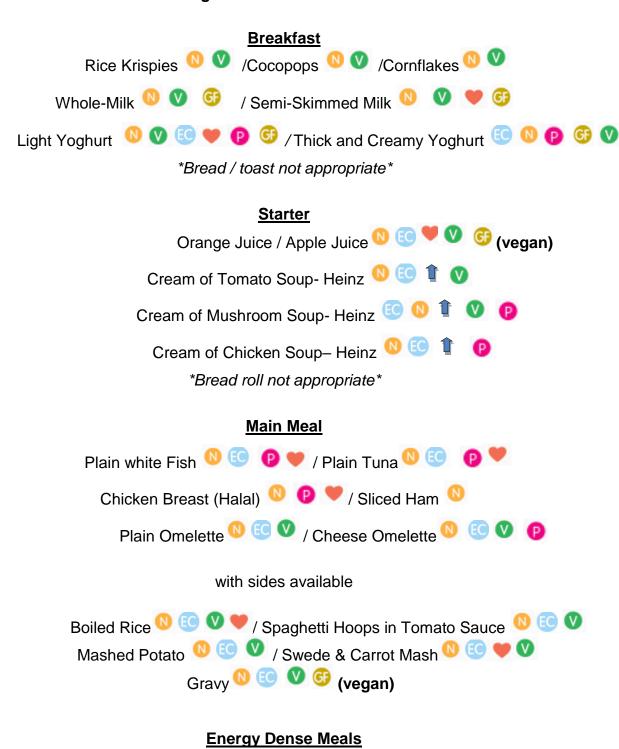


# **Option 1: Adult Very Low Fibre Menu**

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.



## **Nourishing Soup**



**Estates and Facilities** 

Chicken Soup <sup>№</sup> <sup>©</sup> ♥ <sup>©</sup>

#### **Hot Desserts**

Ginger Sponge

Treacle Sponge

Lemon Sponge

Raspberry Jam Sponge

Custard

# **Cold Desserts**

Thick & Creamy Yoghurt

Light Yoghurt

N

P

P

G

Rice Pudding

Plain or Chocolate Custard Pot

Strawberry Custard Pot

Chocolate or Vanilla Soya Dessert

N

P

O

Company

Company

O

Company

Com

## **Snacks**

### **Menu Codes**

■ Vegetarian ■ Healthier Choice ■ Higher Protein

■ Higher Energy ■ Go = 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)



To leave feedback on your meal please scan the QR Code