

Level 4 - Pureed Menu

BREAKFAST Select TWO items

Porridge **BC** **V**

Custard Pot **BC** **V**

Fruit Compote **V**

Thick & Creamy Fruit Yoghurt **V**

Natural Yoghurt **BC** **V**

Greek Style Yoghurt **V**

LUNCH & SUPPER

MEAT & FISH MEALS

All the meat offered on this menu is halal.

Chicken Casserole **HE**

Served with mashed potato, Tuscan beans and mushy peas.

Shepherds Pie

Served with mashed potato, mixed beans, cauliflower and beans.

Minted Lamb

Served with mushy peas and carrots.

- **ALLERGEN INFORMATION:** if you have a food allergy please advise your nurse on admission and always inform the ward host each time you place your meal order. Allergen information for all food and drinks is available on request.

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Fish And Potato Pie

Served with mashed potato, mixed beans and mushy peas.

VEGETARIAN MEALS

Vegetable Ragu **V**

Served with mushy peas and carrots.

Moroccan Chickpea Stew **V**

Served with mushy peas and carrots.

Lentil Bolognese **V**

Served with mushy peas, beans and mashed potato.

Vegetable Casserole **V** **HE**

Served with mashed potato, Tuscan beans, lentils and broccoli.

Creamy Cauliflower Florets **V**

Served with mashed potato, mixed beans and mushy peas.

BC BALANCED CHOICE

These dishes contain moderate amounts of fat, sugar and salt. Suitable as part of a balanced, healthy diet and for patients with diabetes.

HE HIGHER ENERGY

These dishes are more nourishing than those coded BC as they contain more calories and/or protein. Suitable for those with a reduced appetite.

V VEGETARIAN

These dishes are made without meat, poultry, fish and products derived from these such as gelatine. Suitable for vegetarians that consume milk, egg and their products.

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ASIAN MEALS

Mixed Vegetable Curry **HE** **V**

Mashed potato, mixed beans, lentils and broccoli.

Chicken Korma **HE**

Mashed potato, mixed beans, lentils and broccoli.

Chicken Masala **HE**

Mashed potato, mixed beans, lentils and broccoli.

SMALLER MEALS

Veggie Kofta **HE** **V**

Lentil Bolognese **V**

Minted Lamb

MEAL FORTIFICATION

Choose any of these items to add to your main meal or dessert for additional calories.

Butter **HE** **V**

Double Cream **HE** **V**

Hummus **HE** **V**

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HOT DESSERTS

Select **ONE** hot and one cold dessert item.

Lemon Sponge Cake **V**

Pear & Custard Dessert **V**

COLD DESSERTS

Select **TWO** cold dessert items

Thick & Creamy Fruit Yoghurt **V**

Natural Yoghurt **BC** **V**

Greek Style Yoghurt **V**

Fruit Compote **V**

Peach & Yoghurt Mousse **V**

Chocolate Mousse **V**

Custard Pot **BC** **V**

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