

Gluten Free Free Menu (<20ppm)

Starter

- Tomato Soup (Apetito) (vegan)
- Orange Juice / Apple Juice (vegan)
- Small Salad with Honey and Mustard Dip (vegan if dip removed)
- Schar Gluten Free Crusty White Roll (vegan)
- With Sunflower Spread (vegan) / Butter / Cream Cheese

Main Course

- Fish in Parsley Sauce with Mashed Potatoes and Root Vegetable Mash
- Cottage Pie with Root Vegetable Mash
- Peri Peri Chicken, Spiced Potato Wedges and Garden Peas

Small Energy Dense Meals

- Salmon Bake
- Corned Beef Hash
- Cheese and Potato Bake
- Chicken Hotpot

Halal meals

- Alu Gosht, Rajasthani Dal & Saffron Rice
- Masala Gosht, Mixed Dal & Basmati Rice
- Saag Gosht, Chana Dal & Basmati Rice
- Chicken Coconut, Mixed Dal & Basmati Rice
- Chicken Saag, Rajasthani Dal & Saffron Rice
- Chicken Dal, Kadai Vegetables & Saag Rice
- Coconut Fish, Saag Chhole & Pilau Rice
- Fish Curry, Split Masoor Dal & Saag Rice

Vegetarian / Vegan Options

- All Day Vegetarian Breakfast with Omelette, Baked Beans, Mushrooms and Hash Browns   
- Plain Omelette with Boiled Potatoes and Baked Beans     
- Vegan Shepherd's Pie served with Vegetable Medley     (vegan)
- Smokey Bean Chili      (vegan)
- Jacket Potato with Baked Beans      (vegan)
- Alu Brinjal Peas, Chana Dal & Basmati Rice     (vegan)
- Alu Gobi, Rajasthani Dal & Saffron Rice      (vegan)
- Aubergine Kala Chana, Teen Dal & Jeera Rice     (vegan)
- Aubergine Potato, Saag Chhole & Pilau Rice     (vegan)
- Cabbage Peas, Rajasthani Dal & Saffron Rice     (vegan)
- Corn Peas Methi, Rajasthani Dal & Saffron Rice     
- Kadai Vegetables, Kala Chana & Saag Rice     
- Methi Paneer, Mixed Dal & Basmati Rice     
- Corn Peas Potato, Chana Dal & Basmati Rice       (vegan)
- Alu Matar, Chana Dal & Basmati Rice      (vegan)

Sandwich Options

- Tuna Crunch Wrap  
- Red Leicester & Spring Onion Seeded Roll   
- Chicken Salad Seeded Roll 

Nourishing Soup

- Tomato and Lentil Soup     
- Chicken Soup    

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

Accompaniments

- Heinz Baked Beans      (vegan)
- Side Salad with Honey and Mustard Dip    (vegan if dip removed)
- Natural Yoghurt     
- Schlar Crusty White Roll    (vegan) / Sunflower Spread (vegan) / Butter    

Cold Dessert

Banana	N	EC	♥	V	GF	
Apple or Orange (	N			V	♥	GF (vegan)
Peach and Pear in Juice	N		V	♥	GF	(vegan)
Rice Pudding	EC	N		V	GF	
Mullerlight Yoghurt	N	EC	P	V	GF	♥
Muller Thick and Creamy Yoghurt	N	EC	P	V	GF	
Ambrosia Chocolate Custard Pot	EC	N		V	GF	
Ambrosia Strawberry Custard Pot	N	EC			GF	
Ambrosia Plain Custard	N	EC		V	GF	

Breakfast Menu

Orange Juice / Apple Juice	N	EC	♥	V	GF	(vegan)
Schar Gluten free White Bread	N			GF	V	
Schar Gluten Free Crusty White Roll	N			V	GF	(vegan)
Schar Gluten Free Cornflakes	N			V	GF	(vegan)
with choice of Full Fat or Semi Skimmed Milk	N			V	EC	GF
Light Yoghurt	N	EC	♥	P	GF	V
/ Thick and Creamy Yoghurt	N	EC	P	GF	V	
Banana	N	EC	♥	V	GF	(vegan)
Apple or Orange (	N			V	♥	GF (vegan)

Snacks Menu

Seabrook Ready Salted Crisps	N			V	GF	
Mrs Crimbles Chocolate Macaroon	N			V	↑	GF
Mrs Crimbles Jam & Coconut Ring	N			V	↑	GF
Orange or Apple (	N			V	♥	GF (vegan)
Banana	N	EC	♥	V	GF	(vegan)
Raisins Pack	♥			V	GF	(vegan)
Sliced Apple & Grape Bag	N			V	♥	GF (vegan)
Ambrosia Strawberry Custard Pot	N	EC			GF	
Ambrosia Chocolate Custard Pot	N	EC		V	GF	
Ambrosia Plain Custard	N	EC		V	GF	

Menu Codes

 = Vegetarian  = Healthier Choice  = Medium / Hot  = Higher Protein

 = Higher Calorie  = 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

A Gluten Free Snack Bag is available 24/7

Please note there is also an Allergen Aware Menu available on request which provides some extra gluten free options.



To leave feedback on your
meal please scan the QR Code