

**April 2026 Low Potassium Menu Guidance**

Monday	
Lunch	Tomato, lentil and sweet potato crumble
Tuesday	
EMeal	Apricot and chickpea tagine
Wednesday	
EMeal	Bean chilli
Thursday	
lunch	Moroccan bean casserole
Friday	
Lunch	Battered fish and chips
Saturday	
Lunch	Hot Chocolate Brownie

In addition to the above dishes please **AVOID** the following: fruit juice cuplets, mango and orange iced smoothie, soup, jacket potatoes, chips, roast potatoes, new potatoes, Brussels sprouts, broccoli, potato crisps, chocolate cake and bananas.

Please **LIMIT the following to once per day**: potato side dishes (e.g. baby potatoes, mashed potato, potato croquettes, potato wedges, sauté potatoes, ), easy peel oranges, yoghurts or soya yoghurts.

Please limit milk to 1/2 pint/day OR 300mls (this includes any milk used in cereals & drinks)