

Gluten Aware Menu

2024/2025

The foods on this menu are made without gluten containing ingredients and sealed for service or opened just before services to prevent cross contamination. Our a la carte menu contains salads and jacket potato options made without any gluten containing ingredients. These are prepared on site, in an environment that handles gluten containing foods. We adhere to food safety procedures to prevent cross contamination. If you wishes to order these, please speak to your ward host.

BREAKFAST

JUICE

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

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

CEREALS

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

Cornflakes **BC** **V**

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

YOGHURT

Natural Yoghurt **HP** **EC** **V**

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

Soya Fruit Yogurt **HP** **EC** **V**

TOAST & BREAD

Served with butter or unsaturated spread.

Sliced white bread **V**

PRESERVES

Jam **EC** **V**

Marmalade **EC** **V**

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

FRESH FRUIT

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

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

HE HIGHER ENERGY

These dishes contain more calories per portion to meet the increased needs of those who may be at risk of malnutrition, or have a reduced appetite or have higher energy needs to support physical recovery.

HP 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.

BC 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.

EC 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.

V 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.

- **ALLERGEN INFORMATION:** 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.
- **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.

LUNCH & SUPPER

STARTER

Choose juice and soup. Soup served with a gluten free bread and your choice of butter or spread.

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

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

Highland Vegetable Soup **EC** **V**

MAIN MEALS

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

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

Vegetable and Bean Chilli **BC** **EC** **V**

Cheese Omelette **EC** **V**

Potato Top Fish Pie **HP** **EC**

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

Spanish Chicken **HE** **HP**

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

CULTURAL MEALS

Mixed Vegetable Curry and Daal Higher in Salt **HE** **HP** **V**

Potato and Cauliflower Curry and Daal **HE** **HP** **V**

Chicken Korma and Masoor Daal **HE** **HP**

Chicken Biryani and Moong Daal **HE** **HP** **EC**

Lamb Masala and Chana Daal **HE** **HP**

SANDWICHES

Red Leicester and Spring Onion Seeded Roll **HE** **V**

Chicken Salad Seeded Roll **HE**

HOT DESSERT

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

Double Cream **HE** **EC** **V**

STARTER

Choose TWO items.

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

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

Oat Crackers and Cheese **HE** **HP** **V**

Vanilla Soya Dessert **HP** **EC** **V**

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

Rice Pudding Pot **HP** **EC** **V**

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

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

Low Fat Natural Yoghurt **HP** **BC** **EC** **V**

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

Peach and Pear Pieces in Juice **BC** **EC** **V**

Mandarin Pieces in Juice **BC** **EC** **V**

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

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

SNACKS

Oat Crackers and Cheese **HE** **HP** **V**

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

Vanilla Soya Dessert **HP** **EC** **V**

Rice Pudding Pot **HP** **EC** **V**

Low Fat Natural Yoghurt **HP** **EC** **V**

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

Soya Fruit Yoghurt **HP** **EC** **V**

Sultanas and Raisins Minipack **V**

Dried Apricots Minipack **V**

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

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