes.

Macaroni Cheese **↑ V LP +**

Served with broccoli.

Vegetarian Sausage & Mash **↑ VG LP**

Served with peas.

Salmon in Butter Sauce **↑ GF LP +**

Served with sauté potatoes and broccoli.

Chicken Chasseur **↑ GF LP +**

Served with carrots and duchess potatoes.

Chicken in a Rich Gravy **↑ GF LP +**

Served with broccoli and duchess potatoes.

Sausage & Chips **↑ LP +**

Served with baked beans.

Shepherd's Pie **↑ GF LP +**

Served with carrots and swede.



Hot desserts

Cold desserts

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

Apple Puree **♥ GF VG LP**

Chocolate Dessert **♥ GF V LP**

Alpro Soya Vanilla Dessert **♥ GF VG**



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Menu codes

V Vegetarian

↑ Higher Energy

VG Vegan

♥ Healthier Eating

LP Low Potassium

GF Gluten Free

+ Higher Protein





5 MINCED & MOIST

Main courses

Cauliflower & Lentil Curry ↑ **GF VG LP**
Served with rice.

Vegetable & Lentil Casserole ↑ **VG**
Served with parsley mashed potato, cauliflower and sprouts.

Cheesy Potato Bake **V**
Served with mashed potato, carrots and parsnips.

Salmon Supreme **GF +**
Served with parsley mashed potato, carrots and broccoli.

Chicken & Vegetable Casserole ↑ **GF LP +**
Served with mashed potato, carrots and brussels sprouts.

Lamb Stew ♥ **GF**
Served with parsnips, mashed potato and brussels sprouts.



Hot desserts

Apple Sponge **GF V LP +**

Cold desserts

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

Apple Puree ♥ **GF VG LP**

Chocolate Dessert ♥ **GF V LP**

Alpro Soya Vanilla Dessert ♥ **GF VG**



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6 SOFT & BITE-SIZED

Main courses

Vegetable Curry **GF VG**

Served with bombay potatoes and curried spinach.

Vegetable Bake **VG**

Topped with fried potato. Served with cauliflower in an alternative cheese sauce.

Macaroni Cheese **V LP +**

Served with a root vegetable ratatouille.

Fish Pie **GF LP +**

Served with carrots.

Creamy Chicken Pie **GF LP +**

Served with diced carrots & swede and mashed broccoli.

Sweet & Sour Chicken **GF LP +**

Served with white rice.

Beef Hotpot **GF +**

Served with spinach in a cheddar cheese sauce.

Shepherd's Pie **GF LP +**

Served with diced carrot, parsnip, celeriac and swede.

Hot desserts

Sticky Toffee Pudding & Custard **V LP**

Cold desserts

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

Apple Puree **GF VG LP**

Chocolate Dessert **GF V LP**

Alpro Soya Vanilla Dessert **GF VG**



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Finger food menu

Soup in a Mug

Tomato Soup   **GF** **VG** **+**

Wholemeal Bread  **VG** **LP**

White Bread **VG** **LP**

Gluten Free Bread **GF** **V** **LP**



Sandwiches

Available on White Bread or Malted Bread unless stated.

Ham **+**

Tuna Mayonnaise

Cheddar Cheese **V**

Egg Mayonnaise
on White Bread **V**

Onion Bhaji
on Malted Bread  **VG**

Halal Chicken & Sweetcorn
on White Bread  **+**

Cheese Savoury
on Gluten Free Bread  **GF** **V**

Finger food meals

Omelette  **GF** **V** **LP**

Served with fried diced potato, broccoli and carrots.

Fish Goujons  **LP** **+**

Served with chips and green beans.

Pork Meatballs  **LP** **+**

Served with roast potatoes, broccoli and cauliflower.

Pork Chipolatas  **LP**

Sausages served with fried diced potato and broccoli.

Chicken Goujons **LP** **+**

Served with skin on potato wedges, carrots and green beans.

Roast Chicken & Stuffing  **GF** **LP** **+**

Served with roast potatoes, sprouts, cauliflower and pork, sage & onion stuffing.

Desserts

Fresh Fruit  **GF** **VG**

Lemon Cake  **V**

Cheese & Crackers  **V** **LP** **+**



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 Higher Energy

 Healthier Eating

 Easy to Chew

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V Vegetarian

VG Vegan

LP Low Potassium

+ Higher Protein



Allergen free menu

Starter

Tomato Soup 🍷 ★ **VG** +

Main courses

Spicy Bean Casserole **VG**

Served with potato wedges, broccoli, peas and sweetcorn.

Provençale Vegetable Bake ♥ **VG**

Courgette, haricot beans and peppers, topped with sauté potatoes. Served with green beans, peas and broccoli.

Cauliflower & Butterbean

Curry 🍷 ★ **VG LP**

Served with yellow rice.

Chilli Con Carne **LP**

Served with vegetable rice.

Cottage Pie 🍷 ★ **LP** +

Served with thyme carrots and swede.

Roast Pork in Gravy **LP** +

Served with roast potatoes, carrots and peas.

Roast Chicken in Gravy ♥ **LP** +

Served with roast potatoes, mashed carrots and peas.

Chicken, Bacon & Thyme Hotpot ♥ **LP** +

Served with sauté potatoes, mashed carrot & swede, broccoli and green beans.

Information

These allergen-free meals are guaranteed not to include the 14 allergens listed below. Please select your breakfast, dessert and snacks from our other menus choosing items that meet your allergy/allergies requirements with advice from clinical staff.

All allergen free meals will be served in their original packaging.

Important:

This menu can be guaranteed as free from the following allergens: Celery, Crustaceans, Eggs, Fish, Gluten, Lupin, Milk, Molluscs, Mustard, Nuts, Peanut, Sesame, Soya and Sulphites.



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♥ Healthier Eating

LP Low Potassium

★ Easy to Chew

+ Higher Protein



Kosher menu

Main courses

Spaghetti Neapolitan **V LP**

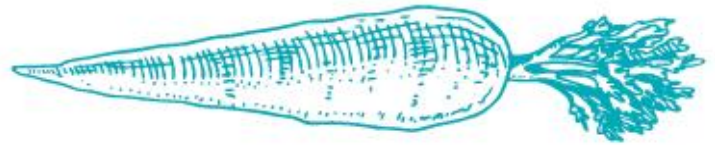
Served with green beans and glazed carrots.

Tomato Omelette

Served with Parisienne potatoes and green beans.

Fried Haddock **♥ +**

Served with mashed potato and spinach.



Beef Goulash **↑ +**

Served with mashed potato, sweetcorn and peas.

Roast Chicken in Gravy **LP +**

Served with Parisienne potatoes and a medley of carrots, green beans, peas and sweetcorn.

Shepherd's Pie **LP**

Served with sauerkraut, peas and carrots.



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Desserts

Fresh Fruit **♥ GF VG**

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

All the options on this menu are sourced from a certified Kosher meal provider and are made without milk.

This menu is for those patients who are following a Kosher diet for cultural reasons. All meals will be served in their original packaging and with a sealed set of cutlery.

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

