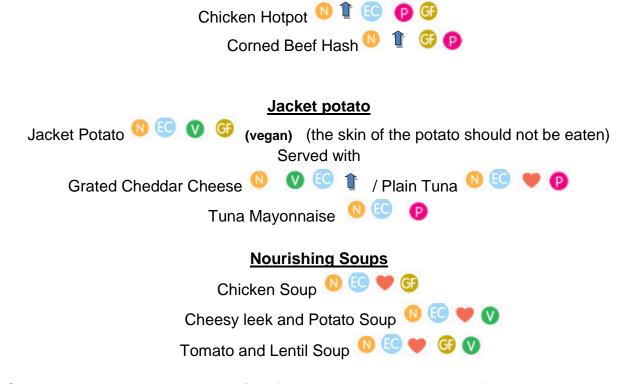
Option 3: Adult Modified Fibre Menu

Menu may not be nutritionally adequate for all patients.

This menu is suitable for those patients with: Newly formed Colostomy, Inactive Inflammatory Bowel Disease, C-Diff infection, or Receiving Pelvic Radiotherapy.



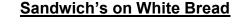


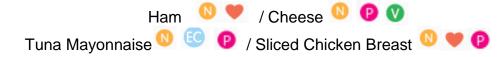
Energy Dense Meals

Cheese & Potato Bake N E T V P G

Macaroni Cheese 0 0 0 0

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





Accompaniments (additional menu choice to accompany any meal)

- Grated cheddar cheese portion 🕦 🤨 🛊 🕡 👩
- Natural yogurt 🕔 📁 V 🚱 📵
- Crusty White Roll (vegan) or a Sliced White Bap (vegan) with Sunflower Spread (vegan) or Butter (vegan)

If you are struggling to find suitable options on this menu – please ask to see the Option 1: Adult Very Low Fibre Menu for individual items that can be put together to make a complete meal

Hot Desserts

Ginger Sponge

Lemon Sponge

Treacle Sponge

Raspberry Jam Sponge

Plain Custard

Cold Desserts

Peach and Pear in Juice (vegan)

Chocolate or Vanilla Soya Dessert (vegan)

Snacks (all snacks suitable)

Ready Salted Crisps 🚭 💟 (vegan)

Wotsits 🔍 / Pom Bear / 🔾 💟 Skips

Bakewell Slice 5 V 1 / Carrot Cake V 5 / Lemon Drizzle Cake V 5

Plain or Chocolate Custard Pot N G / Strawberry Custard Pot N G

Cheese & Crackers W W B with Sunflower Spread (vegan) or Butter W G G

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

= 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