

Fluids Menu

A clear fluid diet is often recommended before or after surgeries, tests and procedures. It is usually recommended as a short term diet for a few days.

[Please see overleaf for the Free Fluids Menu.](#)

CLEAR FLUIDS

Please choose a selection of items for your meal.

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

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

Fruit Squash **V**

Squash - No Added Sugar **BC** **V**

Clear Consomme **BC** **V**

Black Tea including decaffeinated **V**

Black Coffee including decaffeinated **V**

Raspberry Jelly **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.

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.

- 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.

These foods are liquid or turn liquid at room temperature or melt at body temperature.

This diet is often used before tests or medical procedure or when recovering from a surgery.

Please see overleaf for the Clear Fluids Menu.

FREE FLUIDS

Please choose a selection of items for your meal.

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

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

Fruit Squash **V**

Squash - No Added Sugar **BC** **V**

Clear Consomme **BC** **V**

Tea With Milk including decaffeinated **V**

Coffee With Milk including decaffeinated **V**

Malted Milk Drink **HE** **V**

Hot Chocolate **HE** **V**

Full Fat Milk **HE** **V**

Semi Skimmed Milk **BC** **V**

Soya Milk **BC** **V**

Cream of Tomato Soup **V** **HE**

Custard Pot **V** **HE**

Plain Yoghurt **BC** **V**

Thick & Creamy Fruit Yoghurt **V** **HE**

Ice Cream **V** **HE**

Raspberry Jelly **V**