

Gluten Free Free Menu (<20ppm)

Starter

- Tomato Soup (Apetito) (vegan)
- Orange Juice / Apple Juice (vegan)
- Small Salad with Honey and Mustard Dip (vegan if dip removed)
- Schar Gluten Free Crusty White Roll (vegan)
- With Sunflower Spread (vegan) / Butter / Cream Cheese

Main Course

- Fish in Parsley Sauce with Mashed Potatoes and Root Vegetable Mash
- Cottage Pie with Root Vegetable Mash
















Small Energy Dense Meals

- Salmon Bake
- Corned Beef Hash
- Cheese and Potato Bake
- Chicken Hotpot

Halal meals

- Alu Gosht, Rajasthani Dal & Saffron Rice
- Masala Gosht, Mixed Dal & Basmati Rice
- Saag Gosht, Chana Dal & Basmati Rice
- Chicken Coconut, Mixed Dal & Basmati Rice
- Chicken Saag, Rajasthani Dal & Saffron Rice
- Chicken Dal, Kadai Vegetables & Saag Rice
- Coconut Fish, Saag Chhole & Pilau Rice
- Fish Curry, Split Masoor Dal & Saag Rice

Vegetarian / Vegan Options

- All Day Vegetarian Breakfast with Omelette, Baked Beans, Mushrooms and Hash Browns 
- Plain Omelette with Seasoned Potato Wedges and Baked Beans 
- Vegan Shepherd's Pie served with Vegetable Medley  (vegan)
- Smokey Bean Chili  (vegan)
- Jacket Potato with Baked Beans  (vegan)
- Alu Brinjal Peas, Chana Dal & Basmati Rice  (vegan)
- Alu Gobi, Rajasthani Dal & Saffron Rice  (vegan)
- Aubergine Kala Chana, Teen Dal & Jeera Rice  (vegan)
- Aubergine Potato, Saag Chhole & Pilau Rice  (vegan)
- Cabbage Peas, Rajasthani Dal & Saffron Rice  (vegan)
- Corn Peas Methi, Rajasthani Dal & Saffron Rice  (vegan)
- Kadai Vegetables, Kala Chana & Saag Rice  (vegan)
- Methi Paneer, Mixed Dal & Basmati Rice  (vegan)
- Corn Peas Potato, Chana Dal & Basmati Rice  (vegan)
- Alu Matar, Chana Dal & Basmati Rice  (vegan)

Sandwich Options

Chicken Salad Seeded Roll 

Mild Cheddar Cheese Crusty Roll 

Nourishing Soup

Tomato and Lentil Soup 

Chicken Soup 

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

Accompaniments

Heinz Baked Beans  (vegan)




Side Salad with Honey and Mustard Dip  (vegan if dip removed)

Natural Yoghurt 

Schlar Crusty White Roll  (vegan) / Sunflower Spread (vegan) / Butter 



Gravy  (vegan)

Hot Dessert





Rice pudding    

Cold Dessert





Banana     





Apple or Orange ( if peeled)    (vegan)





Peach and Pear in Juice     (vegan)

Rice Pudding Pot    

Mullerlight Yoghurt      


Muller Thick and Creamy Yoghurt     

Ambrosia Chocolate Custard Pot    

Ambrosia Banana Custard Pot    

Ambrosia Plain Custard Pot    

Breakfast Menu

Orange Juice / Apple Juice      (vegan)






Schar Gluten free White Bread   


Schar Gluten Free Crusty White Roll    (vegan)

Schar Gluten Free Cornflakes    (vegan)

with choice of Full Fat or Semi Skimmed Milk    

Muller Light Yoghurt      

Muller Thick and Creamy Yoghurt     

Banana      (vegan)

Apple or Orange ( if peeled)    (vegan)

Snacks Menu

Seabrook Ready Salted Crisps	N	V	GF			
Mrs Crimbles Chocolate Macaroon	N	V	↑	GF		
Mrs Crimbles Jam & Coconut Ring	N	V	↑	GF		
Orange or Apple (N if peeled)	♥	V	GF	(vegan)		
Banana	N	EC	♥	V	GF	(vegan)
Raisins Pack	♥	V	GF	(vegan)		
Sliced Apple & Grape Bag	N	♥	V	GF	(vegan)	
Ambrosia Banana Custard Pot	N	EC	V	GF		
Ambrosia Chocolate Custard Pot	N	EC	V	GF		
Ambrosia Plain Custard	N	EC	V	GF		

Menu Codes

V = Vegetarian **♥** = Healthier Choice **🌶️** = Medium / Hot **P** = Higher Protein

↑ = Higher Calorie **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

A Gluten Free Snack Bag is available 24/7

Please note there is also an Allergen Aware Menu available on request which provides some extra gluten free options.



To leave feedback on your
meal please scan the QR Code