




## MODIFIED TEXTURE MEAL

### Level 5 Minced and Moist Diet




#### MEAT & FISH

Fish in Parsley Sauce served with Mashed Potato and Spinach    

Fish Pie served with Mashed Carrot and Broccoli    

Beef Pasta Bolognese served with Creamed Spinach and Garlic Butter Bread Sauce   

Cottage Pie served with Minced Carrot in a Parsley Sauce    





Lamb Stew served with Mashed Potato, Parsnips, and Brussels Sprouts   

Sausages in Onion Gravy served with Parsley Mashed Potato, Carrots and Broccoli    

Pork, Bacon and Apple Casserole served with Mashed Potato, Broccoli and Carrots    

Hunters Chicken served with Mashed Potato and Broccoli    

Chicken Curry served with White Rice, Mashed Broccoli and Cauliflower    




Chicken and Vegetable Casserole served with Mashed Potato, Carrots  
and Brussels Sprouts    

#### VEGETARIAN & VEGAN

Macaroni Cheese served with Broccoli and Spinach Puree    

Cheesy Potato Bake served with Mashed Potato, Carrots and Parsnip  

Tomato & Basil Pasta with Pea Puree    **(vegan)**

Vegetable & Lentil Casserole served with Parsley Mashed Potato, Cauliflower  
and Brussels Sprouts    **(vegan)**

Cauliflower and Lentil Curry served with White Rice seasoned with Turmeric     **(vegan)**

#### **Condiments:**

Tomato ketchup, Brown sauce, Salad cream, English mustard

# Level 5 Minced and Moist Diet

## HOT DESSERTS

- Rice Pudding with Summer Fruits Puree N GF V
- Sticky Toffee Sponge with Toffee Sauce N GF V ↑ P
- Lemon Sponge with Lemon Sauce N V ↑ P
- Bakewell Sponge with Custard N V
- Apple Sponge with Apple Sauce N GF V P

## COLD DESSERTS

- Raspberry Dessert N GF V
- Chocolate Mousse N GF V
- Strawberry Mousse N GF V
- Plain / Banana / Chocolate Custard Pot N GF V
- Thick & Creamy Yoghurt N GF V P

## SNACKS

- Plain / Banana / Chocolate Custard Pot N V GF
- Thick and Creamy Yoghurt N P GF V
- Stewed Apple Pot N GF ♥ V (Vegan)
- Rice pudding Pot N GF V

### Menu Codes

Healthier Option ♥

Gluten Free GF

Vegetarian V

Higher Energy ↑

Suitable for Neutropenic Diet N

Higher Protein P