

MODIFIED TEXTURE MEAL


Level 6 Soft and Bite-Sized Diet

MEAT & FISH

Fish Pie served with Carrots    




Salmon Risotto served with Diced Carrot and Swede and Creamed Spinach   




Beef Hotpot served with Spinach in a Mature Cheddar Cheese Sauce    

Beef Pasta Bolognese served with Diced Carrot and Swede and Creamed Spinach   



Sausage in rich Onion Gravy served with Mature Cheddar Cheese Mashed Potato and Carrots 

Shepherd's Pie served with Diced Mixed Root Vegetables    

Chicken Pasta bake in a tomato, smoked paprika and basil sauce, topped with a white mature Cheddar cheese sauce   

Creamy Chicken Pie topped with Mashed Potato, served with Carrots and Swede, and Mashed Broccoli   

Chicken Tikka Masala served with Cooked White Rice seasoned with turmeric    





Chicken in Gravy served with Fried Potatoes tumbled in Sage & Onion, Diced Carrots and Broccoli & Cauliflower Cheese Puree  

VEGETARIAN & VEGAN

Macaroni Cheese Pasta in a Cheese Sauce, served with a Root Vegetable Ratatouille    

Cheese and Onion Potato Pie served with Mashed Broccoli, Carrots and Swede   


















Spinach and Lentil Pasta served with Root Vegetable Ratatouille     (vegan)

Vegetable Curry served with Curried Spinach and Bombay Potatoes     (vegan)

Vegetable Bake served with Cauliflower in a Cheese Alternative Sauce    (vegan)



Condiments: Tomato ketchup, Brown sauce, Salad cream, English mustard

HOT DESSERTS





















- *Ginger Sponge with Custard   
- *Treacle Sponge with Custard    
- *Lemon Sponge with Custard   
- *Raspberry Jam Sponge with Custard    
- Rice Pudding   

*Cut sponge desserts into bite-sized pieces before serving to patients, ensure to cover all pieces of the dessert in Custard (IDDSI recommendation – maximum 1.5cm pieces)

COLD DESSERTS

- Banana / Chocolate Custard Pot   
- Raspberry Dessert   
- Rice Pudding Pot   
- Thick & Creamy Yoghurt    
- Light Yoghurt     

SNACKS

- Plain Custard Pot   
- Thick and Creamy Yoghurt    
- Chocolate Custard Pot   
- Banana Custard Pot   
- Stewed Apple Pot     (Vegan)
- Rice Pudding Pot    

Menu Codes

Healthier Option 

Gluten Free 

Vegetarian 

Higher Energy 

Suitable for Neutropenic Diet 

Higher protein 