

Level 5 - Minced & Moist Menu

BREAKFAST

Select TWO items

Porridge **BC** **V**

Beans on Toast **BC** **V**

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

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

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

Plain Greek Yoghurt **HP** **V**

Apple and Apricot Puree Pot **V**

Apple Puree Pot **V**

LUNCH & SUPPER

The meat in these dishes on this menu is suitable for a halal diet.

MAIN MEALS

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

Fish and Potato Pie

Chicken Korma **HE** **HP**

ALLERGEN AWARE MEALS

These dishes contain none of the 14 declarable allergens (gluten, milk, eggs, soya, fish, crustaceans, molluscs, peanuts, nuts, sesame, celery, mustard, lupin, sulphites).

Vegetable Ragù **V**

Moroccan Chickpea Stew **V**

Lentil Bolognese **BC** **V**

Chicken Casserole **BC**

Minted Lamb

Savoury Beef **HP** **BC**

continued overleaf

HP HIGHER PROTEIN
These dishes are more nourishing than those coded BC as they contain more calories and/or protein. Suitable for those with a reduced appetite.

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.

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.

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.

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ADDITIONAL ITEMS

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

Butter  

Cream  

Hummus Pot   

HOT DESSERTS

Select ONE HOT and ONE COLD dessert item.

Lemon Sponge 

Pear and Custard  

COLD DESSERTS

Select TWO items.

Thick & Creamy Fruit Yoghurt  

Plain Greek Yoghurt  

Custard Pot  

Vanilla Soya Dessert  

Apple and Apricot Puree Pot 

Apple Puree Pot 

Rice Pudding Pot 

SNACKS

Rice Pudding Pot 

Plain Greek Yoghurt   

Thick & Creamy Fruit Yoghurt  


Custard Pot 


Vanilla Soya Dessert  


Hummus Pot   


Apple and Apricot Puree Pot 

Apple Puree Pot 

 **HIGHER PROTEIN**
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