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.**

♥ **Eating for Health:** 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.

INPATIENT DINING

LEVEL 6 SOFT & BITE-SIZED



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 6 (Soft and Bite-sized) diet by their Speech and Language Therapist or their Medical Team.

If you have been advised to follow a Level 4 (Puree) or Level 5 (Minced and Moist) 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

Vegetable Curry
with curried spinach and Bombay potatoes HC GF V

Chicken & Gravy
with fried potatoes and mixed vegetables in cheese sauce GF

Beef Hotpot
with spinach in a cheddar sauce HC GF

Cheese & Onion Pie
with broccoli, carrots and swede HC V

Shepherd's Pie
with diced root vegetables HC GF

MAIN MEALS DINNER

Vegetable Bake
with a vegan cauliflower cheese HC V

Fish Pie
with mashed potato and carrots HC GF

Cottage Pie
with carrots and mashed swede GF

Macaroni Cheese
with a root vegetable ratatouille HC V

Sausages in Onion Gravy
with cheesy mashed potato and carrots