

## Gujarati / Swaminarayan Menu

### Gujarati Menu Options

The foods on this menu below **do not** contain onion or garlic and also **do not** contain potato or root vegetables including carrots and so **may** be suitable for those following a Jain diet. The full ingredients of the meals have been listed below to support those who follow additional restrictions.

#### Starter

Orange Juice (vegan)

#### Main Course

Dhudhi Chana, Kadhi and Khichadi Rice

Ingredients: Rice (36%), Water, Yoghurt (**Milk**) (14%), Bottle Gourd (Dudhi) (8%), Split Green Lentils (7%), Butter (**Milk**) (4%), Split Chick Peas (4%), Tomatoes (3%), Jaggery, Salt, Gram Flour, Rapeseed Oil, **Ginger**, Cornflour, **Mustard** Seeds, Coriander Powder, Green Chilli, Cumin Powder, Red Chilli Powder, Turmeric Powder, Cinnamon & Cloves

Cauliflower, Peas with Toor Dal and Basmati Rice (vegan)

Ingredients: Rice (46%), Water, Cauliflower (10%), Tomatoes (6%), Green Peas (6%), Split Pigeon Peas (4%), Jaggery, Rapeseed Oil, Salt, Lemon Juice, Cornflour, **Ginger**, Coriander Powder, Cumin Powder, Red Chilli Powder, **Mustard** Seeds, Turmeric Powder, Fenugreek Seeds, Cinnamon, Cloves, Curry Leaves, Star Anise & Ground Cardamom

Tindoora with Whole Moong Dal and Basmati Rice (vegan)

Ingredients: Rice (46%), Water, Ivy Gourd (Tindoora) (16%), Tomatoes (6%), Whole Green Lentils (Moong) (4%), Rapeseed Oil, Salt, Cornflour, **Ginger**, Coriander Powder, Cumin Powder, Red Chilli Powder, **Mustard** Seeds, Turmeric Powder, Cinnamon, Cloves, Curry Leaves & Ground Cardamom.

**Check the standard menu for other meal options like sandwiches which may be suitable**

#### Desserts

May be selected from the Standard Menu as appropriate

#### Breakfast & Snacks

May be selected from the Standard Menu as appropriate

#### 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

## Swaminarayan Menu Options

The foods on the menu below also **do not** contain onion or garlic but **do** contain potato, carrots and / or ginger. See ingredients list below for further information. Other options can be chosen off the Gujarati menu or the Standard menu (including desserts/ snacks).

### Starter

Orange Juice      (vegan)

Tomato Soup (Apetito)       (vegan)

Water, tomato (22%), concentrated tomato (22%), cauliflower, haricot beans, tomato puree, rapeseed oil, modified starch, sugar, yeast extract, basil, cornflour, salt, dried carrot, dried tomato, pepper, ground turmeric, dried thyme, ground bay leaf

### Main Course

Provençale Vegetable Bake     (vegan)

Ingredients: Potato, courgette (17%), haricot beans (11%), water, green beans, peas, tomato (6%), peppers (6%), broccoli, tomato puree, vegetable oils (rapeseed, palm), modified starch, white wine vinegar, sugar, salt, yeast extract, cornflour, dried carrot, basil, dried tomato, pepper, dried oregano, dextrose, ground turmeric, cane molasses, dried thyme, ground bay leaf.

Spicy Bean Casserole     (vegan)

Ingredients: Potato, tomato, haricot beans (9%), water, broccoli, peas, sweetcorn, peppers, borlotti beans (6%), butter beans (4.0%), sultanas, vegetable oils (rapeseed, sunflower), cornflour, sugar, tomato puree, ground cumin, yeast extract, ground coriander, dried carrot, ginger, dried tomato, ground turmeric, salt, coriander leaf, ground cinnamon, chilli powder, mint, dextrose, cane molasses, ground nutmeg, pepper, dried thyme, ground bay leaf.

Butterbean & Cauliflower Curry      (vegan)

Ingredients: Cooked rice, butter beans (17%), water, cauliflower (13%), tomato, potato (5%), rapeseed oil, tomato puree, modified starch, ground coriander, ground cumin, cornflour, salt, yeast extract, ginger, ground turmeric, natural flavouring, mango chutney (sugar, mango, salt, vinegar, paprika, chilli, thickener (pectin)), lemon juice from concentrate, coriander leaf, dried carrot, ground fenugreek, sugar, dried tomato, chilli powder, ground cardamom, pepper, ground cinnamon, dried thyme, ground bay leaf.

### Accompaniments

Natural Yoghurt     

Ingredients: Fat Free Yoghurt (**MILK**) (97%), Modified Maize Starch, Thickener: Pectin.

Mini Naan  

Ingredients: Fortified **WHEAT** Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Rapeseed Oil, Raising Agents: Diphosphates, Potassium Carbonates; Sugar, Yeast, Salt, Acid: Citric Acid; Kalonji Seeds, Preservative: Calcium Propionate; Yoghurt Powder (from **MILK**).