

Level 6 - Soft & Bite-sized Menu

2024/2025

BREAKFAST

Select TWO items

Hot Oats Cereal **BC** **V**

Weetabix **BC** **V**

Custard Pot **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** **HP** **V**

Lentil Bolognese **V**

Creamy Cauliflower and
Lentil Mash **HP** **V**

Fish and Sweet Potato Pie **HP**

Chicken Korma **HP**

Chicken Masala **HE** **HP**

Shepherd's Pie **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 Ragu **V**

Vegetable Casserole **BC** **V**

Chicken Casserole **BC**

Minted Lamb **HP**

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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SMALLER MEALS

If you would like a smaller meal you can order a snack pot.

Veggie Kofta **BC** **V**

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

Minted Lamb **BC**

ADDITIONAL ITEMS

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

Butter **HE** **V**

Cream **HE** **V**

Hummus Pot **HE** **HP** **V**

HOT DESSERTS

Select ONE HOT and ONE COLD dessert item.

Lemon Sponge and Custard **V**

Apple and Custard **V**

COLD DESSERTS

Select TWO items.

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

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

Fruit Corner Yoghurt **HP** **V**

Custard Pot **V**

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

Rice Pudding Pot **V**

SNACKS

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

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

Fruit Corner Yoghurt **HE** **HP** **V**

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

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

Custard Pot **V**

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

Hummus Pot **HE** **HP** **V**

Apple and Apricot Puree Pot **V**

Apple Puree Pot **V**

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