

# Allergy Aware Menu

2024/2025

The foods on this menu are made without any of the 14 declarable allergens (gluten, milk, eggs, soya, fish, crustaceans, molluscs, peanuts, nuts, sesame, celery, mustard, lupin, sulphites).

## STARTER

Orange Juice  

Apple Juice  

## MAIN MEALS

Mediterranean  
Stew  

Served with diced potatoes, sweetcorn and cauliflower.

Ratatouille  

Served with rice and peas.

Vegetable Chilli 

Served with rice and chickpea stew.

Chicken Casserole  

Served with parmentier potatoes, cauliflower and green beans.

Beef Casserole  

Served with new potatoes, sweetcorn and green beans.

## DESSERTS

Choose TWO items

Strawberry  
Jelly  


Peach and Pear  
Pieces in Juice   


Apple and Apricot  
Puree Pot  


Apple Puree  
Pot  


Banana   

Easy Peel  
Orange  

 **HIGHER PROTEIN**  
These dishes contain more protein per portion to meet the increased needs of those who may be at risk of malnutrition, or have a higher protein need to support immune function and physical recovery.

 **BALANCED CHOICE**  
These dishes contain moderate amounts of fat, sugar and salt per portion and are suitable for those who do not have increased nutritional needs and are following general healthy eating dietary advice.

 **EASY TO CHEW**  
These dishes are suitable for those with dental issues, sore mouths or other medical conditions that make it difficult to bite, chew or swallow regular foods. Patients with difficulties swallowing (dysphagia) who may benefit from a modified texture diet should be referred to Speech and Language Therapy for assessment.

 **VEGETARIAN**  
These dishes are suitable for those who eat eggs, milk and dairy products. They exclude all meat, poultry, fish, shellfish, crustaceans and ingredients derived from them e.g. gelatine and rennet. A vegan (plant-based) 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 a food allergy please advise your nurse on admission and always inform the ward host when you place your meal order. Allergen information for all food and drinks is available on request.