

LRI Interim Menu Autumn / Winter 25

Main Meals

Fish in Parsley Sauce

White fish in a creamy parsley sauce served with mashed potato and root vegetables

Salmon Bake (smaller nourishing meal)

Pieces of salmon and peas in a cheese sauce topped with diced fried potato

Beef Pasta Bolognese (smaller nourishing meal)

Pasta served in a rich minced beef, tomato and herb sauce

Cottage Pie

Minced beef in a rich gravy topped with mashed potato and served with root vegetable mash.

Roast Chicken

Roasted chicken breast in a rich gravy served with roast potatoes, stuffing ball and vegetables

Chicken Goujons and Potato Wedges (Finger Food)

Seasoned chicken goujons served with seasoned potato wedges, carrots and broccoli florets

Chicken Hotpot (smaller nourishing meal)

Chicken in gravy with swede and carrot topped with sauté potato

Pasta Carbonara (smaller nourishing meal)

Pasta with chicken, mushroom and Ham

Macaroni Cheese (smaller nourishing meal)

Macaroni pasta in a mature cheddar and regato cheese sauce

Cheese and Tomato Pasta

Pasta in a rich tomato sauce topped with Cheddar Cheese

Cheese and Potato Bake (smaller nourishing meal)

Served with broccoli

Plain Omelette

Plain omelette served with seasoned potato wedges and baked beans

Meat Free Pasta Bolognese (vegan)

Pasta in a rich tomato sauce with soya mince

Chicken Coconut (HMC approved Halal)

Served with mixed Dal and basmati rice

Chicken Dal (HMC approved Halal)

Chicken and lentil curry served with kadal vegetables & saag rice

Chicken Saag (HMC approved Halal)

Chicken and spinach curry served with kadai vegetables and saag rice

Fish Curry (HMC approved Halal)

Served with split masoor dal and saag rice

Saag Gosht (HMC approved Halal)

Mutton and spinach curry served with chanadal and basmati rice

Corn Peas Potato (vegan)      

Sweetcorn, peas, and potato curry served with chana dal and basmati rice

Corn Peas Methi     

Sweetcorn and peas in creamy fenugreek curry with rajasthani dal and saffron rice

Alu Brinjal Peas (vegan)    

Potato and aubergine curry served with peas, chana dal and basmati rice

Methi Paneer     

Indian cottage cheese in a fenugreek sauce served with mixed dal and basmati rice

Cabbage Peas     (vegan)

Cabbage and peas curry served with rajasthani dal and saffron rice

Salads (Served with white or wholemeal roll - butter or sunflower spread on request)

Chicken Salad 

Tuna Mayonnaise Salad  

Egg Mayonnaise Salad  

Cheddar Cheese Salad   

Jacket Potato (Served with a choice of fillings)

Jacket potato (vegan)    

Sunflower spread (vegan) or Butter    

Grated Cheese    

Baked Beans      (vegan)

Tuna    

Tuna Mayonnaise   

Sandwiches (Served on white or wholemeal bread. Gluten free and vegan options on request)

Tuna Mayonnaise Sandwich   

Cheddar Cheese Sandwich   

Ham Sandwich  

Egg Mayonnaise Sandwich   

Nourishing Soup (why not add a roll and butter or a sandwich for a more filling meal)

Tomato and Lentil Soup     

Chicken Soup    

Cheesy Leek and Potato soup    

Accompaniments

Grated Cheddar Cheese Pot     

Baked Beans       (vegan)

Gravy    (vegan)

Natural Yogurt    

Mini Naan  

Side Salad with a honey & mustard dip    (vegan if dip removed)

Tomato Ketchup, Brown Sauce, Salad Cream, English Mustard, Vinegar

Hot Desserts

- Raspberry Jam Sponge     ( with custard)
- Ginger Sponge    (if served with custard )
- Lemon Sponge    (if served with custard )
- Apple Crumble   (if served with custard )
- Plain Custard   
- Hot Rice Pudding    

Cold Desserts

- Chocolate Custard Pot    
- Rice Pudding    
- Peach and Pear in Juice     (vegan) Thick & Creamy Yoghurt     
- Light Yoghurt       Banana      (vegan)
- Orange or Apple    ( if peeled) (vegan)

If you have a food allergy or intolerance please speak to ward staff before ordering your meal, further allergen information is available. For alternative meal requirements speak to your catering assistant or ward staff. Additional menus include; vegan, kosher, caribbean & west Indian and jain menus for those with cultural requirements, and modified texture (level 4, 5 and 6), modified fibre, gluten free, allergen aware, low lactose & MCT menus for those with special diet requirements. These menus are available in the ward catering folder and on 'UHL connect'.

Snacks

A variety of snacks will be offered three time a day to complement beverages. Please note snacks may vary to allow for dietary requirements to be met. Please ask your Ward Team during the beverage round

Snack Bag

A snack bag is available 24 hours a day if you have missed a meal due to treatment or tests. A typical snack bag contains a sandwich, crisps, fruit, cake and fruit juice. Standard, renal, vegan, easy to chew and gluten free snack bags are available. If you would like a snack bag, please speak to the ward nursing staff.

Menu Codes

-  Vegetarian  Suitable for a Neutropenic  Gluten Free  spicy
-  Higher Energy  Higher Protein  Healthy Choice
-  Easy to Chew – tender, 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

