

Option 1: Adult Very Low Fibre Menu

This menu is not nutritionally adequate and should only be used under supervision of the ward Dietitian.

This menu should only be used in patients with the following: **Strictureing / Fistulating Bowel Disease, Bowel Obstruction- including tumours, and weaning on or weaning off exclusive enteral nutrition.**

Breakfast

Rice Krispies /Cocopops /Cornflakes
 Whole-Milk / Semi-Skimmed Milk
 Light Yoghurt /Thick and Creamy Yoghurt

Bread / toast not appropriate

Starter

Orange Juice / Apple Juice (vegan)
 Cream of Tomato Soup- Heinz
 Cream of Mushroom Soup- Heinz
 Cream of Chicken Soup– Heinz

Bread roll not appropriate

Main Meal

Plain white Fish / Plain Tuna
 Chicken Breast (Halal) / Sliced Ham
 Plain Omelette / Cheese Omelette

With sides available

Boiled Rice / Spaghetti Hoops in Tomato Sauce
 Mashed Potato / Swede & Carrot Mash
 Gravy (vegan)

Energy Dense Meals

Macaroni Cheese

Nourishing Soup

Estates and Facilities

Chicken Soup N EC ♥ GF

Hot Desserts

- Ginger Sponge N EC ↑ V
- Treacle Sponge N EC V ↑ (P with custard)
- Lemon Sponge N EC ↑ V
- Raspberry Jam Sponge N EC V ↑ (P with custard)
- Custard EC N V
- Rice Pudding EC N V GF

Cold Desserts

- Thick & Creamy Yoghurt EC N P V GF
- Light Yoghurt EC N ♥ V P GF
- Rice Pudding Pot EC N GF V
- Plain, Banana or Chocolate Custard Pot EC N V GF
- Chocolate or Vanilla Soya Dessert EC N V ♥ GF **(vegan)**

Snacks

- Wotsits N EC V / Pom Bears N EC V / Skips N EC V
- Custard Creams N V / Rich Shorties N V / Ginger Nuts N V
- Plain, Banana or Chocolate Custard Pot N EC V GF
- Madeira Cake N EC V GF

Menu Codes

- V = Vegetarian
♥ = Healthier Choice
P = Higher Protein
- ↑ = Higher Energy
GF = Gluten Free
N = Suitable for a Neutropenic Diet
- EC = Easier to Chew (These are tender and easier to chew and can be cut with a side of a fork or spoon)



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