


# Low Lactose Menu

Most menu options are completely lactose free, however those marked with a \* are low lactose or 'may contain' rather than lactose free. This menu should be used for inpatients with primary or secondary lactose deficiency,










## NOT suitable for inpatients with cow's milk protein allergy

This Menu may not be nutritionally adequate for all patients


### Starters

- Orange or Apple Fruit Juice     (vegan)
- Tomato Soup (Apetito)      (vegan)
- Small Mixed Salad with Honey and Mustard Dip    (vegan if dip removed)
- Crusty White Roll    (vegan), Crusty Brown Roll, Sliced White Bap   (vegan)
- Sunflower Spread (vegan) or \*Butter    














### Main Course's

- Roast Chicken Breast with Roast Potatoes, Stuffing ball and Vegetables  
- Peri Peri Chicken, Spiced Potato Wedges and Garden Peas    
- Beef Pasta Bolognese   

### Vegetarian Main Course


- \*Cheese and Tomato Pasta (*Cheddar cheese is baked on top*)    
- Vegan Shepherd's Pie with Vegetable Medley     (vegan)
- Meat Free Pasta Bolognese     
- Smokey Bean Chilli with Brown Rice    
- Provençale Vegetable Bake     (vegan)
- Spicy Bean Casserole     (vegan)
- Butterbean & Cauliflower Curry with Yellow Rice     (vegan)

### Smaller Energy Dense Meals

- \*Salmon Bake (*cheese on top*)    
- Corned Beef Hash    
- Chicken Hotpot     






## Snack Finger Foods



Chicken Goujons with Potato Wedges, Carrots and Broccoli 





\* Vegetarian Sausages with Potato Wedges, Carrots & Broccoli  

## Vegan Curries







Alu Brinjal , Peas with Chana Dal and Basmati Rice    






Alu Gobi with Rajasthani Dal and Sarron Rice     

Aubergine Kala Chana with Teen Dal and Jeera Rice    





Aubergine Potato with Saag Chhole and Pilau Rice    

Cabbage Peas with Rajasthani Dal and Saffron Rice    

Corn Peas Potato with Chana Dal and Basmati Rice      

Alu Matar with Chana Dal and Basmati Rice     

## 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     

## Jacket Potato

Sunflower Spread (vegan) or \*Butter    

\*Grated Cheddar Cheese (please only use as much as you can tolerate)    

Tuna Mayonnaise   

Plain Tuna    

Baked Beans     




## Salads

Chicken Salad 


Ham Salad

Tuna Mayonnaise Salad  

Egg Salad  




\*Cheddar Cheese Salad (please only use as much as you can tolerate)   

## Sandwiches in White or Brown Bread

\*Tuna Mayonnaise   

\*Chicken   

\*Ham  





\*Egg Mayonnaise   

## Accompaniments

Side Salad with Honey and Mustard Dip    (vegan if dip removed)

Baked Beans       (vegan)


Crusty White Roll    (vegan), Crusty Brown Roll, Sliced White Bap   (vegan)

Sunflower Spread (vegan) or \*Butter    

## Hot Desserts *(no Custard)*

Apple Crumble  

Ginger Sponge    






Lemon Sponge    

## Cold Desserts

Banana      (vegan)

Apple / Orange    (  if peeled ) (vegan)

Peach and Pear in Juice     (vegan)

Chocolate or Vanilla Soya Dessert      (vegan)

\*Cheddar Cheese and Crackers   

with Sunflower Spread (vegan) or \*Butter    

## Snack Menu

Banana 🍌 🍌 🍌 🍌 🍌 (vegan)

Apple / Orange 🍏 🍏 🍏 ( 🍌 if peeled) (vegan)

Fresh Sliced Apple and Grape Bag 🍏 🍏 🍏 (vegan)

Ready Salted Crisps 🍌 🍌 🍌 🍌 (vegan)

Raisin 🍇 🍇 🍇 (vegan)

3 Pack Biscuits - Ginger nuts, \*Fruit Shortcake or \*Bourbon creams 🍌 🍌 🍌  
(check individual packets for details)

Apple Puree Pot 🍌 🍌 🍌 🍌 (vegan)

\*Bakewell Slice 🍌 🍌 🍌 🍌

\*Carrot Cake 🍌 🍌 🍌

\*Lemon Drizzle Cake 🍌 🍌 🍌

The Ward can order the following milk options from the Catering Department:  
Soya, Oat, Rice, Almond, Coconut and Lactose Free

## Menu Codes

🍌 = Vegetarian    🍏 = Healthier Choice    🍌 = Higher Calorie    🍌 = 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  
meal please scan the QR Code