

# Option 1: Adult Very Low Fibre Menu

This menu is not nutritionally adequate and should only be used under supervision of the ward Dietitian.

This menu should only be used in patients with the following: Stricturing / Fistulating Bowel Disease, Bowel Obstruction- including tumours, and weaning on or weaning off exclusive enteral nutrition.

## Breakfast

Rice Krispies /Cocopops /Cornflakes   
 Whole-Milk / Semi-Skimmed Milk   
 Light Yoghurt /Thick and Creamy Yoghurt

*\*Bread / toast not appropriate\**

## Starter

Orange Juice / Apple Juice (vegan)  
 Cream of Tomato Soup- Heinz   
 Cream of Mushroom Soup- Heinz   
 Cream of Chicken Soup– Heinz

*\*Bread roll not appropriate\**

## Main Meal

Plain white Fish / Plain Tuna   
 Chicken Breast (Halal) / Sliced Ham   
 Plain Omelette / Cheese Omelette

with sides available

Boiled Rice / Spaghetti Hoops in Tomato Sauce   
 Mashed Potato / Swede & Carrot Mash   
 Gravy (vegan)

## Energy Dense Meals

Macaroni Cheese

## Nourishing Soup

Estates and Facilities

Chicken Soup

### Hot Desserts

Ginger Sponge   
 Treacle Sponge ( with custard )  
 Lemon Sponge   
 Raspberry Jam Sponge ( with custard )  
 Custard

### Cold Desserts

Thick & Creamy Yoghurt   
 Light Yoghurt   
 Rice Pudding   
 Plain or Chocolate Custard Pot   
 Strawberry Custard Pot   
 Chocolate or Vanilla Soya Dessert (**vegan**)

### Snacks

Wotsits / Pom Bears / Skips   
 Custard Creams / Rich Shorties / Ginger Nuts   
 Plain or Chocolate Custard Pot / Strawberry Custard Pot

### 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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