

Low Fibre Menu

This menu has been specially prepared with dishes which contain only a small amount of fibre and so are easily digested and absorbed, leaving minimal residue in the bowel.

BREAKFAST

JUICE

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

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

CEREALS

Served with full fat or semi skimmed milk.

Cornflakes **BC** **V**

Rice Krispies **BC** **V**

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

TOAST & BREAD

Served with butter or unsaturated spread.

White bread **BC** **V**

PRESERVES

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

Marmalade **EC** **V**

Marmite **EC** **V**

Honey **HE** **EC** **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 main remain. Therefore, please take care when consuming fish dishes.

ADDITIONAL ITEMS

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

Thick & Creamy Fruit Yoghurt **EC** **V**

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

Greek Style Yoghurt **EC** **V**

Custard Pot **BC** **EC** **V**

■ *Lunch, Supper & Desserts 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.

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.

LUNCH & SUPPER

STARTER

Choose a juice or soup.

Orange Juice

Apple Juice

Soup served with bread roll and spread or butter.

Tomato Soup

Chicken Soup

MAIN MEALS

Served with a portion of mash and softer vegetables.

Chicken Casserole

Chicken Masala

Minted Lamb

Shepherd's Pie

Fish and Sweet Potato Pie

Vegetable Casserole

OMELETTES

Plain Omelette

Cheese Omelette

JACKET POTATOES

Served with butter or unsaturated spread and your choice of 1 or 2 fillings.

Baked Jacket Potato

Do not eat the skin

Grated Cheddar Cheese

Tuna Chunks

SANDWICHES

Served on white bread only.

Chicken Mayonnaise

Plain Ham

Tuna Mayonnaise

Egg Mayonnaise

Cheddar Cheese

HOT DESSERT

Served with custard.

Lemon Sponge & Custard

Apple & Custard

Rice Pudding with Nutmeg

COLD DESSERT

Strawberry Jelly

Ice Cream

Thick & Creamy Fruit Yoghurt

Natural Yoghurt

Cheese & Crackers