

Gluten Aware Menu

This menu contains dishes that are made without gluten containing ingredients and is suitable for patients with Coeliac disease.

You may be able to select from our standard menus. Your ward host can advise which dishes are made without gluten containing ingredients. If you require your meals to be lab tested to ensure they contain less than 20 ppm gluten, please refer to the Allergen Aware menu. If you have an allergy to other foods ingredients 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.

BREAKFAST

JUICE

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

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

CEREALS

Served with full fat or semi skimmed milk.
Soya milk available on request.

Cornflakes **BC** **V**

Porridge **BC** **EC** **V**

TOAST & BREAD

Served with butter or unsaturated spread.

Sliced Bread **BC** **V**

- **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.
- **Fish Bones:** although every care has been taken to remove fish bones from our dishes, some may remain. Therefore, please take care when consuming fish dishes.

PRESERVES

Assorted Jams **EC** **V**

Marmalade **EC** **V**

Honey **HE** **EC** **V**

■ *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 those 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.

FRESH FRUIT

Apple **BC** **V**

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

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

LUNCH & SUPPER

STARTERS

Please choose juice or soup. Soup served with gluten free bread and your choice of butter or unsaturated spread.

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

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

Highland Vegetable Soup **HE** **V**

MAIN MEALS

Chicken & Butter Bean Cassoulet **HE**

Steak & Mushroom Stroganoff **HE**

Served with basmati rice.

Shepherd's Pie **BC** **EC**

Traditional lamb mince base topped with mashed potato. Served with garden peas.

Fish in Parsley Sauce **EC**

Served with steamed potato and sliced carrots.

Salmon Florentine **HE** **EC**

Salmon in a spinach and cheese sauce. Served with steamed potatoes and sliced carrots.

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

A spicy caramelised onion, coconut and lentil dal served with basmati rice.

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

A split pea and tomato based sauce, topped with seasoned sliced potatoes.

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

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

CULTURAL MAIN MEALS

Roast Chicken, Potato, Beans & Vegetables **BC**

Mixed with egg noodles in a soy based sauce.

Chicken Korma **HE**

Served with a lentil accompaniment and rice.

Lamb Masala **HE**

Mutton in a tikka masala sauce, served with a lentil accompaniment and fluffy basmati rice.

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

Mildly spiced sauce with a lentil accompaniment and fluffy rice.

Chickpea Masala **HE** **V**

Rich curry sauce served with a lentil accompaniment and fluffy basmati rice.

SANDWICHES

Chicken Salad Seeded Roll

Chicken and slow roasted tomato mayonnaise with mixed leaves in a seeded roll.

Egg Salad Seeded Roll **V**

Free range egg mayonnaise with slow roasted tomatoes and watercress in a roll.

HOT DESSERT

Rice Pudding with Nutmeg **EC** **V**

COLD DESSERT

Ice Cream **EC** **V**

Strawberry Smoothie Dessert **BC** **EC** **V**

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

Thick & Creamy Fruit Yoghurt **V**

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

Soya Yoghurt **EC** **V**

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

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

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