

Renal A La Carte Menu

STARTERS

Please choose juice or soup. Soup served with a bread roll and your choice of butter or unsaturated spread.

Apple Juice **BC** **EC** **V**

Vegetable Soup **HE** **V**

Chicken Soup **HE** **V**

MAIN MEALS

Steak & Mushroom Stroganoff **HE**

Shepherd's Pie **BC** **EC**

Roast Chicken **HE**

Chicken & Butter Bean Cassoulet **HE**

Chicken & Pearl Barley Casserole **HE**

Fish in Parsley Sauce **EC**

Cauliflower & Broccoli Pasta **HE** **EC** **V**

Butternut Squash Curry **HE** **EC** **V**

Moroccan Vegetable Tagine **HE** **EC** **V**

Soya Mince Hot Pot **HE** **EC** **V**

Vegetable & Bean Chilli **HE** **EC** **V**

- **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.
- **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.

CULTURAL MEALS

The meat in these meals is halal.

Roast Chicken, Potato, Beans & Vegetables **BC**

Pasta and Minced Lamb with Beans & Vegetables **BC** **EC**

Chicken Korma, Masoor Daal & Rice **HE**

Chicken Biryani, Moong Daal & Rice **HE**

Aloo Gobi, Moong Daal & Rice **HE** **V**

African Jollof Rice with Chicken **HE**

Arabic Lamb Meal **BC**

■ *Desserts overleaf*

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.

EC EASY TO CHEW

These dishes are suitable for patients who have difficulty coping with firm foods due to having no teeth or sore mouths. Not suitable for patients with difficulty swallowing (dysphagia) these patients should refer to the modified texture menus.

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. A Vegan menu is available.

SALADS

Served with a bread roll and butter with your choice of mayonnaise or salad cream.
Choose a salad side accompaniment.

Chicken Salad **BC**

Tuna Salad **BC**

Potato Salad **V**

Egg Salad **BC V**

Cheese & Onion Quiche Salad **HE EC V**

SALAD SIDES

Coleslaw **HE V**

Potato Salad **V**

SANDWICHES

Available on white or wholemeal bread.
Served with a side salad with your choice of mayonnaise or salad cream.

Chicken Mayonnaise

Tuna Mayonnaise **EC**

Cheese & Onion **HE EC V**

Egg Mayonnaise **EC V**

Hummus, Bean & Carrot **V**

HOT DESSERTS

Served with custard, ice cream or double cream.

Rice Pudding with Nutmeg **EC V**

Apple Crumble **HE EC V**

Chocolate Sponge **HE EC V**

COLD DESSERTS

Choose TWO items:

Raspberry Trifle **EC V**

Strawberry Cheesecake **EC V**

Strawberry Jelly & Cream **EC V**

Peach Slices & Cream **HE EC V**

Ice Cream **V**

Thick & Creamy Fruit

Yoghurt **BC V**

Natural Yoghurt **BC V**

Crackers & Cheese **V**

Apple, Pear or Easy

Peel Orange **BC V**