



Low Lactose Menu

Most menu options are completely lactose free, however those marked with a * are low lactose or 'may contain' rather than lactose free. This menu should be used for inpatients with primary or secondary lactose deficiency,









NOT suitable for inpatients with cow's milk protein allergy

This Menu may not be nutritionally adequate for all patients

Starters

- Orange or Apple Fruit Juice      (vegan)
- Tomato Soup (Apetito)       (vegan)
- Small Mixed Salad with Honey and Mustard Dip    (vegan if dip removed)
- Crusty White Roll    (vegan), Crusty Brown Roll,   (vegan)
or Sliced White Bap    (vegan)
- Sunflower Spread (vegan) or *Butter    














Main Course

- Beef Pasta Bolognese   
- Roast Chicken Breast with Roast Potatoes, Stuffing ball and Vegetables  
- Chicken Goujons with Potato Wedges, Carrots and Broccoli (Snack Finger Food) 
- * Vegetarian Sausages with Potato Wedges, Carrots & Broccoli (Snack Finger Food)  
























Vegetarian Main Course

- *Cheese and Tomato Pasta (*Cheddar cheese is baked on top*)     
- *Vegan Shepherd's Pie with Vegetable Medley     (vegan)
- Smokey Bean Chilli with Brown Rice      (vegan)
- Provençale Vegetable Bake     (vegan)
- Spicy Bean Casserole     (vegan)
- Butterbean & Cauliflower Curry with Yellow Rice      (vegan)
- Chickpea & Spinach Curry with Rice      (vegan)

Smaller Energy Dense Meals

- *Salmon Bake (*cheese on top*)    
- Corned Beef Hash    
- Chicken Hotpot     






















Vegetarian /Vegan Curries

- Alu Brinjal , Peas with Chana Dal and Basmati Rice     (vegan)
- Alu Gobi with Rajasthani Dal and Saffron Rice      (vegan)
- Aubergine Kala Chana with Teen Dal and Jeera Rice     (vegan)
- Aubergine Potato with Saag Chhole and Pilau Rice     (vegan)
- Cabbage Peas with Rajasthani Dal and Saffron Rice     (vegan)
- Corn Peas Potato with Chana Dal and Basmati Rice       (vegan)
- Alu Matar with Chana Dal and Basmati Rice      (vegan)

Halal Curries

- 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     

Jacket Potato (vegan)



- Sunflower Spread (vegan) or *Butter    
- *Grated Cheddar Cheese (*please only use as much as you can tolerate*)     
- Tuna Mayonnaise   
- Plain Tuna    
- Baked Beans      (vegan)




Salads

All Salads contain coleslaw, potato salad, lettuce, tomato, cucumber, grated carrot and sliced hard-boiled egg.

*Chicken Salad 

*Tuna Mayonnaise Salad  

*Egg Mayonnaise Salad  

*Cheddar Cheese Salad (*please only use as much as you can tolerate*)   

*Ham salad

Sandwiches - White or Wholemeal Bread (NB milk contained in spread)

*Tuna Mayonnaise   

*Ham  

*Egg Mayonnaise   

*Chicken   





Accompaniments

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

Baked Beans       (vegan)

Gluten Free Crusty White Roll    (vegan) / Crusty Brown Roll   (vegan)

Sliced White Bap    (vegan)





Sunflower Spread (vegan) or *Butter    

Mini Naan  

Hot Desserts (no Custard)

Apple Crumble    (vegan)


Ginger Sponge    

Lemon Sponge    

Cold Desserts





































Banana      (vegan)

Apple / Orange    ( if peeled) (vegan)

Peach and Pear in Juice     (vegan)









Chocolate or Vanilla Soya Dessert      (vegan)

Snack Menu

- Banana      (vegan)
- Apple / Orange    ( if peeled) (vegan)
- Fresh Sliced Apple and Grape Bag    (vegan)
- Ready Salted Crisps     (vegan)
- Raisins    (vegan)
- 3 Pack Biscuits - Ginger nuts, *Fruit Shortcake or *Bourbon creams   
(*check individual packets for details*)
- Apple Puree Pot      (vegan)
- *Bakewell Slice    
- *Carrot Cake   
- *Lemon Drizzle cake   
- *Cheddar Cheese and Crackers    
with Sunflower Spread (vegan) or *Butter    

The Ward can order the following milk options from the Catering Department:
Soya, Oat, Almond and Lactose Free

Menu Codes

-  = Vegetarian  = Healthier Choice  = Higher Energy  = Higher Protein
-  = Suitable for a Neutropenic Diet  = Gluten Free  = Medium / Hot Meal
-  Easy to Chew - These are tender and easier to chew and can be cut with a side of a fork or spoon