

Option 2: Adult Low Fibre Menu Estates and Facilities

May not be nutritionally adequate for all patients. This menu should only be used in patients with the following: High Output Stoma's/ Active Inflammatory Bowel Disease/ Newly Formed Ileostomy.

Breakfast

Rice Krispies / Cocopops / Cornflakes
 Whole-Milk / Semi-Skimmed Milk
 White Bread (vegan)
 Butter / Sunflower Spread (vegan)
 Jam (vegan) / Marmalade (vegan)
 Cream Cheese Spread / Marmite (vegan)
 Light Yoghurt / Thick and Creamy Yoghurt

Starter

Orange Juice / Apple Juice (vegan)
 Cream of Tomato Soup- Heinz
 Cream of Mushroom Soup- Heinz
 Cream of Chicken Soup- Heinz
 Melba Toast
 Crusty White Roll (vegan) / Sliced White Bap (vegan)
 with Sunflower Spread (vegan) / Butter / Cream cheese

Main Meal

Fish In Parsley Sauce with Mashed Potato and Root Vegetable Mash
 Beef Pasta Bolognaise / Cottage Pie with Root Vegetable Mash
 Cheese & Tomato Pasta

Energy Dense Meals

Macaroni Cheese
 Corned Beef Hash

Nourishing Soup

Chicken Soup

Consider adding a roll and butter / sunflower spread or a sandwich for a more nutritious meal

Sandwich's on White Bread

Ham / Cheese

Tuna Mayonnaise

Accompaniments (additional menu choice to accompany any meal)

- Grated cheddar cheese portion
- Natural yogurt
- Crusty White Roll **(vegan)** or a Sliced White Bap **(vegan)**
with Sunflower Spread **(vegan)** or *Butter

For options below, choose items individually to make a complete meal:

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

With a selection of

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

Hot Desserts

Ginger Sponge
 Raspberry Jam Sponge (with custard)
 Lemon Sponge
 Treacle Sponge (with custard)
 Plain Custard
 Rice Pudding

Cold Desserts

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

Snacks (N all snacks suitable)

- Ready salted crisps GF V **(vegan)**
- Wotsits EC V / Pom Bear EC V / Skips EC V
- Bakewell Slice V EC ↑ / Carrot Cake V EC / Lemon Drizzle Cake V EC
- Madeira Cake V EC GF
- Custard Creams V / Rich Shorties V / Ginger Nut V
- Plain, Banana or Chocolate Custard Pot EC V GF
- Cheese & Crackers V P with Sunflower Spread **(vegan)** or Butter EC GF V

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)



To leave feedback on your meal please scan the QR Code