

Kosher Menu

Cutlery packs available, please ask your ward host.

STARTERS

Leek & Potato Soup 

Lentil & Coriander Soup  

MAIN MEALS

Vegetarian Schnitzel  

Served with mashed potatoes, fried onions, celeriac puree and ratatouille.

Vegetarian Lasagne  

Served with carrot batons and spinach.

Tomato Omelette  

Served with baked beans, sauté potatoes and a medley of vegetables (carrots, courgettes, celery and sweet peppers).

Grilled Salmon  

Grilled salmon fillet with dill sauce served with new potatoes and stir-fried vegetables.

Fish Casserole 

Served in tomato and basil sauce with mashed potatoes, roasted and diced vegetables.

continued overleaf

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.

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.

- **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.

Stir-Fried Chicken

Served with basmati rice, cauliflower and peas.

Poached Chicken Leg

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

Lamb Provencal

Served with mashed potatoes and half moon vegetables (carrots, courgettes, celery and sweet peppers).

SANDWICHES

Egg Mayo Sandwich

Smoked Salmon and Cream Cheese Bagel

DESSERTS

Apple and Blueberry Crumble

Lemon Drizzle Slice

Passion Pie Wedge

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