

# Level 5 - Minced & Moist Menu



Imperial College Healthcare  
NHS Trust

2023/2024

## BREAKFAST

Select TWO items

Porridge **BC** **V**

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

Fruit Compote **V**

Thick & Creamy Fruit Yoghurt **V**

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

Greek Style Yoghurt **V**

## LUNCH & SUPPER

### MEAT & FISH MEALS

All the meat offered on this menu is halal.

**Chicken Casserole** **HE**

Served with mashed potato, Tuscan beans and mushy peas.

**Minted Lamb**

Served with cauliflower, swede, beans and mashed potato.

**Fish And Potato Pie**

Served with mashed potato, mixed beans and mushy peas.

### VEGETARIAN MEALS

**Vegetable Ragu** **V**

Served with mushy peas and carrots.

**Moroccan Chickpea Stew** **V**

Served with mushy peas and carrots.

**Lentil Bolognese** **V**

Served with mushy peas, beans and mashed potato.

- **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.

- All the meat offered on this menu is halal.

#### **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.

# Level 5 - Minced & Moist Menu

## LUNCH & SUPPER *continued*

### ASIAN MEALS

#### Mixed Vegetable Curry **HE** **V**

Served with mashed potato, mixed beans, lentils and broccoli.

#### Chicken Korma **HE**

Served with chicken korma with mashed potato, mixed beans, lentils and broccoli.

### MEAL FORTIFICATION

Choose any of these items to add to your main meal or dessert for additional calories.

#### Butter **HE** **V**

#### Double Cream **HE** **V**

#### Hummus **HE** **V**

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### HOT DESSERTS

Select one hot and one cold dessert item.

#### Lemon Sponge **V**

#### Pear & Custard **V**

### COLD DESSERTS

Select two cold dessert items

#### Thick & Creamy Fruit Yoghurt **V**

#### Natural Yoghurt **BC** **V**

#### Greek Style Yoghurt **V**

#### Fruit Compote **V**

#### Peach & Yoghurt Mousse **V**

#### Chocolate Mousse **V**

#### Custard Pot **BC** **V**

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#### **HE** **HIGHER ENERGY**

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