



















































Option 3: Adult Modified Fibre Menu















Menu may not be nutritionally adequate for all patients.

This menu is suitable for those patients with: Newly formed Colostomy, Inactive Inflammatory Bowel Disease, C-Diff infection, or Receiving Pelvic Radiotherapy.


























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)
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    
Chicken, Leek and Gammon Pie with Mashed Potato and Mushy Peas    
Beef Pasta Bolognaise   
Cottage Pie with Mashed Potato and Root Vegetable Mash   
Cheese & Tomato Pasta     
Seasoned Chicken Goujons and Potato Wedges, Carrots and Broccoli (finger food) 
Meat free Pasta Bolognaise      (vegan)

Energy Dense Meals


Cheese & Potato Bake      
Macaroni Cheese     
Chicken Hotpot     
Corned Beef Hash    

Jacket potato

Jacket Potato  (vegan) (the skin of the potato should not be eaten)

Served with


Grated Cheddar Cheese  / Plain Tuna 

Tuna Mayonnaise 

Nourishing Soup

Chicken Soup 


Cheesy leek and Potato Soup 

Tomato and Lentil 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  or a Sliced White Bap  (vegan)
- with Sunflower Spread (vegan) or Butter 
- Gravy  (vegan)

If you are struggling to find suitable options on this menu – please ask to see the Option 1: Adult Very Low Fibre Menu for individual items that can be put together to make a complete meal

Hot Desserts

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

Cold Desserts

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

Snacks (all N)

- Ready Salted GF V (vegan)
Wotsits EC V / Pom Bear EC V / Skips EC V
Bakewell Slice EC V ↑ / Carrot Cake V EC ↑ / Lemon drizzle Cake V EC
Madeira Cake V EC GF
Custard Creams V ↑ / Highland 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