INPATIENT DINING

LOW FAT MENU

NHS
Norfolk and Norwich University Hospitals
NHS Foundation Trust

This menu is suitable for anyone that has been advised to follow a low fat diet by their Clinical Dietitian or their Medical Team. Please choose the portions indicated from each section below to make up your meal.

BREAKFAST

Select up to four of these:

CEREALS

Cornflakes
Rice Krispies
Porridge EC
(made with water)

PRESERVES

Jam EC
Marmalade EC
Honey EC
Marmite EC

BREAD/TOAST

White
Wholemeal
(Bread is EC)

FRESH FRUIT

Apple ♥
Satsuma ♥
Banana ♥ EC

All options are V.
(Milk used is skimmed milk, <0.1g fat per 100g. 500ml skimmed milk allowed)

LUNCH & SUPPER

Please choose one starter + one main meal from either main meals, salads or sandwiches + accompaniments + dessert

STARTERS

Lentil & Tomato Soup HC EC V
Bread Roll V
Apple or Orange Juice ♥ EC V

SALADS

Salad base of lettuce, sweetcorn, carrots, cucumber, tomatoes + topping of your choice:

Turkey ♥ Tuna ♥ Ham

MAIN MEALS

Vegetable Risotto ♥ V

Jacket Potato (plain) ♥ V

Jacket Potato with Baked Beans ♥ V

Penne Pasta in Tomato & Basil Sauce ♥ EC V

Sliced Chicken Breast in Gravy ♥

Poached Fish ♥

SANDWICHES

Made without butter or mayonnaise

Turkey on White ♥

Tuna on White ♥ HC

Ham on White

ACCOMPANIMENTS

VEGETABLES

Please choose up to two options:

Baked Beans ♥ EC V
Carrots ♥ EC V
Mashed Root Veg ♥ EC V
Green Beans ♥ V
Peas ♥ V
Sweetcorn ♥ V

POTATOES/RICE

Please choose one option:

Boiled Potatoes ♥ EC V
White Rice ♥ EC V
Plain Pasta ♥ V

SIDES

Please choose one option:

Side Salad ♥ V
Bread Roll V
Pickle V

DESSERTS

Tinned Fruit ♥ V
Low Fat Yogurt ♥ EC V
Jelly EC
Low Fat Custard ♥ EC V
Fresh Fruit ♥ V
EC option available

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.**

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. **Vegan options available.**

This menu has items that have been carefully selected by the Dietitian in order to meet the diet you have been advised to follow. The diet must contain as little total fat as possible. The diet traditionally known as an MCT diet, is a diet with minimal Long Chain Fat (LCT) content. Naturally occurring fats contain both MCT (Medium Chain) and LCT.

ALLERGEN 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.