

Breakfast

Juices

Apple juice  

Orange juice   

Cereals

Served with hot or cold milk. Gluten free cereal option available on request

Cornflakes 

Coco pops 

Rice Krispies 

Ready Brek  

Weetabix   

Yoghurts

Yoghurt strawberry healthy balance   

Thick and creamy yoghurt  

Soya fruit yoghurt  

Fruit

Banana   

Easy peel orange   

Apple   

Toast/rolls

With butter or unsaturated spread. Gluten free roll option available.

Wholemeal bread

White bread

Wholemeal roll

White roll

Preserves

Assorted jams

Marmalade

Honey

Dietary coding and special diets



If you have any other specific dietary requirements or food allergies please inform a member of the ward staff when selecting meals or beverages. Other menus are available as follows: Cultural; Allergen aware; Gluten free; Dysphagia (modified texture), Finger food; Out of hours, Vegan. Please speak to a member of the ward staff.

EC **Easy to Chew**
Soft or moist foods that are easier to chew.

H **Healthier Eating** Dishes/items that have low total fat, salt and added sugar content, and are suitable as part of a healthy balanced diet.

E **HIGH ENERGY** Dishes that are particularly high in calories and are suitable choices if you have a small appetite or require food high in energy due to your illness, weight loss or surgery.

V **Vegetarian** Suitable for lacto-ovo vegetarians where milk, egg and their products are consumed but excludes all meat, poultry, fish and ingredients or products derived from these e.g. gelatine and rennet.

VG **VEGAN** Suitable for vegans who exclude all forms of animal and fish flesh and their products. i.e. milk, eggs, cheese, honey, and animal based food additives such as lecithin and whey.

Beverages

Milk (full cream or semi skimmed) served cold

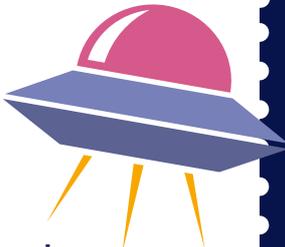
Soya milk and skimmed milk available on request

Chocolate or strawberry milkshake

Orange squash no added sugar

Blackcurrant squash no added sugar

Snacks



Available mid morning, mid afternoon and late evening with your drinks

Madeira cake  

Oreo biscuits

Mini pack biscuits 

Dairylea cheese 

Banana   

Sultana and raisins  

Custard pot

Crisps  

Thick and creamy yoghurt  

Tinned Soup and Ad-Hoc Hot Meals are also available, please ask a member of the nursing team

