

Gluten Free Free Menu (<20ppm)

Starter

- 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
- Chicken Tikka Masala with Steamed Yellow Rice

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 Chilli  (vegan)
- Chickpea and Spinach Curry with Rice  (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 fulfilling meal











Accompaniments

- Heinz Baked Beans  (vegan)
- Side Salad with Honey and Mustard Dip  (vegan if dip removed)
- Natural Yoghurt  (vegan) / Gravy 
- Schlar Crusty White Roll  (vegan) / Sunflower Spread (vegan) / Butter 


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	  
Mrs Crimbles Chocolate Macaroon	   
Mrs Crimbles Jam & Coconut Ring	   
Orange or Apple ( if peeled)	   (vegan)
Banana	     (vegan)
Raisins Pack	   (vegan)
Sliced Apple & Grape Bag	    (vegan)
Ambrosia Banana Custard Pot	   
Ambrosia Chocolate Custard Pot	   
Ambrosia Plain Custard	   

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.

Menu Codes

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

 = Higher Energy  = 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