




MODIFIED TEXTURE MEAL


Level 6 Soft and Bite-Sized Diet

MEAT & FISH

Fish Pie served with Carrots    

Salmon Risotto served with a Broccoli and Spinach Purée   

Beef Hotpot served with Spinach in a West Country Cheddar Cheese Sauce    




Sausage in rich Onion Gravy served with West Country Cheddar Cheese Mashed Potato and carrots tumbled in Honey 



Shepherd's Pie served with Diced Mixed Root Vegetables  

Pasta Bolognese served with Creamed Spinach  


Cottage Pie served with Carrots and Mashed Swede  

Ham in Parsley Sauce served with buttery Mashed Potato and diced Carrots & Swede  




Chicken in Creamy Mushroom Sauce served with Fried Potato with a West Country Cheddar Cheese and Garlic Sauce and Mashed Butternut Squash and Root Vegetables   





Chicken in Gravy served with Fried Potatoes tumbled in Sage & Onion, Diced Carrots and Broccoli & Cauliflower in a West Country Cheddar Cheese Sauce  

VEGETARIAN & VEGAN

Macaroni Cheese Pasta in a Cheese Sauce, served with a Root Vegetable Ratatouille    

Cheese and Onion Potato Pie served with Mashed Broccoli, Carrots and Swede   

Vegetable and Lentil Casserole served with Mashed Potato, Carrots, Parsnips and Beetroot   

Vegetable Curry served with Curried Spinach and Bombay Potatoes     (vegan)

Vegetable Bake served with Cauliflower in a Coconut Oil based Cheese alternative    (vegan)

HOT DESSERTS

- *Ginger Sponge with Custard N ↑ V
- *Treacle Sponge with Custard N ↑ P V
- *Lemon Sponge with Custard N ↑ V
- *Raspberry Jam Sponge with Custard N ↑ P V

*Cut sponge desserts into bite-sized pieces before serving to patients, ensure to cover all pieces of the dessert in Custard
(IDDSI recommendation – maximum 1.5cm pieces)

COLD DESSERTS

- Chocolate Custard Pot N GF V
- Strawberry Custard Pot N GF
- Raspberry Dessert N GF V
- Rice Pudding Pot N GF V
- Thick & Creamy Yoghurt N P GF V
- Light Yoghurt N ♥ P GF V

SNACKS

- Plain Custard Pot N GF V
- Thick and Creamy Yoghurt N P GF V
- Chocolate Custard Pot N GF V
- Strawberry Custard Pot N GF
- Stewed Apple Pot N GF ♥ V (Vegan)
- Rice pudding Pot N GF P V



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Menu Codes

Healthier Option ♥

Gluten Free GF

Vegetarian V

Higher Energy ↑

Suitable for Neutropenic Diet N

Higher protein P