

Vegan Menu

All patients can choose from this menu if they prefer.

Starters

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

Main Courses





















- Alu Brinjal , Peas with Chana Dal and Basmati Rice
- Alu Gobi with Rajasthani Dal and Saffron 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
- Cauliflower, Peas with Toor Dal and Basmati Rice
- Tindoora with Whole Moong Dal and Basmati Rice
- Provençale Vegetable Bake
- Spicy Bean Casserole
- Butterbean and Cauliflower Curry with Yellow Rice
- Meat Free Pasta Bolognese
- Smokey Bean Chilli
- Jacket Potato with Baked Beans
- Vegan Shepherd's Pie with Vegetable Medley

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)  
- Orange / Apple ( if peeled)   
- Banana     
- Peach and Pear in Juice    
- Chocolate or Vanilla Soya Dessert     

Snack Menu

- Puree Apple Fruit Pot     
- POM Bear Crisps    
- Ready salted Crisps   
- Peach and Pear in Juice    
- Chocolate or Vanilla Soya Dessert     
- Raisins   
- 3 pack of biscuits – Ginger nuts   
- Banana  / Apple / Orange    ( if peeled)
- Sliced Apple and Grape Bag   
- Sugar Free Orange or Strawberry Jelly    

Vegan Snack Bags are available 24/7

‘Catering to be contacted if further options are required’

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, Oat 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

 = Vegetarian  = Healthier Choice  = Higher Calorie  = High 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