NGCI MENU

NON GLUTEN
CONTAINING INGREDIENTS

All dishes on this page are made without gluten containing ingredients but can not be legally labelled gluten free.

If you have Coeliac Disease you are advised to use our Gluten Free options, where dishes can be guaranteed to contain 20 parts per million of gluten, or less.

SALADS

Mixed Bean ♥ V VG

Cheese HC V

Egg ♥ V

Tuna Mayonnaise

Ham

Served with gluten free bread EC V

JACKET POTATO

Plain ♥ V VG

Baked Beans ♥ V VG

Cheddar Cheese HC V

Tuna Mayonnaise HC

Served with your choice of butter V or sunflower spread V VG

HOT MEALS

Plain Omelette ♥ EC V

Cheese Omelette HC EC V

Served with sides

SANDWICHES

Egg Mayonnaise HC EC V

Tuna Mayonnaise HC EC

Ham

DESSERTS

Mousse EC V
HC option available

Tinned Fruit ♥ V VG

Low Fat Yogurt ♥ EC V

Rice Pudding ♥ EC V

Ice Cream EC V

Jelly EC

INPATIENT DINING

GLUTEN FREE



serco

NHS
Norfolk and Norwich University Hospitals
NHS Foundation Trust

GLUTEN FREE BREAKFAST

This menu has been specifically designed for patients with Coeliac Disease. All items on this menu contain 20 parts per million of gluten, or less. Items marked GF on any other menu are also suitable for patients with Coeliac Disease.

CEREAL

Cornflakes V

Porridge EC V

BREAD

Bread EC V

Toast V

FRUIT

Fresh Fruit ♥ V VG
EC option available

Apple or Orange Juice
♥ EC V VG

SPREADS & PRESERVES

Butter V

Honey V

Sunflower Spread V VG

Marmalade V VG

Jam V VG

SNACKS

Fresh Fruit ♥ V VG
EC option available

Cake Slice V

Thick & Creamy Yogurt EC 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 Option:** 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:** 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) or patients with swallowing difficulties. **Refer to our modified texture menus if you need a Level 4 or Level 6 meal.**

V **Vegetarian:** Free from meat, poultry, fish and all products derived from these. Suitable for vegetarians that consume milk, eggs and their products. **Vegan menu available.**

VG **Vegan:** Free from all animal products including meat, poultry, fish, milk, eggs and all products derived from these. **Vegan menu is available.**

ALLERGEN INFORMATION

This menu has been specifically designed for patients with Coeliac Disease. All items on this menu contain 20 parts per million of gluten, or less.

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 with your Ward Host or nursing staff if you have any concerns.

GLUTEN FREE LUNCH & SUPPER

STARTER

Soup of the Day HC EC V
Available with gluten free bread EC V

Alternative option of apple or orange juice available ♥ EC V VG

MAIN MEALS LUNCH

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

Cheese & Onion Potato Bake
with green beans and mashed root vegetables V

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

Chilli Con Carne
with vegetable rice

Shepherd's Pie
with carots and peas

MAIN MEALS SUPPER

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

Cauliflower Cheese & Broccoli Bake
with parsley boiled potatoes
EC V

Sweet & Sour Chicken
with vegetable rice

Fisherman's Pie
with carrots and peas ♥

Roast Pork in Gravy
with roast potatoes, carrots and peas

DESSERTS

HOT DESSERTS

Stewed Apple & Custard EC V

Gluten Free Jam Sponge
HC EC V

COLD DESSERTS

Thick & Creamy Yogurt EC V

Fresh Fruit ♥ V VG
EC option available