

# Option 2: Adult Low Fibre Menu

Estates and Facilities

**May not be nutritionally adequate for all patients. This menu should only be used in patients with the following: High Output Stoma's/ Active Inflammatory Bowel Disease/ Newly Formed Ileostomy.**

## Breakfast

Rice Krispies Cocopops / Cornflakes   
 Whole-Milk / Semi-Skimmed Milk   
 White Bread (vegan)  
 Butter / Sunflower Spread (vegan)   
 Jam (vegan) / Marmalade (vegan)  
 Cream Cheese Spread / Marmite (vegan)  
 Light Yoghurt / Thick and Creamy Yoghurt

## Starter

Orange Juice / Apple Juice (vegan)  
 Cream of Tomato Soup- Heinz   
 Cream of Mushroom Soup- Heinz   
 Cream of Chicken Soup- Heinz   
 Melba Toast   
 Crusty White Roll (vegan) / Sliced White Bap (vegan)  
 with Sunflower Spread (vegan) / Butter / Cream cheese

## Main Meal

Fish In Parsley Sauce with Mashed Potato and Root Vegetable Mash   
 Beef Pasta Bolognese / Cottage Pie with Root Vegetable Mash   
 Cheese & Tomato Pasta

## Energy Dense Meals












Macaroni Cheese   
 Corned Beef Hash

## Nourishing Soup



















Chicken Soup    

*Consider adding a roll and butter / sunflower spread or a sandwich for a more nutritious meal*



















## Sandwich's on White Bread

Ham   / Cheese     
Tuna Mayonnaise    / Sliced Chicken Breast   



















**Accompaniments** (additional menu choice to accompany any meal )

- Grated cheddar cheese portion     
- Natural yogurt     
- Crusty White Roll    **(vegan)** or a Sliced White Bap   **(vegan)**  
with Sunflower Spread **(vegan)** or \*Butter   











***For options below, choose items individually to make a complete meal:***

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

*With a selection of*

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

## Hot Desserts

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

### Cold Desserts

- Thick & Creamy Yoghurt EC N V P GF
- Light Yoghurt EC N ♥ V P GF
- Rice Pudding EC V N GF
- Plain or Chocolate Custard Pot EC N V GF
- Strawberry Custard Pot EC N GF
- Peach and Pear in Juice N V ♥ GF **(vegan)**
- Chocolate or Vanilla Soya Dessert N EC V ♥ GF **(vegan)**

### Snacks (N all snacks suitable)

- Ready salted crisps GF V **(vegan)**
- Wotsits EC V / Pom Bear EC V / Skips EC V
- Bakewell Slice V EC ↑ / Carrot Cake V EC / Lemon Drizzle Cake V EC
- Custard Creams V / Rich Shorties V / Ginger Nut V
- Plain or Chocolate Custard Pot EC V GF / Strawberry Custard Pot EC GF
- Cheese & Crackers V P with Sunflower Spread **(vegan)** or Butter EC GF V

### Menu Codes

- V = Vegetarian   ♥ = Healthier Choice   P = Higher protein
- ↑ = Higher Energy   GF = Gluten Free   N = Suitable for a Neutropenic Diet
- EC = 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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