

Vegan Menu

BREAKFAST

JUICE

Orange Juice **BC** **EC**

Apple Juice **BC** **EC**

CEREALS

Served with soya milk.

Hot Oats Cereal **BC** **EC**

Weetabix **BC** **EC**

TOAST & BREAD

Served with unsaturated spread.

Wholemeal Bread **BC**

White Bread **BC**

PRESERVES

Assorted Jams **EC**

Marmalade **EC**

Marmite **EC**

FRESH FRUIT

Apple **BC**

Banana **BC** **EC**

Easy Peel Orange **BC**

- **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.

LUNCH & SUPPER

Please choose juice or soup. Soup served with bread roll and spread.

STARTERS

Orange Juice **BC** **EC**

Apple Juice **BC** **EC**

Highland Vegetable Soup **HE**

MAIN MEALS

Butternut Squash Curry **HE** **EC**

In a spicy caramelised onion, coconut and lentil dal served with basmati rice

Moroccan Vegetable Tagine **HE**

Mildly spiced butternut squash, spinach, carrot, cauliflower and chickpea stew served with cous cous

Soya Mince Hot Pot **HE** **EC**

Split peas in a tomato based sauce, topped with seasoned sliced potatoes

Vegetable & Bean Chilli **BC** **EC**

Medium spiced tomato chilli with red kidney beans, chickpeas and red lentils. Served with long grain rice

Soya Mince Pasta Bolognese **BC** **EC**

■ *continued overleaf*

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.

EC **EASY TO CHEW** These dishes are suitable for patients who have difficulty coping with firm foods due to having no teeth or sore mouths. Not suitable for patients with difficulty swallowing (dysphagia) these patients should refer to the modified texture menus.

Spinach Cabbage & Okra Stew **BC**

A vibrant vegetable stew served with fluffy vegetable rice

Kidney Bean & Sweet Potato Stew **BC**

A vibrant vegetable stew served with fluffy vegetable rice

Mixed Vegetable Curry **HE**

A mildly spiced sauce with a lentil accompaniment and fluffy rice

Chickpea Masala & Rice **HE BC**

Chickpeas and potatoes in a rich curry sauce served with a lentil accompaniment and fluffy basmati rice

LIGHT MEALS

Jacket Potato & Baked Beans **EC BC**

Hummus Salad

Served with finger roll and spread

Hummus, Bean & Carrot Sandwich **BC**

Available on white or wholemeal bread

MEAL FORTIFICATION

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

Hummus Pot

Side Salad

Bread Roll & Spread

Crackers & Spread

HOT DESSERT

Steamed Date Pudding **HE**

Ginger Sponge **HE EC**

COLD DESSERT

Glazed Ring Doughnut **EC HE**

Double Chocolate Muffin **EC HE**

Strawberry Jelly **EC**

Strawberry Smoothie Dessert **EC BC**

Soya Yoghurt **EC**

Peach & Pear Pieces in Juice **BC**

Mandarin Pieces in Juice **BC**

Apple **BC**

Banana **BC EC**

Easy Peel Orange **BC**

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