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.

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.

INPATIENT DINING

LEVEL 4 PUREED



serco

NHS
Norfolk and Norwich University Hospitals
NHS Foundation Trust





ABOUT THIS MENU

This menu is suitable for anyone that has been advised to follow a Level 4 (Pureed) diet by their Speech and Language Therapist or their Medical Team.

If you have been advised to follow a Level 5 (Minced and Moist) 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

Puree Porridge V

Thick & Creamy Yogurt GF V

Puree Fruit ♥ V

SNACKS

Thick & Creamy Yogurt GF V

Custard Pot GF V

Strawberry Mousse HC V

Puree Fruit ♥ V

MAIN MEALS LUNCH

Vegetable & Bean Casserole
with peas and sauté potatoes
HC GF V

Chicken & Gravy
with broccoli and duchess potatoes HC GF

Salmon in Butter Sauce
with broccoli and sauté potatoes HC GF

Macaroni Cheese
with broccoli HC V

Sweet & Sour Chicken
with sweetcorn and rice HC GF

Steak & Mushroom Casserole
with swede, carrots and potatoes
HC GF

MAIN MEALS DINNER

Tomato & Basil Pasta
with peas HC V

Chicken Curry
with rice HC GF

Sausages & Mash
with peas and mashed potato
HC GF

Cheese Omelette
with chips and baked beans HC V

Turkey & Gravy
with green beans and potatoes
HC GF

Cottage Pie
with peas HC GF