


















































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.




























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)
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    
Roasted Chicken Breast in Rich Gravy with Roast Potatoes, Stuffing ball and Vegetables  
Chicken, Leek and Gammon Pie with Mashed Potato and Mushy Peas    
Beef Pasta Bolognese   
Cottage Pie with Mashed Potato and Root Vegetable Mash   
Cheese & Tomato Pasta     
Seasoned Chicken Goujons and Potato Wedges, Carrots and Broccoli (finger food) 
Meat free pasta Bolognese      (vegan)





Energy Dense Meals

Cheese & Potato Bake      
Macaroni Cheese     
Chicken Hotpot     
Corned Beef Hash    

Jacket potato












Jacket Potato     (vegan) (the skin of the potato should not be eaten)
Served with
Grated Cheddar Cheese     / Plain Tuna    
Tuna Mayonnaise   

Nourishing Soups



















Chicken Soup    
Cheesy leek and Potato Soup    
Tomato and Lentil 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   

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     ( with custard)
Raspberry Jam Sponge     ( with custard)
Plain Custard   








Cold Desserts

Thick & Creamy Yoghurt      / Light Yoghurt      
Rice Pudding    
Plain or Chocolate Custard Pot     / Strawberry Custard Pot   
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    / Carrot Cake   / Lemon Drizzle Cake  
Custard Creams  / Highland Shorties  / Ginger Nut 
Plain or Chocolate Custard Pot     / Strawberry Custard Pot   
Cheese & Crackers    with Sunflower Spread (vegan) or Butter    

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)



To leave feedback on your
meal please scan the QR Code

