

PEANUT & TREE NUT FREE MENU

This menu is for **ADULTS & CHILDREN OVER 1 YEAR OF AGE** who have a peanut and / or tree nut allergy.
If your patient has any other food allergies, please refer to the allergen aware menu.

Starters

Orange Juice / Apple Juice (vegan)

Tomato Soup (Apetito) (vegan)

Main Course

Cottage Pie with Sweet Potato & Carrots

Roast Lamb in Minty Gravy

Chicken, Bacon & Thyme Hotpot

Sweet & Sour Chicken

Vegetarian/Vegan Options

Provençale Vegetable Bake (vegan)

Spicy Bean Casserole (vegan)

Butterbean & Cauliflower Curry (vegan)

Cold Dessert

Apple (if peeled) (vegan)

Orange (vegan)

Banana (vegan)

Ambrosia Rice Pudding

Ambrosia Chocolate Custard Pot

Ambrosia Banana Custard Pot

Ambrosia Plain Custard Pot

Menu Codes

= Vegetarian = Healthier Choice = Higher Protein = Medium / Hot

= Higher Calorie = Gluten Free = Suitable for a Neutropenic Diet

= Easier to Chew - these are tender and easier to chew and can be cut with a side of a fork or spoon

This menu is free from the following Peanut and Tree Nuts:



- Peanuts
- Almonds
- Brazil nuts
- Cashew nuts
- Chestnuts
- Cobnuts
- Hazelnuts
- Macadamia nuts
- Pecans
- Pistachio nuts
- Queensland nuts
- Walnuts

It is not guaranteed for other food allergens such as:



- Coconuts or Pine nuts
- Legumes other than peanuts (e.g. peas, beans, chickpeas, lentils, soya)
- Seeds (e.g. sesame, poppy, mustard, sunflower)