

# Level 6 - Soft & Bite-sized Menu

## BREAKFAST Select TWO items

Porridge **BC** **V**

Weetabix **BC** **V**

Custard Pot **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

Served with lentil mash, broccoli and sweet potato.

#### Shepherd's Pie

Served with lentil mash, potato and broccoli.

#### Minted Lamb

Served with yellow lentils and swede.

#### Fish and Sweet Potato Pie

Served with lentil mash, potatoes and broccoli.

### VEGETARIAN MEALS

#### Vegetable Ragu **V**

Served with potatoes, yellow lentils and broccoli.

#### Lentil Bolognese **V**

Served with lentil mash, sweet potato and swede.

#### Vegetable Casserole **V**

Served with lentil mash, potatoes and parsnips.

#### Creamy Cauliflower and Lentil Mash **V**

Served with broccoli and sweet potato.

#### **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.

- **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.
- All the meat offered on this menu is halal.

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## ASIAN MEALS

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

Served with lentil mash, potatoes and broccoli.

### Chicken Korma

Served with potatoes, broccoli and carrots.

### Chicken Masala **HE**

Served with lentil mash, broccoli, cauliflower and potato.

## SMALLER MEALS

### Veggie Kofta Snack Pot **V**

### Lentil Bolognese Snack Pot **V**

### Minted Lamb Snack Pot

## 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 & Custard **V**

### Apple & Custard **V**

## COLD DESSERTS

Select two cold dessert items

### Thick & Creamy Fruit Yoghurt **V**

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

### Greek Style Yoghurt **V**

### Fruit Corner Yoghurt **V**

### Strawberry Jelly **V**

### Custard Pot **V**

### Rice Pudding Pot **V**

### **BC** **BALANCED CHOICE**

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### **HE** **HIGHER ENERGY**

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### **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.