INPATIENT DINING

MADE WITHOUT MILK

The dishes on this menu are made without cow's milk or other animal milks such as goat, sheep or any products derived from these milks. If you have a milk allergy, we recommend choosing a dish from our Allergy Aware menu.

BREAKFAST

Apple or Orange Juice ♥ EC V VG

Soya Fruit Yogurt EC V VG

Fresh Fruit ♥ V VG
EC option available

Porridge with soya milk EC V VG

Weetabix with soya milk EC V VG

Bread EC V VG or Toast V VG
with sunflower spread and perserves

STARTER

Tomato Soup HC V VG

Vegetable Soup HC V VG

Lentil Soup HC V VG

Bread Roll V VG

Alternative option of apple or orange juice ♥ EC V VG

MAIN MEALS LUNCH

Sliced Chicken in Gravy* ♥

Sausages*

Provençale Vegetable Bake
with green vegetables ♥ V VG

Butterbean & Cauliflower Curry
with yellow rice HC EC V VG

Chilli Con Carne
with vegetable rice

MAIN MEALS SUPPER

Chicken Hotpot* HC

Minced Beef* HC EC

Spicy Bean Casserole with potato wedges, broccoli, peas and sweetcorn ♥ V VG

Sweet & Sour Chicken
with vegetable rice

Roast Pork in Gravy with roast potatoes, carrots and peas

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JACKET POTATO

Sunflower spread and a side salad available with your jacket potato

Plain ♥ V VG

Baked Beans ♥ V VG

Vegan Cheese V VG

Tuna Mayonnaise HC

SALAD

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

Mixed Bean ♥ V VG

Vegan Cheese V VG

Tuna Mayonnaise

Turkey ♥

DESSERT

HOT DESSERTS

Apple Crumble HC V VG

Soya Custard EC V VG

Soya Rice Pudding EC V VG

COLD DESSERTS

Soya Fruit Yogurt EC V VG

Tinned Fruit ♥ V VG

Fresh Fruit ♥ V VG

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:** tender, easier to cut and eat food options. 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.

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.

* Served with vegetables and potatoes of the day