

Kosher Menu

STARTERS

Leek & Potato Soup

Lentil & Coriander Soup

MAIN MEALS

Poached Chicken Leg

Served with new potatoes, peas and sweetcorn in a parsley sauce

Sliced Roast Beef in Gravy

Served with roast potatoes and courgettes

Lamb Provençal

Served with mashed potatoes and half-moon vegetables

Grilled Salmon

Served in dill sauce with new potatoes and stir-fried vegetables

Stuffed Peppers

Stuffed with rice in a tomato sauce and served with new roast potatoes and peas

■ *continued overleaf*

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.

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.

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.

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.

- **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.

MAIN MEALS continued

Penne Neapolitan V

Pasta in a bolognaise sauce served with roasted diced root vegetables and tzimmes

Tomato Omelette V HE

Served with baked beans, sauté potatoes and half-moon vegetables

Vegetarian Schnitzel V HE

Served with mashed potatoes, fried onions and ratatouille

SANDWICHES

Smoked Salmon and Cream Cheese Bagel HE

Egg Mayonnaise Sandwich V

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DESSERTS

Chocolate Fudge Cake V

Lemon Drizzle Slice HE V

Passion Pie Wedge HE V

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