

# Level 4 Pureed

*The Dysphagic menu is available for patients who require a specific consistency for example soft options due to inability to swallow, chew or for patients who are receiving treatment which require pureed, minced or a softer option.*

*This texture is eaten with a spoon and does not require chewing. It easily falls off a spoon in a single spoonful when tilted. It is not runny and holds its shape on the plate. It has no lumps and is not sticky.*

## **Appetisers**

**Apple juice**

**Orange juice**



## Mains

### Chicken and stuffing

Served with mashed potato, carrots and broccoli

### Chicken curry in a masala sauce

Served with mashed potato, cauliflower and peas

### Cottage pie in a rich gravy

Served with mashed potato, carrots and broccoli

### Shepherd's pie in gravy

Served with mashed potato, carrots and peas

### Sausages in gravy

Served with mashed potato, carrots and peas

### Fish and chips

Served with mushy peas and tomato sauce

### Macaroni cheese

Served with mashed potato, carrots and broccoli

### Vegetable lasagne

Served with mashed potato, carrots and green beans

### Fish in creamy sauce

Served with mashed potato, carrots and peas

### Lentil bolognese in tomato sauce

Served with mashed potato, Green beans and swede

### Chicken casserole

Served with mashed potato and carrots\*

### Roast lamb

Served with mashed potato and vegetables in onion gravy\*

### Bean and vegetable Casserole

### Beef casserole

Served with vegetables and onion gravy\*

### Chickpea stew in tomato sauce

Served with mashed potato and vegetables\*

## Desserts

### Chocolate sponge and custard

### Jam sponge and custard

### Rice pudding

### Spiced apple and custard

### Thick and creamy yoghurt

### Ambrosia custard pot



*\*Meals are prepared in Allergen Aware conditions*

# Level 5 Minced & moist

*The Dysphagic menu is available for patients who require a specific consistency for example soft options due to inability to swallow, chew or for patients who are receiving treatment which require a minced or softer option.*

*This texture can be eaten with a fork or a spoon. It can be scooped and shaped on a plate. It is soft and moist with no separate thin liquid. Small lumps (no bigger than 4mm for adults) are visible within the food – lumps can be squashed with the tongue.*

## **Appetisers**

Apple juice

Orange juice



## Mains

### Beef stew and dumplings

Served with mashed potato and carrots

### Chicken curry

Served with bombay potatoes and lentil dahl

### Lancashire hotpot

Served with mashed potato and mushy peas

### Chicken pie

Served with mashed potato, mushy peas and swede

### Macaroni cheese

Served with mashed potatoes, lentils, carrots and swede

### Fish pie

Served with mushy peas and carrots

### Fish in cheese sauce

Served with mashed potato and mushy peas

### Vegetable tikka

Served with lentil dahl and ground rice

### Vegetable lasagne

Served with mashed potato, carrots and green beans

### Lentil bolognese

Served with mashed Potatoes\*

### Chicken casserole

Served with mashed potato and carrots\*

### Savoury minced beef

Served with mashed potato and carrots\*

## Desserts

Chocolate sponge and custard

Jam sponge and custard

Rice pudding

Thick and creamy yoghurt

Ambrosia custard pot



*\*Meals are prepared in Allergen Aware conditions*

# Level 6 Soft & bite sized

*The Dysphagic menu is available for patients who require a specific consistency for example soft options due to inability to swallow, chew or for patients who are receiving treatment which require a minced or softer option.*

*This texture can be eaten with a fork or spoon. Pressure from a fork can be used to “cut” or break food into smaller pieces. A knife is not required to cut this food, but may be used to help loading onto a spoon/fork. Chewing is required before swallowing but food is soft, tender and moist throughout, with no separate thin liquid.*

## **Appetisers**

**Apple juice**

**Orange juice**



## Mains

### **Beef cottage pie**

Served with cauliflower cheese and carrot & swede

### **Lancashire hotpot**

Served with parsley mashed potato and mushy peas

### **Chicken curry**

Served with cauliflower and lentil dahl

### **Chicken and stuffing**

Served with mashed potato and buttered swede

### **Fish in cheese sauce**

Served with mustard mashed potato and mushy peas

### **Macaroni cheese**

Served with diced potatoes in mustard sauce with carrots & swede

### **Vegetable Tikka masala**

Served with Bombay potatoes and lentil dahl

### **Vegetable cottage pie**

Served with potato top, carrots and peas

### **Vegetable casserole\***

### **Chicken casserole**

Served with Mashed Potato and Carrots\*

### **Savoury minced beef**

Served with Mashed Potato and Carrots\*

## Desserts

**Chocolate sponge and custard**

**Jam sponge and custard**

**Rice pudding**

**Thick and creamy yoghurt**

**Ambrosia custard pot**



*\*Meals are prepared in Allergen Aware conditions*

# Cultural menu

*The Cultural Menu has a range of Halal and African Caribbean meals. These are also available out of hours, though choice may be limited.*

## Appetisers

Orange juice **H** **V**

Apple juice **H** **V**

## Mains

### Halal options

**Chicken and saag**  
Served with rice

**Keema and peas**  
Served with  
vegetable masala

**Lamb biryani moong  
daal and veg masala**

**Chicken tikka  
masala channan**  
Served with rice

**Cauliflower and  
aubergine masala** **V** **VG**

**Aloo gobi**  
Served with peas **V** **VG**

**Chickpea toor daal**  
Served with rice **V** **VG**

**Aloo saag** **V** **VG**

### African Caribbean options

**Chicken curry**  
Served with white rice

**Jerk chicken**  
Served with rice and  
mixed vegetables

**Fried hake**  
Served with rice

**Beef curry**  
Served with rice

**Curried mutton**  
Served with rice

**H** HEALTHIER EATING  
**V** VEGETARIAN  
**VG** VEGAN

## Sides

Naan bread

Poppadum

Chips

Side salad

Vegetables of the day

See standard menu

## Sandwiches

There are a range of sandwiches available, please refer to the standard menu for selection

## Salads

There are a range of salads available, please refer to the standard menu for selection

## Desserts

Banana **H V VG**

Thick and creamy yoghurt **H V**

Light fruit yoghurt **H V**

Apple and grape bag **H V VG**

Peach and pear in juice **H V VG**

Cheese and biscuits **V**

Ice cream **V**

Custard **V**



# Allergen aware menu

*The allergy aware menu consists of meals that do not contain any of the 14 major allergens. These are: **gluten, milk, eggs, soya, fish, mustard, celery, lupins, crustaceans, nuts, sesame seeds, peanuts, molluscs and sulphites.** Please tell a member of ward staff if you have allergies to any of these ingredients.*

## Appetisers

Orange juice **H V**

Apple juice **H V**

## Mains

**Beef casserole**  
served with new potatoes,  
sweetcorn and green beans

**Chicken casserole**  
Served with parmentier  
potatoes, cauliflower  
and green beans

**Chilli con carne**  
Served with moong  
dahl and rice

**Lamb casserole**  
Served with parmentier  
potatoes

**Ratatouille**  
Served with rice and peas

## Desserts

Orange **H V VG**

Banana **H V VG**

Peach and pears  
in juice **H V VG**

**H** HEALTHIER EATING

**V** VEGETARIAN

**VG** VEGAN

# Gluten aware menu

*The Gluten Aware Menu is designed for patients who have an allergy to Wheat or Gluten.*

## Appetisers

Orange juice **H** **V**

Apple juice **H** **V**

## Mains

**Roast chicken**

Served with roast potatoes, peas and cauliflower

**Chicken casserole**

Served with green beans, parmentier potatoes and cauliflower

**Cottage pie**

Served roast potatoes, carrots, and green beans

**Fish in parsley sauce**

**Fisherman's pie**

**Lamb casserole**

**Savoury minced beef**

**Ratatouille** **V** **VG**

## Salads

**Chicken** **H**

**Cheese** **H** **V**

**Tuna** **H**

**Egg** **H**

## Jacket potatoes

**Cheese**

**Tuna**

## Desserts

**Rice pudding** **V**

**Thick and creamy yoghurt** **H** **V**

**Light fruit yoghurt** **H** **V**

**Peach and pear in juice** **H** **V** **VG**

**Banana** **H** **V** **VG**

**Ambrosia custard pot**

**Madeira cake slice**

**H**

**HEALTHIER EATING**

**V**

**VEGETARIAN**

**VG**

**VEGAN**

# Missed a meal?

## Out of hours menu

*The out of hours menu is designed for patients who have missed a meal or who have been admitted after meal order cut off time. This menu has hot and cold options as well as "Allergy Aware" and "Dysphagic" meals. The Cultural Menu is also available out of hours, though some items may be limited.*

### Mains

- Savoury minced beef and dumplings
- Chicken curry
- Sweet and sour chicken
- Roast beef
- Sausage and mash
- Battered fish
- Vegan hotpot **VG**
- Sweet potato and bean chilli **VG**
- Jacket potato with cheese **V**
- Jacket potato with tuna **H**

**H** HEALTHIER EATING

**V** VEGETARIAN

**VG** VEGAN

### Snack box

#### Sandwiches

*All sandwiches available on white or wholemeal bread*

- Egg mayonnaise **V**
- Ham
- Cheese **V**
- Tuna mayonnaise **H**
- Falafel vegan bhaji **VG**

#### Sides

*Choose 5 items from the following:*

- Apple or orange juice
- Orange or apple
- Ready salted crisps or cheese and crackers
- Healthy balance yoghurt or soya fruit yoghurt
- Pack of mini biscuits or madeira cake slice

## Salads

Egg

Chicken

Cheese **v**

Tuna **H**

Houmous **VG**

## Desserts

Light fruit yoghurt **H V**

Soya fruit yoghurt **H VG**

Cheese and biscuits **V**

## Allergen aware

*Allergen aware / gluten aware meals*

**Beef casserole**

Served with new potatoes, sweetcorn and beans

**Chicken casserole**

Served with parmenter potatoes, cauliflower and green beans

**Ratatouille**

Served with rice and beans

## Vegan

**Mediterranean stew**

Served with parmenter potatoes, swede and cauliflower

**Harvester casserole**

Served with roast potatoes

## Level 4 Pureed

**Beef stew**

Served with mashed potato, green beans and carrots

**Roast lamb**

Served with mashed potato, broccoli and carrots

**Bean and vegetable casserole **v****

## Level 5

### Minced & moist

**Beef stew and dumplings**

Served with mashed potato and carrots

**Vegetable lasagne **v****

## Level 6

### Soft & bite sized

**Chicken and stuffing**

Served with mashed potato and buttered swede

**Vegetable casserole **v****