INPATIENT DINING

HALAL & ASIAN VEGETARIAN

This menu contains authentic Halal and Asian Vegetarian **main meals**. Please choose your **starter, accompaniments** and **dessert** from the Standard menu.

The Standard menu contains fish and vegetarian main courses that you may also find suitable. You can also choose from the Vegan menu.

HALAL

Masala Gosht & Mixed Dal
with basmati rice

Keema Matar & Saag Alu
with saag puleo rice EC

Coconut Fish with Saag Chole
with puleo rice

Chicken Dal & Kadai Vegetables
with saag puleo

Chicken Saag & Rajasthani Dal
with saffron rice

Chicken Tikka Masala & Rajasthani Dal with saffron rice

ASIAN VEGETARIAN

Alu Gobi & Rajasthani Dal
with saffron rice EC V VG

Methi Paneer & Mixed Dal
with basmati rice EC V

Saag Alu & Split Masoor Dal
with saag puleo ♥ EC V VG

Aubergine Kala Chana & Teen Dal
with jeera rice V VG

serco

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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.

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).**

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

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

CARBOHYDRATE CONTENT

If you have diabetes and are carbohydrate aware, the carbohydrate content of meals in this menu are available from your Ward Catering Team.

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 to your Nurse or Ward Catering Team if you have any concerns.