# Leicester Hospitals **NHS**



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# Appetizer



Fruit Juice (vegan)

Orange or Apple

Melba Toast V N

Crusty White Roll W N,
Crusty Brown Roll, Sliced White Bap Served with Sunflower Spread (vegan),

Butter or Cream Cheese Spread 😥 🚺 🚯

Small Mixed Salad with Honey & Mustard Dip (vegan if dip removed)



## Fish in Parsley Sauce

White fish in a creamy parsley sauce served with mashed potato and root vegetable mash











## Creamy Salmon Pasta

Pasta in a creamy garlic and herb sauce with salmon, spinach and peas









# Chicken Goujons and Potato Wedges

(Finger Foods)

Seasoned chicken goujons served with seasoned potato wedges, carrot batons and broccoli florets



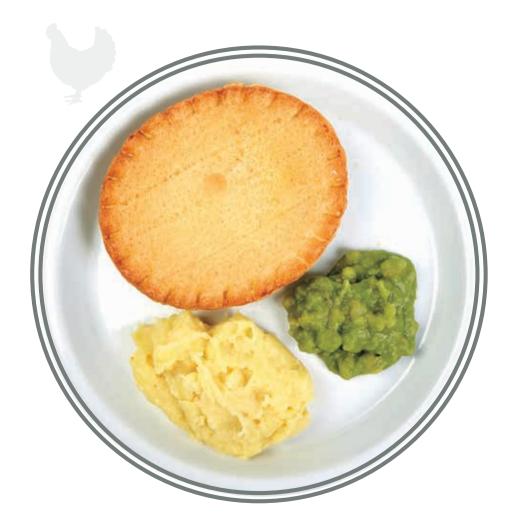


## Roast Chicken

Roasted chicken breast in a rich gravy served with roast potatoes, stuffing ball and vegetables







# Chicken, Leek and Gammon pie

Shortcrust pastry pie filled with chicken, leek and gammon in a creamy sauce, served with mashed potatoes and mushy peas











## Peri Peri Chicken

Peri Peri spiced chicken served with spiced potato wedges, garden peas and a spicy peri peri sauce











## Chicken and Mushroom Casserole

A small portion of tender chicken in a creamy sauce made with paprika and mushrooms, topped with a dumpling









# Cottage Pie

Minced beef in a rich gravy topped with mashed potato and served with root vegetable mash









# Beef Pasta Bolognese

Pasta served in a rich minced beef, tomato and herb sauce









## All Day Breakfast

Traditional English breakfast with a Cumberland sausage, streaky bacon, fluffy omelette, baked beans and a hash brown









## Cheese and Tomato Pasta

Pasta in a rich tomato sauce topped with Cheddar cheese













## Vegetarian Sausages and Potato Wedges (Finger Food)

Vegetarian sausages served with potato wedges, carrots and broccoli







# Meat Free Pasta Bolognese

Pasta in a rich tomato sauce with Soya mince













## Smokey Bean Chilli

A mildly spiced smoky sauce with sweet potato, beans, pea protein mince and peppers served with brown rice













# Vegan Shepherds Pie

Lentils and vegetables in a rich tomato gravy with a fluffy mash potato top, served with a green vegetable medley









V GF N (vegan)



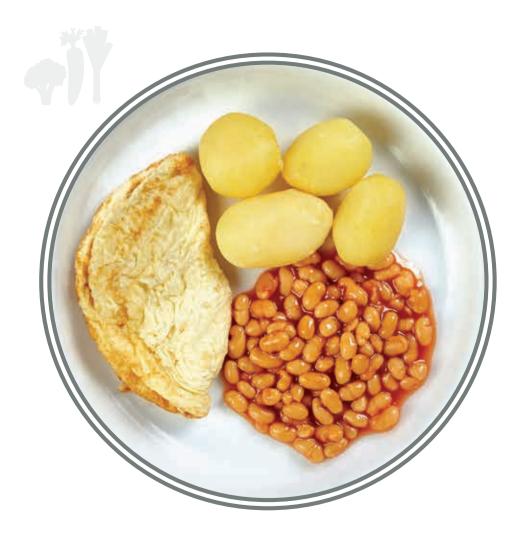
## All Day Vegetarian Breakfast

A vegetarian version of our all day breakfast with an omelette, baked beans, mushrooms and hash browns









## Plain Omelette

A plain omelette served with boiled potatoes and baked beans











# Smaller Energy Dense Meal

These meals are particularly suitable for people with smaller appetites

Salmon Bake 🕞 N 🕡 P

Pieces of salmon and peas in a cheese sauce, topped with diced fried potato

Corned Beef Hash @ N 1

Served with fried diced potato

Macaroni Cheese 😉 🗸 🕦 🕑

Macaroni pasta in a mature Cheddar and Regato cheese sauce

Cheese & Potato Bake 🕫 🗸 🕞 🕦 P

Served with broccoli

# Smaller Energy Dense Meal

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#### Pasta Carbonara (1) (P) (N)





Pasta with chicken, mushroom and ham

#### Chicken Hotpot 😉 😏 P 🕦 🚺









Pieces of cooked chicken in gravy with swede and carrot, topped with sauté potatoes

# Curried Mutton, Chicken and Fish (HMC approved Halal)

Alu Gosht @ N ) P

Mutton and Potato Curry served with Rajasthani Dal & Saffron Rice

Masala Gosht @ N P

Mutton in a Masala Sauce served with Mixed Dal & Basmati Rice

Saag Gosht 🚱 🕦 🕦

Mutton and Spinach Curry served with Chana Dal & Basmati Rice

Chicken Coconut 🚱 😉 🕦 🕦 🕑

Served with Mixed Dal & Basmati Rice

Chicken and Spinach Curry served with Rajasthani Dal & Saffron Rice

# Curried Mutton, Chicken and Fish (HMC approved Halal)

Chicken Dal @ N P

Chicken and Lentil Curry served with Kadai Vegetables & Saag Rice

Served with Saag Chhole & Pilau Rice

Fish Curry 6 0 0 P

Served with Split Masoor Dal & Saag Rice

# Vegetarian and Vegan Curries

Alu Brinjal Peas (V (N 6 ) (vegan)

Potato and Aubergine Curry served with Peas with Chana Dal and Basmati Rice

Alu Gobi V N 🙃 🕞 (vegan)

Cauliflower and Potato Curry served with Rajasthani Dal and Saffron Rice

Aubergine Kala Chana (V) (N) GF) (vegan)

Aubergine and Black Chickpeas served with Teen Dal and Jeera Rice

Aubergine Potato **(V)** (N) **(GF)** (vegan)

Aubergine and Potato Curry served with Spinach Chhole and Pilau Rice

Cabbage Peas V N G (vegan)

Cabbage and Peas Curry served with Rajasthani Dal and Saffron Rice

# Vegetarian and Vegan Curries

### Corn Peas Methi 👽 🕦 😥 🚱 🕽

Sweetcorn & Peas in Creamy Fenugreek Curry with Rajasthani Dal and Saffron Rice

## Kadai Vegetables (V (N (E) GF)

Mixed Vegetables with Kala Chana and Saag Rice

#### Methi Paneer (V) (1) (5)

Indian Cottage Cheese in a Fenugreek Sauce served with Mixed Dal and Basmati Rice

### Corn Peas Potato (V (N) (vegan)

Sweetcorn, Peas and Potato Curry served with Chana Dal and Basmati Rice

Alu Matar (V (N EO GF) (vegan)

Potato and Pea Curry served with Chana Dal and Basmati Rice

## Jacket Potato V I (vegan)

A plain jacket potato is available as a main option and NOT as a side dish. All potatoes are served with a Sunflower Spread (vegan) or Butter  $\mathbb{N} \subseteq \mathbb{G}$  and a choice of filling:



Grated Cheddar Cheese O © V N

Tuna Mayonnaise 60 N P

Plain Tuna 🛡 😉 🕪 🕑

Baked Beans ♥ © ♥ ₲ (vegan)

## Salads



Chicken Salad P
Wiltshire Ham Salad
Tuna Mayo Salad P
Cheese Salad P
Egg Mayo Salad P

# Nourishing Soup

Why not add a Roll and Butter or Sunflower Spread or a Sandwich for a more fulfilling meal



Tomato and Lentil Soup ♥ ಈ N

Chicken Soup 

Cheesy Leek and
Potato Soup 

© 

© 

■ 

N

## Sandwiches

#### Brown and White choices available



Tuna Mayonnaise

Sandwich 😥 🕦 🕑





Chicken Sandwich V N P







Mild Cheddar Cheese

Sandwich W N P





Ham Sandwich V

Egg Mayonnaise Sandwich 60 V N







Gluten Free and Vegan Sandwiches are available, please ask Ward staff for relevant Menu.

# Accompaniments

Additional menu choice to accompany any meal

#### **Grated Cheddar Cheese Portion**



Side Salad 💙 🚱 🔻

with a Honey and Mustard Dip (Vegan if dip removed)

Gravy GF V (N (vegan)

Baked Beans Portion V O G E N P (vegan)

# Accompaniments

Additional menu choice to accompany any meal

Mini Naan 🗸 🕦

Natural Yoghurt P G V N E

Crusty White Roll 🚱 🗸 N, Crusty Brown Roll, Sliced White Bap 🗸 N

Served with Sunflower Spread (vegan) or Butter on request © V N G

Tomato Ketchup, Brown Sauce, Salad Cream, English Mustard, Vinegar

## **Hot Desserts**



Ginger Sponge 🕧 😉 💜 🕦

Lemon Sponge 🕜 😉 🗸 🕦

Raspberry Jam Sponge 🕜 😥 🕡 🕦

(P with custard)

Treacle Sponge 🕦 😉 💜 🕦

(P with custard)

Apple Crumble V N

Plain Custard 😥 🕡 🕦

## **Cold Desserts**

Banana 😉 💙 👽 🕔 (vegan)

Orange or Apple V GF (N If peeled) (vegan)

Peach and Pear in Juice V V N G (vegan)

Rice Pudding © V N 🚱

Strawberry Custard Pot 💷 🕪 🚱

Thick & Creamy Yoghurt P © V N G

Light Yoghurt **P V** ♥ <sup>©</sup> **N G** 

