

ALLERGEN AWARE MENU

This menu is free from all 14 allergens listed below,

- Celery,
- Cereals containing gluten (such as wheat, barley, rye and oats), (threshold of less than 20 parts per million)
- Crustaceans (such as prawns, crabs and lobsters),
- Eggs,
- Fish,
- Lupin,
- Milk,
- Molluscs (such as mussels and oysters),
- Mustard,
- Peanuts,
- Sesame,
- Soybeans,
- Sulphur dioxide and sulphites (if the sulphur dioxide and sulphites are at a concentration of more than ten parts per million)
- Tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts).

Depending on your allergy and dietary needs there maybe additional suitable options available from our standard menu, and there is information available at ward level in the ward catering folder to inform you of the allergen content of these meals.

This menu will not be suitable for all patients that have a food allergy; those with food allergies not listed above should discuss their needs with ward nursing staff. Ward nursing staff should then notify catering services and refer to the Ward Dietitian via ICE when required.

Starters

Orange juice / Apple Juice      (vegan)

Tomato Soup (Apetito)       (vegan)

Ingredients: Water, tomato (22%), concentrated tomato (22%), cauliflower, haricot beans, tomato puree, rapeseed oil, modified starch, sugar, yeast extract, basil, cornflour, salt, dried carrot, dried tomato, pepper, ground turmeric, dried thyme, ground bay leaf

Main Course

Steak and Mushroom Casserole    

Ingredients: Potato, beef (18%), carrot, green beans, water, red wine, swede, mushroom (1.8%), ruby port, parsnip, modified starch, yeast extract, cornflour, caramelised sugar, sugar, tomato puree, salt, beef stock, pepper.

Cottage Pie with Sweet Potato & Carrots

Ingredients: Water, potato, beef (19%), carrot, swede, rapeseed oil, modified starch, yeast extract, salt, cornflour, caramelised sugar, stabilisers (cellulose, hydroxypropyl methyl cellulose), tomato puree, natural flavouring, sugar, beef stock, thyme, pepper.

Roast Lamb in Minty Gravy

Ingredients: Water, potato, roast lamb (16%), green beans, peas, vegetable oils (rapeseed, sunflower), modified starch, mint, salt, sugar, caramelised sugar, roast lamb bone, stabiliser (triphosphates), pepper, yeast extract, dextrose, cornflour, tomato puree, carrot juice concentrate, leek juice concentrate, rosemary extract.

Chicken, Bacon & Thyme Hotpot

Ingredients: Potato, cooked chicken (17%), water, swede, carrot, broccoli, green beans, peas, cooked formed pork belly (4.5%), parsnip, palm oil, modified starch, tomato puree, salt, starch, caramelised sugar, dextrose, roast chicken carcass, thyme, stabilisers (diphosphates, triphosphate), pepper, sugar, yeast extract, cornflour, antioxidant (sodium ascorbate), preservative (sodium nitrite), carrot juice concentrate, leek juice concentrate.

Sweet & Sour Chicken

Ingredients: Cooked rice, water, peppers, cooked chicken (13%), peas, pineapple, sugar, tomato puree, concentrated pineapple juice, white wine vinegar, modified starch, rapeseed oil, yeast extract, salt, cornflour, starch, dried carrot, ground paprika, dried tomato, ground turmeric, pepper, dried thyme, ground bay leaf.

Vegetarian/Vegan Options

Provençale Vegetable Bake (vegan)

Ingredients: Potato, courgette (17%), haricot beans (11%), water, green beans, peas, tomato (6%), peppers (6%), broccoli, tomato puree, vegetable oils (rapeseed, palm), modified starch, white wine vinegar, sugar, salt, yeast extract, cornflour, dried carrot, basil, dried tomato, pepper, dried oregano, dextrose, ground turmeric, cane molasses, dried thyme, ground bay leaf.

Spicy Bean Casserole (vegan)

Ingredients: Potato, tomato, haricot beans (9%), water, broccoli, peas, sweetcorn, peppers, borlotti beans (6%), butter beans (4%), sultanas, vegetable oils (rapeseed, sunflower), cornflour, sugar, tomato puree, ground cumin, yeast extract, ground coriander, dried carrot, ginger, dried tomato, ground turmeric, salt, coriander leaf, ground cinnamon, chilli powder, mint, dextrose, cane molasses, ground nutmeg, pepper, dried thyme, ground bay leaf.

Butterbean & Cauliflower Curry (vegan)

Ingredients: Cooked rice, butter beans (17%), water, cauliflower (13%), tomato, potato (5%), rapeseed oil, tomato puree, modified starch, ground coriander, ground cumin, cornflour, salt, yeast extract, ginger, ground turmeric, natural flavouring, mango chutney (sugar, mango, salt, vinegar, paprika, chilli, thickener (pectin)), lemon juice from concentrate, coriander leaf, dried carrot, ground fenugreek, sugar, dried tomato, chilli powder, ground cardamom, pepper, ground cinnamon, dried thyme, ground bay leaf.

Dessert

Apple (if peeled) (vegan)

Orange (vegan)

Banana (vegan)

Breakfast

For Allergen Aware breakfast options – see chart in ward catering folder

Snacks

For Allergen Aware snack options – see chart in ward catering folder

Menu Codes

= Vegetarian = Healthier choice = Higher Protein
 = Higher Energy = Gluten Free = Suitable for a Neutropenic diet
 = Easier to Chew - these are tender and easier to chew and can be cut with a side of a fork or spoon



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meal please scan the QR Code