

You can also choose VG coded items from the Standard menu.

 **BREAKFAST**

Apple or Orange Juice ♥

Soya Fruit Yogurt EC

Prunes ♥

Mandarin Segments ♥

Fresh Fruit ♥

EC option available

Bread EC or Toast
with sunflower spread and preserves

CEREAL

Branflakes

Rice Krispies*

Cornflakes*

Weetabix EC

All with soya milk

 **STARTER**

Tomato Soup HC EC

Vegetable Soup HC

Lentil Soup HC EC

Bread Roll with sunflower spread

Alternative option of an apple or
orange juice ♥

 **MAIN MEALS**

Provençale Vegetable Bake
with green vegetables ♥

Butternut Squash &
Butterbean Stew with roast
potatoes and peas ♥

Spicy Bean Casserole
with potato wedges, broccoli,
peas and sweetcorn ♥

Options below served with daily
selection of vegetables and
potatoes, pasta or rice.

Lentil Bolognese ♥ EC

Tomato & Chickpea Gratin HC

Vegetable Curry ♥



JACKET POTATO

Sunflower spread and a side salad available with your jacket potato

Plain ♥

Baked Beans ♥

Vegan Cheese



SALAD

Lettuce, sweetcorn, carrot, cucumber, tomato + **topping choice**

Mixed Bean ♥

Vegan Cheese



SANDWICHES

Vegan Cheese Sandwich

Salad Sandwich



DESSERTS

HOT DESSERTS

Apple Crumble **HC**

Soya Custard **EC**

Soya Rice Pudding **EC**

COLD DESSERTS

Soya Fruit Yoghurt **EC**

Tinned Fruit ♥

Fresh Fruit ♥

EC option available

CODES USED IN THIS MENU

♥ **Healthy Options:** contain moderate amounts of fat, sugar and salt. **Suitable as part of a healthy balanced diet and for patients with diabetes.**

HC **Higher Calorie:** more nourishing than those coded ♥ as they contain more calories. **Suitable for patients with a reduced appetite.**

EC **Easy to Chew:** suitable for patients who have difficulty coping with firm foods (e.g. patients who have no teeth, loose dentures or sore mouth). **Refer to our modified texture menus if you have difficulties with swallowing (dysphagia).**

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.

CARBOHYDRATE INFORMATION

The carbohydrate content of each dish on this menu is available if you require it for carbohydrate counting. Please ask your Ward Host for this information.