

Allergy Aware Menu

This menu has been specially prepared with dishes that do not contain any of the 14 declarable allergens (gluten, milk, egg, fish, celery, crustaceans, molluscs, lupin, nuts, peanuts, sesame, sulphites, mustard and soya), for this reason it is very restrictive. If you have multiple food allergies or are awaiting confirmation of what foods you must avoid this menu may be more suitable.

STARTER

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

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

MAIN MEALS

Chilli Con Carne **EC**

Served with mixed vegetables and rice

Beef Casserole **BC**

Served with new potatoes, sweetcorn and green beans

Chicken Casserole **BC**

Served with potatoes, cauliflower and green beans

Ratatouille **V**

Served with rice and peas

Vegetable Chilli **V**

Served with chickpeas and rice

DESSERTS

Strawberry Jelly **EC** **V**

Peach & Pear Pieces in Juice **BC** **V**

Fruit Compote **EC** **V**

Banana **BC** **EC** **V**

Easy Peel Orange **BC** **V**

Apple **BC** **V**

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.

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. A Vegan menu is available.

A Gluten Aware menu is available.

- If you are likely to be on this menu for more than 3-4 days please speak to your nurse or ward host about a dietetic review.
- If you have fewer restrictions you may select from the standard menus. Your ward host can advise which foods may contain any of the 14 allergens listed above.
- If you have an allergy to other foods ingredients not listed please let your ward host know. They will check the full ingredient and allergen profile of these dishes to allow you to make an informed choice.