INPATIENT DINING

VEGAN

You can also choose VG coded items from the Standard menu.

BREAKFAST

Apple or Orange Juice ♥

Soya Fruit Yogurt EC

Prunes ♥

Mandarin Segments ♥

Fresh Fruit ♥

EC option available

Bread EC or Toast
with sunflower spread and preserves

CEREAL

Branflakes

Cornflakes*

Rice Krispies*

Weetabix EC

All with soya milk

STARTER

Tomato Soup HC EC

Vegetable Soup HC

Lentil Soup HC EC

Bread Roll with sunflower spread

Alternative option of an apple or orange juice ♥

MAIN MEALS

Provençale Vegetable Bake
with green vegetables ♥

Butterbean & Cauliflower Curry
with yellow rice HC EC

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

Options below served with daily selection of vegetables and potatoes, pasta or rice.

Penne Pasta in Tomato & Basil Sauce ♥ EC

Tomato & Chickpea Gratin HC

Vegetable Curry ♥

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JACKET POTATO

Sunflower spread and a side salad available with your jacket potato

Plain ♥

Baked Beans ♥

Vegan Cheese

SALAD

Lettuce, sweetcorn, carrot, cucumber, tomato **+ topping choice**

Mixed Bean ♥

Vegan Cheese

SANDWICHES

Vegan Cheese Sandwich

Salad Sandwich

DESSERTS

HOT DESSERTS

Apple Crumble HC

Soya Custard EC

Soya Rice Pudding EC

COLD DESSERTS

Soya Fruit Yoghurt EC

Tinned Fruit ♥

Fresh Fruit ♥

EC option available

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:** 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).**

* May contain traces of milk

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.

CARBOHYDRATE INFORMATION

The carbohydrate content of each dish on this menu is available if you require it for carbohydrate counting. Please ask your Ward Host for this information.