















Option 3: Adult Modified Fibre Menu




This menu may not be nutritionally adequate for all patients.

This menu is suitable for those patients with: Newly formed Colostomy, Inactive Inflammatory Bowel Disease, C-Diff infection, or Receiving Pelvic Radiotherapy.








Breakfast

Rice Krispies  / Cornflakes  / Cocopops 
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)
Melba toast 
Crusty White Roll  (vegan) / Sliced White Bread  (vegan)
with Sunflower Spread (vegan) / Butter / Cream cheese 


Main Meal

Fish In Parsley Sauce with Mashed Potato and Root Vegetable Mash 
Chicken, Leek and Gammon Pie with Mashed Potato and Mushy Peas 
Beef Pasta Bolognaise 
Cottage Pie with Mashed Potato and Root Vegetable Mash 
Cheese & Tomato Pasta 
Seasoned Chicken Goujons and Potato Wedges, Carrots and Broccoli (finger food) 
Chicken Tikka Masala serve with Steamed Yellow Rice 

Smaller Energy Dense Meals


Cheese & Potato Bake 
Macaroni Cheese 
Chicken Hotpot 
Corned Beef Hash 

Jacket potato

Jacket Potato  (vegan) (the skin of the potato should not be eaten)

Served with

Grated Cheddar Cheese  / Plain Tuna 

Tuna Mayonnaise 

Nourishing Soup

Chicken Soup 

Cheesy leek and Potato Soup 

Tomato and Lentil Soup 

Available with your 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  or a Sliced White Bap  (vegan)
- with Sunflower Spread (vegan) or Butter 
- Mini Naan 
- Gravy  (vegan)
-


If you are struggling to find suitable options on this menu – please ask to see the Option 1: Adult Very Low Fibre Menu for individual items that can be put together to make a complete meal

Hot Desserts

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

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








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

- Ready Salted crisps    (vegan)
- Wotsits    / Pom Bears    / Skips   
- Bakewell Slice     / Carrot Cake    
- Lemon drizzle Cake   
- Custard Creams    / Highland 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)

