

Gujarati / Swaminarayan Menu

Gujarati Menu Options

The foods on this menu below **do not** contain onion or garlic and also **do not** contain potato or root vegetables including carrots. The full ingredients of the meals have been listed below to support those who follow additional restrictions.

Starter

Orange Juice (vegan)

Main Course

Dhudhi Chana, Kadhi and Khichadi Rice (vegan)

Ingredients: Rice (36%), Water, Yoghurt (**Milk**) (14%), Bottle Gourd (Dudhi) (8%), Split Green Lentils (7%), Butter (**Milk**) (4%), Split Chick Peas (4%), Tomatoes (3%), Jaggery, Salt, Gram Flour, Rapeseed Oil, Ginger, Cornflour, **Mustard** Seeds, Coriander Powder, Green Chilli, Cumin Powder, Red Chilli Powder, Turmeric Powder, Cinnamon & Cloves

Cauliflower, Peas with Toor Dal and Basmati Rice (vegan)

Ingredients: Rice (46%), Water, Cauliflower (10%), Tomatoes (6%), Green Peas (6%), Split Pigeon Peas (4%), Jaggery, Rapeseed Oil, Salt, Lemon Juice, Cornflour, Ginger, Coriander Powder, Cumin Powder, Red Chilli Powder, **Mustard** Seeds, Turmeric Powder, Fenugreek Seeds, Cinnamon, Cloves, Curry Leaves, Star Anise & Ground Cardamom

Tindoora with Whole Moong Dal and Basmati Rice (vegan)

Ingredients: Rice (46%), Water, Ivy Gourd (Tindoora) (16%), Tomatoes (6%), Whole Green Lentils (Moong) (4%), Rapeseed Oil, Salt, Cornflour, Ginger, Coriander Powder, Cumin Powder, Red Chilli Powder, **Mustard** Seeds, Turmeric Powder, Cinnamon, Cloves, Curry Leaves & Ground Cardamom.

Check the standard menu for other meal options like sandwiches which may be suitable

Desserts

May be selected from the Standard Menu as appropriate

Breakfast & Snacks

May be selected from the Standard Menu as appropriate

Menu Codes

= Vegetarian = Healthier Choice = Higher Energy = Higher 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

TO LEAVE FEEDBACK ON YOUR MEALS, PLEASE SCAN THE QR CODE ON STANDARD MENU

Swaminarayan Menu Options

The foods on the menu below also do not contain onion or garlic but do contain potato, carrots and / or ginger. See ingredients list below for further information. Other options can be chosen off the Jain menu or the Standard menu (including desserts/ snacks).

Starter

Tomato Soup (Apetito) (vegan)

Water, tomato (22%), concentrated tomato (22%), cauliflower, haricot beans, tomato puree, rapeseed oil, modified starch, sugar, yeast extract, basil, cornflour, salt, dried carrot, dried tomato, pepper, ground turmeric, dried thyme, ground bay leaf

Main Course

Provençale Vegetable Bake (vegan)

Ingredients: Potato, courgette (17%), haricot beans (11%), water, green beans, peas, tomato (6%), peppers (6%), broccoli, tomato puree, vegetable oils (rapeseed, palm), modified starch, white wine vinegar, sugar, salt, yeast extract, cornflour, dried carrot, basil, dried tomato, pepper, dried oregano, dextrose, ground turmeric, cane molasses, dried thyme, ground bay leaf.

Spicy Bean Casserole (vegan)

Ingredients: Potato, tomato, haricot beans (9%), water, broccoli, peas, sweetcorn, peppers, borlotti beans (6%), butter beans (4.0%), sultanas, vegetable oils (rapeseed, sunflower), cornflour, sugar, tomato puree, ground cumin, yeast extract, ground coriander, dried carrot, ginger, dried tomato, ground turmeric, salt, coriander leaf, ground cinnamon, chilli powder, mint, dextrose, cane molasses, ground nutmeg, pepper, dried thyme, ground bay leaf.

Butterbean & Cauliflower Curry (vegan)

Ingredients: Cooked rice, butter beans (17%), water, cauliflower (13%), tomato, potato (5%), rapeseed oil, tomato puree, modified starch, ground coriander, ground cumin, cornflour, salt, yeast extract, ginger, ground turmeric, natural flavouring, mango chutney (sugar, mango, salt, vinegar, paprika, chilli, thickener (pectin)), lemon juice from concentrate, coriander leaf, dried carrot, ground fenugreek, sugar, dried tomato, chilli powder, ground cardamom, pepper, ground cinnamon, dried thyme, ground bay leaf.

Accompaniments

Natural Yoghurt

Ingredients: Fat Free Yoghurt (**MILK**) (97%), Modified Maize Starch, Thickener: Pectin.

Mini Naan

Ingredients: Fortified **WHEAT** Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Rapeseed Oil, Raising Agents: Diphosphates, Potassium Carbonates; Sugar, Yeast, Salt, Acid: Citric Acid; Kalonji Seeds, Preservative: Calcium Propionate; Yoghurt Powder (from **MILK**).

Side Salad with Honey & Mustard Pot

(Dip can be removed if not suitable)

Ingredients: Cherry Tomatoes (37%), Leaf (18%), Carrot (14%), Cucumber (13%). Honey and Mustard Mayo (18%) [Rapeseed Oil, Water, **Mustard** Seeds, Honey, Sugar Syrup, Pasteurised **Egg** Yolk, Spirit Vinegar, Salt, Thickener (Modified Starch), Sugar, Acidity Regulator (E260), Stabilisers (E412, E415), Preservatives (E202, E211), Colour (E150a), Acidity Regulator (E330), Flavouring, Colour (E160a(ii)), Antioxidant (E385)].