

This menu contains authentic Halal and Asian Vegetarian **main meals**. Please choose your **starter, accompaniments** and **dessert** from the Standard menu.

The Standard menu contains fish and vegetarian main courses that you may also find suitable. You can also choose from the Vegan menu.



## HALAL

Masala Gosht & Mixed Dal  
with basmati rice

Chicken Dal & Kadai Vegetables  
with saag puleo

Dal Gosht & Corn Peas Methi  
with jeera rice

Chicken Saag & Rajasthani Dal  
with saffron rice

Keema Matar & Saag Alu  
with saag puleo rice

Chicken Tikka Masala & Rajasthani  
Dal with saffron rice

Coconut Fish with Saag Chole  
with puleo rice



## ASIAN VEGETARIAN

Alu Gobi & Rajasthani Dal  
with saffron rice **EC V VG**

Saag Alu & Split Masoor Dal  
with saag puleo ♥ **EC V VG**

Methi Paneer & Mixed Dal  
with basmati rice **EC V**

Mixed Capsicum & Potato  
with jeera rice ♥ **V VG**

## YOUR FEEDBACK IS IMPORTANT TO US

We want you to enjoy the catering services during your stay and hope that they meet your expectations.

If you would like to complete a short survey to share your experience, please scan the QR code with your own smart device.

Alternatively we have comment cards available on request from your Ward Host.



### 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).**
- 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. **Vegan menu available.**

### 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 CONTENT

If you have diabetes and are carbohydrate aware, the carbohydrate content of meals in this menu are available from your Ward Catering Team.

### FISH BONES

Although every care has been taken to remove fish bones from our fish dishes, some may remain. Therefore, please take care when consuming fish dishes. Please speak to your Nurse or Ward Catering Team if you have any concerns.