

Lower Fibre Menu

This menu has been specially prepared with dishes which contain only a small amount of fibre and so are easily digested and absorbed, leaving minimal residue in the bowel.

BREAKFAST

JUICE

Orange Juice

Apple Juice

CEREALS

Served with full fat or semi skimmed milk.

Cornflakes

Rice Krispies

Hot Oats Cereal

TOAST & BREAD

Served with butter or unsaturated spread.

White Bread

PRESERVES

Jams

Marmalade

Marmite

Honey

- **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.

ADDITIONAL ITEMS

Thick & Creamy Yoghurt

Low Fat Natural Yoghurt

Greek Style Yoghurt

Custard Pot

Apple and Apricot Puree Pot

Apple Puree Pot

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.

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Imperial College Healthcare
NHS Trust

LUNCH & SUPPER

STARTER

Soup served with a white bread roll and your choice of butter or unsaturated spread.

Orange Juice  

Apple Juice  

Tomato Soup   

Chicken Soup   

MAIN MEALS

Served with a portion of mash and softer vegetables.

Vegetable Casserole    

Fish and Sweet Potato Pie   

Chicken Casserole   

Chicken Masala   

Minted Lamb   

Shepherd's Pie   

OMELETTES

Plain Omelette  

Cheese Omelette   

JACKET POTATOES

Served with butter or unsaturated spread and your choice of 1 or 2 fillings.

Plain Jacket Potato   

Do Not Eat the Skin

Jacket Potato with Cheese   

Do Not Eat the Skin

Jacket Potato with Tuna (No Mayo)  

Do Not Eat the Skin

SANDWICHES

Served on white bread only.

Free Range Egg Mayonnaise 

Cheddar Cheese  

Tuna Mayonnaise 

Chicken Mayonnaise 

Wiltshire Ham 

HOT DESSERT

Served with custard or ice cream.

Rice Pudding with Nutmeg  

Lemon Sponge and Custard  

Apple and Custard  

COLD DESSERTS

Please choose a cake served with custard or ice cream, or TWO of the other items.

Toffee Cake   

Lemon Cake   

Ginger Sponge   

Strawberry Jelly   

Ice Cream   

Thick & Creamy Fruit Yoghurt   

Low Fat Natural Yoghurt    

Cheese and Crackers   

SNACKS

Sweet Biscuits  

Vanilla Sponge Cake Slice  

Chocolate Sponge Cake Slice  

Cheese and Crackers   

Low Fat Natural Yoghurt    

Thick & Creamy Fruit Yoghurt   