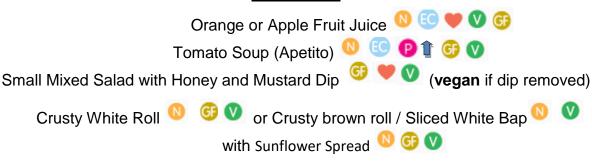


## Vegan Menu

All patients can choose from this menu if they prefer.

#### **Starters**



#### **Main Courses**



## Sandwiches or Salads

Chipotle Chilli Jam Falafel & Spinach in Softgrain Bread Sandwich

Coronation Chickpea and Onion Bhaji in a Spinach Tortilla Wrap 
Onion Bhaji Wrap and Spicy Tomato Chutney in a Tortilla Wrap

Chick 'n and Sweetcorn in Softgrain Bread Sandwich

Onion Bhaji Salad

Ordering in advance for Salads and Sandwiches is advised

## **Desserts** Apple Crumble (no custard) V Orange / Apple ( if peeled) if $\mathbf{0}$ Banana 💷 🚺 🚱 💗 🔻 Peach and Pear in Juice 0 0 6 Chocolate or Vanilla Soya Dessert <sup>60</sup> 0 **Snack Menu** Puree Apple Fruit Pot N 😉 🙃 🗸 POM Bear Crisps 0 0 0 0 Ready salted Crisps 60 V Peach and Pear in Juice 0 6 V • Chocolate or Vanilla Soya Dessert N E G V V Raisins 🕔 👽 🙃 🖣 3 pack of biscuits – Ginger nuts N T Banana <sup>□</sup> / Apple / Orange **○ ○ ○** ( **○** If peeled) Sliced Apple and Grape Bag 💷

# Vegan Snack Bags are available 24/7 'Catering to be contacted if further options are required'

Sugar Free Orange or Strawberry Jelly 🤨 🍑 🤍 🤎

We have various alternative Milks that are available for you to choose from, please ask a member of Ward staff to order for you. Almond, Rice, Oat, Coconut and Soya

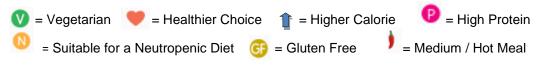
See Standard menu for vegan breakfast options

Whilst you are unwell in hospital your nutritional requirements are likely to be increased. This means that your body requires more energy and protein than usual to support your recovery.

To ensure you can meet these requirements whilst following a vegan diet, it is important that you are choosing sufficient and suitable items from this menu. The following points aim to support you in ensuring your nutritional requirements can be met:

- Include regular snacks between meals. Good choices include soya dessert and crisps.
- Include puddings such as a fruit or soya dessert.
- For good protein sources choose meals with added beans, lentils and pulses (including Dal).
- Opt for a milk of your choice as a nourishing drink throughout the day.
- Ensure your nurse is completing the nutritional screening tool to make sure you are being nutritionally monitored

#### Menu Codes



Easy to Chew - These are tender and easier to chew and can be cut with a side of a fork or spoon