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Day 1 – 3 days before the test	Day 2 – 2 days before the test	Day 3 – 1 day before the test
Patient	Patient	Patient
Ward	Ward	Ward
Lunch	Lunch	Lunch
Fruit Juice - Apple or Orange (vegan) Ham Chicken (Halal) Plain Fish Omelette Gravy Creamed Potato White Boiled Rice White bread sandwich with Tuna Mayonnaise Egg Mayonnaise Mild Cheddar Cheese Ham Sugar Free Orange Jelly (vegan) Hot Custard Thick & Creamy Yoghurt Rice Pudding Cheese and Crackers With butter or sunflower spread	Fruit Juice - Apple or Orange (vegan) Ham Chicken (Halal) Plain Fish Omelette Gravy Creamed Potato White Boiled Rice White bread sandwich with Tuna Mayonnaise Egg Mayonnaise Mild Cheddar Cheese Ham Sugar Free Orange Jelly (vegan) Hot Custard Thick & Creamy Yoghurt Rice Pudding Cheese and Crackers With butter or sunflower spread	Clear Soup - made with Hot Water Marmite (vegan) Bovril Fruit Juice - Apple or Orange (vegan) Sugar Free Orange Jelly (vegan) Orange or Lemon Squash Tea or Coffee (vegan) (No Milk) Fortijuce Not red coloured flavours
Supper	Supper	Supper
Fruit Juice - Apple or Orange (vegan) Ham Chicken (Halal) Plain Fish Omelette Gravy Creamed Potato White Boiled Rice White bread sandwich with Tuna Mayonnaise Egg Mayonnaise Mild Cheddar Cheese Ham Sugar Free Orange Jelly (vegan) Hot Custard Thick & Creamy Yoghurt Rice Pudding Cheese and Crackers With sunflower spread (vegan) or butter	Fruit Juice - Apple or Orange (vegan) Ham Chicken (Halal) Plain Fish Omelette Gravy Creamed Potato White Boiled Rice White bread sandwich with Tuna Mayonnaise Egg Mayonnaise Mild Cheddar Cheese Ham Sugar Free Orange Jelly (vegan) Hot Custard Thick & Creamy Yoghurt Rice Pudding Cheese and Crackers With sunflower spread (vegan) or butter	Clear Soup - made with Hot Water Marmite (vegan) Bovril Fruit Juice - Apple or Orange (vegan) Sugar Free Orange Jelly (vegan) Orange or Lemon Squash Tea or Coffee (vegan) (No Milk) Fortijuce Not red coloured flavours

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Breakfast

Rice Krispies   / Cocopops   / Cornflakes  
Whole-Milk    / Semi-Skimmed Milk    
White Toast / Bread   / Butter     / Sunflower Spread (vegan)    
Apricot Jam     (vegan) / Philadelphia Cheese Spread    
Marmite    (vegan) / Thick and Creamy Yoghurt   

If gluten free breakfast options are required, ward staff can request from the Catering Department

Gluten Free White Loaf    + toaster bag, Gluten free Cornflakes   

Snacks

Quavers    / Wotsits    / Skips   
Plain Custard Pot     / Chocolate Custard Pot    
Cheese and Crackers   With Sunflower Spread (vegan) or butter  


A Menu Planner, which is located in the Ward Folder, for a Patient following the Low Residue Diet for Colonoscopy / Flexible Sigmoidoscopy Diet is the suggested format for this Menu. Please discuss and complete with a Member of Ward Staff and once completed the three day plan please ensure the plan is given to the Host / Hostess or delivered to the Catering Department.

If the patient requires a vegan or therapeutic diet such as Renal / Metabolic / Modified Texture please discuss with the ward Dietitian

Nutritional Symbols:

 - Healthier Choice  - Higher Calorie  - Vegetarian  - Gluten Free

 - Suitable for Neutropenic Diet

 – Easier to chew. These meals are tender and easier to chew and can be cut with the side of a fork or spoon