INPATIENT DINING ALLERGEN FREE

STARTER

Orange Juice
♥ EC V VG

Apple Juice
♥ EC V VG

Tomato Soup
HC V VG

MAIN MEALS

Spicy Bean Casserole
with potato wedges, broccoli, peas and sweetcorn V VG

Roast Chicken in Gravy
with roast potatoes, mashed carrots and peas ♥

Lamb Keema
with with fragrant coriander rice HC EC

Sweet & Sour Chicken
with vegetable rice

Provençale Vegetable Bake
with green beans, peas and broccoli ♥ V VG

Roast Pork in Gravy
with roast potatoes, carrots and peas

Cottage Pie
with thyme infused carrots and swede HC EC

Chilli Con Carne
with vegetable rice

DESSERT

Apple ♥ V VG

Banana ♥ EC V VG

Satsuma ♥ V VG

serco

NHS
Norfolk and Norwich University Hospitals
NHS Foundation Trust

The main meals on this menu have been specially prepared and are free from **cereals containing gluten, celery, egg, fish, milk (and other dairy products), molluscs, mustard, nuts, peanuts, crustaceans, lupins, soya, sulphites and sesame.**

This is a very restrictive menu. If you have multiple food allergies or you are waiting for confirmation of what foods you must avoid, this menu may be more suitable.

If you have an allergy or intolerance to other food ingredients not listed, please let your Ward Catering Team know before making your meal choice. Our Catering Team will check the full ingredient profile to allow you to make an informed choice.

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:** tender, easier to cut and eat food options. 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.

HOW DID WE DO?

Your feedback is important to us, please scan the QR code and complete our patient satisfaction survey or request a comment card from your Ward Host.