



LUNCH DESSERTS

COLD DESSERTS

Thick & Creamy Yogurt **GF V**

Custard Pot **GF V**

Strawberry Mousse **HC V**

Puree Fruit **♥ V**



DINNER DESSERTS

COLD DESSERTS

Thick & Creamy Yogurt **GF V**

Custard Pot **GF V**

Strawberry Mousse **HC V**

Puree Fruit **♥ V**

HOT DESSERTS

Sticky Toffee Pudding
with Custard **HC GF V**

Lemon Sponge with
Lemon Sauce **HC V**

Apple Pie with Custard **V**

Rice Pudding **GF V**

CODES USED IN THIS MENU

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

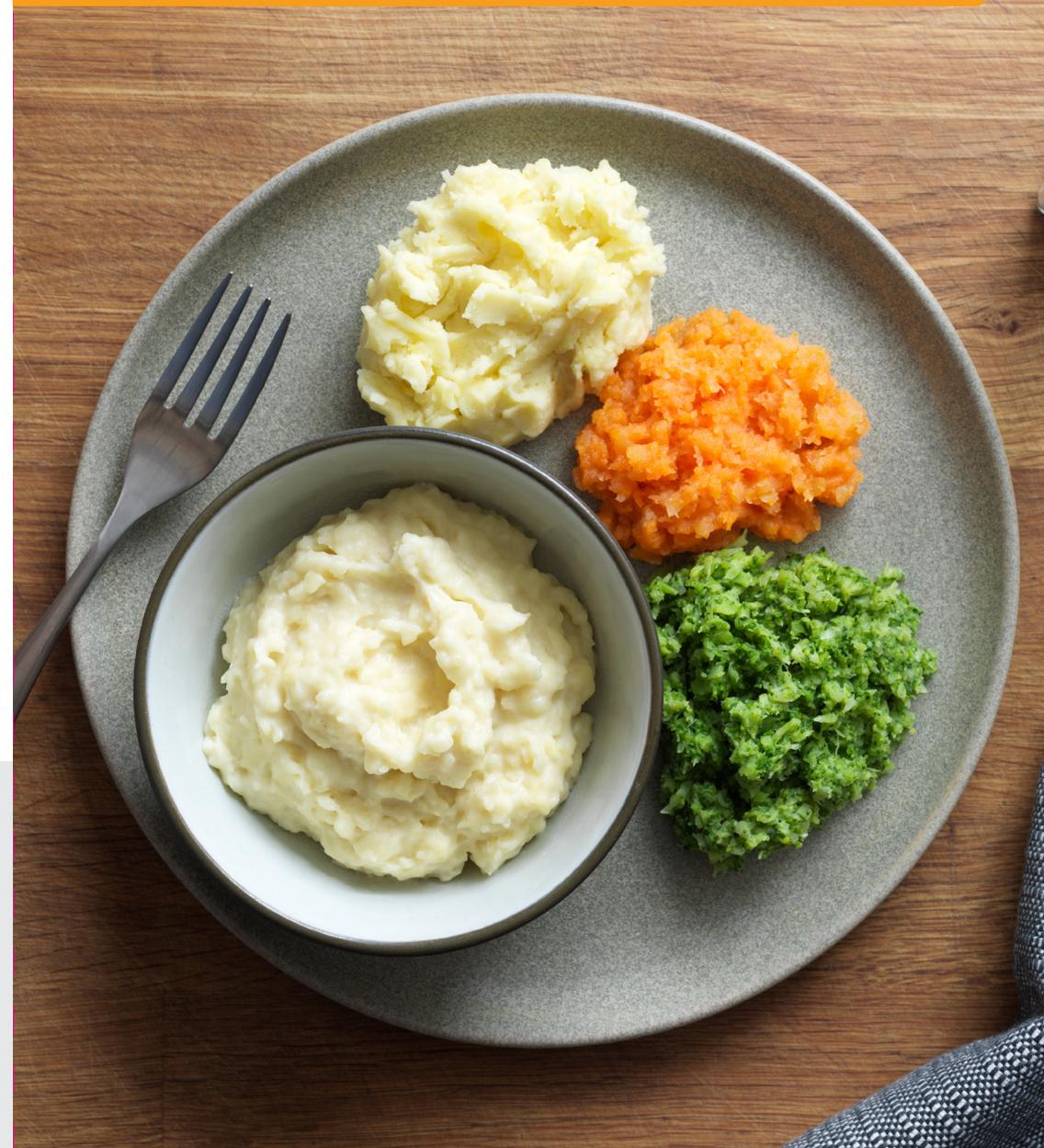
♥ Healthy Options: contain moderate amounts of fat, sugar and salt. Suitable as part of a healthy balanced diet and for patients with diabetes.

GF Gluten Free: dishes contain 20 parts per million or less of gluten. Suitable for patients with Coeliac Disease.

V Vegetarian: made without meat, poultry, fish and all products derived from these. Suitable for vegetarians that consume milk, eggs and products made from these. Vegan options 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.





ABOUT THIS MENU

This menu is suitable for anyone that has been advised to follow a Level 5 (Minced and Moist) diet by their Speech and Language Therapist or their Medical Team.

If you have been advised to follow a Level 4 (Puree) or Level 6 (Soft and Bite-sized) diet, we have separate menus for these. Easy Chew options can be found on our standard menu. Please ask your Nurse or Ward Catering Team for assistance.

For lunch and your evening meal, please choose a main meal and dessert. Snacks will be offered throughout the day.

BREAKFAST

- Porridge V
- Thick & Creamy Yogurt GF V
- Puree Fruit ♥ V

SNACKS

- Thick & Creamy Yogurt GF V
- Strawberry Mousse HC V
- Custard Pot GF V
- Puree Fruit ♥ V

MAIN MEALS LUNCH

- Macaroni Cheese with parsley mashed potato, carrots and broccoli V
- Salmon Supreme with parsley mashed potato, carrots and broccoli GF
- Beef Stew with mashed potato, broccoli and cauliflower ♥ GF

- Chicken Curry with white rice, broccoli and cauliflower HC GF
- Pork Casserole with mashed potato, cauliflower and sprouts HC GF

MAIN MEALS DINNER

- Mediterranean Vegetables with parsley, mashed potato, parsnips and sprouts V
- Lamb Stew with mashed potato, parsnips and sprouts ♥ GF
- Pasta Bolognaise with carrots ♥

- Chicken in Rich Gravy with mashed potato, carrot and swede ♥ GF
- Cottage Pie with mashed carrot and swede GF