

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.



Energy Dense Meals

Macaroni Cheese Corned Beef Hash



Estates and Facilities

Nourishing Soup



Chicken Soup N 😇 🚩 🚱

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

Sandwich's on White Bread

Ham ^ℚ ♥ / Cheese ^ℚ ♥ Tuna Mayonnaise N 😉 P / Sliced Chicken Breast N

Accompaniments (additional menu choice to accompany any meal)

- Grated cheddar cheese portion N E 1 V P
- Natural yogurt Natural yogurt
- Crusty White Roll W (vegan) or a Sliced White Bap (vegan) with Sunflower Spread (vegan) or *Butter 0 6 V

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



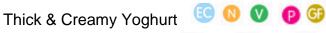
Hot Desserts





Estates and Facilities

Cold Desserts





Rice Pudding 60 00 00 60

Plain or Chocolate Custard Pot

[N V G

Strawberry Custard Pot E N G

Peach and Pear in Juice V V (vegan)

Chocolate or Vanilla Soya Dessert 0 0 (vegan)

Snacks (all snacks suitable)

Ready salted crisps 🚭 🤍 (vegan)

Wotsits V / Pom Bear V / Skips V

Bakewell Slice V F / Carrot Cake V F / Lemon Drizzle Cake V F

Custard Creams

/ Rich Shorties

/ Ginger Nut

Plain or Chocolate Custard Pot 6 / Strawberry Custard Pot 6

Cheese & Crackers with Sunflower Spread (vegan) or Butter supplemental supplemental contract supplemental suppleme

Menu Codes

👽 = Vegetarian 🤎 = Healthier Choice 🔑 = Higher protein

1 = Higher Energy 6 = Gluten Free 0 = 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