

# Option 2: Adult Low Fibre Menu Estates and Facilities

This menu may not be nutritionally adequate for all patients, and should only be used in patients with the following: **High Output Stoma's/ Active Inflammatory Bowel Disease/ Newly Formed Ileostomy.**

## Breakfast

Rice Krispies / Cocopops / Cornflakes   
 Whole-Milk / Semi-Skimmed Milk   
 White Bread **(vegan)**  
 Butter / Sunflower Spread **(vegan)**   
 Jam **(vegan)** / Marmalade **(vegan)**  
 Cream Cheese Spread / Marmite **(vegan)**  
 Light Yoghurt / Thick and Creamy Yoghurt

## Starter

Orange Juice / Apple Juice **(vegan)**  
 Cream of Tomato Soup- Heinz   
 Cream of Mushroom Soup- Heinz   
 Cream of Chicken Soup- Heinz   
 Melba Toast   
 Crusty White Roll **(vegan)** / Sliced White Bap **(vegan)**  
 with Sunflower Spread **(vegan)** / Butter / Cream cheese

## Main Meal

Fish In Parsley Sauce with Mashed Potato and Root Vegetable Mash   
 Beef Pasta Bolognaise   
 Cottage Pie with Root Vegetable Mash   
 Cheese & Tomato Pasta   
 Chicken Tikka Masala served with Steamed Yellow Rice

**Smaller Energy Dense Meals**

- Macaroni Cheese
- Corned Beef Hash

**Nourishing Soup**

- Chicken Soup

*Served with a choice of roll and butter / sunflower spread or a sandwich for a more fulfilling meal*

**Sandwich's on White Bread**

- Ham / Cheese
- Egg Mayonnaise / Tuna Mayonnaise
- Chicken

**Accompaniments** (additional menu choice to accompany any meal )

- Grated cheddar cheese portion
- Natural yogurt
- Crusty White Roll (**vegan**) or a Sliced White Bap (**vegan**)  
with Sunflower Spread (**vegan**) or \*Butter
- Mini Naan
- Gravy (**vegan**)

***For options below, choose items individually to make a complete meal:***

- Plain Omelette / Cheese Omelette
- Plain white Fish / Plain Tuna
- Chicken Breast (Halal) / Sliced Ham

*With sides available*

- Boiled Rice / Spaghetti Hoops in Tomato Sauce
- Mashed Potato / Swede & Carrot Mash
- Gravy (**vegan**)

## Hot Desserts

- Ginger Sponge
- Raspberry Jam Sponge ( with custard)
- Lemon Sponge
- Treacle Sponge ( with custard)
- Plain Custard
- Rice Pudding

(Custard can be served with all Hot Desserts on request)

## Cold Desserts

- Thick & Creamy Yoghurt
- Light Yoghurt
- Rice Pudding
- Plain, Banana or Chocolate Custard Pot
- Peach and Pear in Juice (**vegan**)
- Chocolate or Vanilla Soya Dessert (**vegan**)

## Snacks ( all snacks suitable)

- Ready salted crisps (**vegan**)
- Wotsits / Pom Bear / Skips
- Bakewell Slice / Carrot Cake / Lemon Drizzle Cake
- Custard Creams / Rich Shorties / Ginger Nut
- Plain, Banana or Chocolate Custard Pot
- Cheese & Crackers with Sunflower Spread (**vegan**) or Butter

## Menu Codes

- = Vegetarian    = Healthier Choice    = 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)