

Gujarati 'Jain' Menu






The foods on this menu do not contain onion or garlic, and may be suitable for those following a Jain diet. The full ingredients of the meals have been listed to support those who follow additional restrictions.

Breakfast

May be selected from the Standard Menu as appropriate

Starter

Orange Juice      (vegan)

Tomato Soup (Apetito)      (vegan)

Water, tomato (22%), concentrated tomato (22%), cauliflower, haricot beans, tomato puree, rapeseed oil, modified starch, sugar, yeast extract, basil, cornflour, salt, dried carrot, dried tomato, pepper, ground turmeric, dried thyme, ground bay leaf

Main Course

Dhudhi Chana, Kadhi and Khichadi Rice      

Ingredients: Rice (36%), Water, Yoghurt (Milk) (14%), Bottle Gourd (Dudhi) (8%), Split Green Lentils (7%), Butter (Milk) (4%), Split Chick Peas (4%), Tomatoes (3%), Jaggery, Salt, Gram Flour, Rapeseed Oil, Ginger, Cornflour, Mustard Seeds, Coriander Powder, Green Chilli, Cumin Powder, Red Chilli Powder, Turmeric Powder, Cinnamon & Cloves

Cauliflower, Peas with Toor Dal and Basmati Rice      (vegan)

Ingredients: Rice (46%), Water, Cauliflower (10%), Tomatoes (6%), Green Peas (6%), Split Pigeon Peas (4%), Jaggery, Rapeseed Oil, Salt, Lemon Juice, Cornflour, Ginger, Coriander Powder, Cumin Powder, Red Chilli Powder, Mustard Seeds, Turmeric Powder, Fenugreek Seeds, Cinnamon, Cloves, Curry Leaves, Star Anise & Ground Cardamom

Tindoorra with Whole Moong Dal and Basmati Rice     (vegan)

Ingredients: Rice (46%), Water, Ivy Gourd (Tindoorra) (16%), Tomatoes (6%), Whole Green Lentils (Moong) (4%), Rapeseed Oil, Salt, Cornflour, Ginger, Coriander Powder, Cumin Powder, Red Chilli Powder, Mustard Seeds, Turmeric Powder, Cinnamon, Cloves, Curry Leaves & Ground Cardamom.

Alu Gobi with Kadhi and Khichadi Rice      

Ingredients: Rice (36%), Water, Yoghurt (Milk) (13%), Cauliflower (9%), Split Green Lentils (7%), Potatoes (6%), Butter (Milk) (4%), Tomatoes (3%), Jaggery, Salt, Gram Flour, Rapeseed Oil, Ginger, Cornflour, Mustard Seeds, Coriander Powder, Green Chilli, Cumin Powder, Red Chilli Powder, Turmeric Powder, Cinnamon & Cloves.

Provençale Vegetable Bake     (vegan)

Ingredients: Potato, courgette (17%), haricot beans (11%), water, green beans, peas, tomato (6%), peppers (6%), broccoli, tomato puree, vegetable oils (rapeseed, palm), modified starch, white wine vinegar, sugar, salt, yeast extract, cornflour, dried carrot, basil, dried tomato, pepper, dried oregano, dextrose, ground turmeric, cane molasses, dried thyme, ground bay leaf.

Spicy Bean Casserole (vegan)

Ingredients: Potato, tomato, haricot beans (9%), water, broccoli, peas, sweetcorn, peppers, borlotti beans (6%), butter beans (4.0%), sultanas, vegetable oils (rapeseed, sunflower), cornflour, sugar, tomato puree, ground cumin, yeast extract, ground coriander, dried carrot, ginger, dried tomato, ground turmeric, salt, coriander leaf, ground cinnamon, chilli powder, mint, dextrose, cane molasses, ground nutmeg, pepper, dried thyme, ground bay leaf.

Butterbean & Cauliflower Curry (vegan)

Ingredients: Cooked rice, butter beans (17%), water, cauliflower (13%), tomato, potato (5%), rapeseed oil, tomato puree, modified starch, ground coriander, ground cumin, cornflour, salt, yeast extract, ginger, ground turmeric, natural flavouring, mango chutney (sugar, mango, salt, vinegar, paprika, chilli, thickener (pectin)), lemon juice from concentrate, coriander leaf, dried carrot, ground fenugreek, sugar, dried tomato, chilli powder, ground cardamom, pepper, ground cinnamon, dried thyme, ground bay leaf.

Check the standard menu for other options such as sandwiches and Jacket potatoes which may be suitable

Accompaniments

Natural Yoghurt

Fat Free Yogurt (MILK) (97%) , Modified Maize Starch, Thickener: Pectin.

Mini Naan

Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Raising Agents: Diphosphates, Potassium Carbonates; Sugar, Yeast, Salt, Acid: Citric Acid; Kalonji Seeds, Preservative: Calcium Propionate; Yogurt Powder (from MILK).











Desserts

May be selected from the Standard Menu as appropriate

Snacks

May be selected from the Standard Menu as appropriate

Menu Codes

 = Vegetarian  = Healthier Choice  = Higher Energy  = Higher protein
 = Suitable for a Neutropenic Diet  = Gluten Free  = Medium / Hot Meal
 Easy 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 MEALS, PLEASE SCAN THE QR CODE ON STANDARD MENU