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.

FISH BONES

Although every care has been taken to remove fish bones from our fish dishes, some may remain. Please take care when consuming fish dishes.

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 5 MINCED & MOIST



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 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

Custard Pot GF V

Strawberry Mousse HC V

Puree Fruit ♥ V

MAIN MEALS LUNCH

Mushroom Risotto
with lemon spinach and sweat pea purée ♥ GF V

Chicken Curry
with white rice, broccoli and cauliflower HC GF

Pork Casserole
with mashed potato, cauliflower and sprouts HC GF

Macaroni Cheese
with parsley mashed potato, carrots and broccoli V

Salmon Supreme
with parsley mashed potato, carrots and broccoli GF

MAIN MEALS DINNER

Tomato & Basil Pasta
with peas HC V

Sausages in Onion Gravy
with parsley mashed potato, carrots and broccoli HC GF

Cottage Pie
with mashed carrot and swede GF

Chicken & Vegetable Casserole
with mashed potato, carrots and sprouts HC GF

Pasta Bolognaise
with garlic bread HC