NHS

Estates and Facilities

Gluten Free Free Menu (<20ppm)

Apetizer

Orange Juice / Apple Juice **(vegan)**

Small Salad with Honey and Mustard Dip (**vegan** if dip removed)

Schar Gluten Free Crusty White Roll **(vegan)**
Served with Sunflower Spread **(vegan)** / Butter / Cream Cheese

Main Course

Fish in Parsley Sauce with Mashed Potatoes and Root Vegetable Mash

Cottage Pie with Root Vegetable Mash

Chicken Tikka Masala with Steamed Yellow Rice

Halal meals

Alu Gosht, Rajasthani Dal & Saffron Rice

Chicken Coconut, Mixed Dal & Basmati Rice

Chicken Saag, Rajasthani Dal & Saffron Rice

Chicken Dal, Kadai Vegetables & Saag Rice

Fish Curry, Split Masoor Dal & Saag Rice

Vegetarian / Vegan Options

All Day Vegetarian Breakfast with Omelette, Baked Beans, Mushrooms and Hash Browns

Plain Omelette with Seasoned Potato Wedges and Baked Beans

Vegan Shepherd's Pie served with Vegetable Medley **(vegan)**

Smokey Bean Chilli **(vegan)**

Jacket Potato with Baked Beans **(vegan)**

Alu Brinjal Peas, Chana Dal & Basmati Rice **(vegan)**

Aubergine Potato, Saag Chhole & Pilau Rice **(vegan)**

Cabbage Peas, Rajasthani Dal & Saffron Rice **(vegan)**

Corn Peas Methi, Rajasthani Dal & Saffron Rice

Methi Paneer, Mixed Dal & Basmati Rice

Corn Peas Potato, Chana Dal & Basmati Rice **(vegan)**

Alu Matar, Chana Dal & Basmati Rice **(vegan)**

Smaller Nourishing Meals

Salmon Bake

Corned Beef Hash

Cheese and Potato Bake

Chicken Hotpot

Sandwich Options

Chicken Salad Seeded Roll

Egg Mayonnaise Seeded Roll

Nourishing Soup

Served with a gluten free roll and butter / sunflower spread
For a more fulfilling meal a sandwich

Tomato and Lentil Soup

Chicken Soup

Accompaniments

Heinz Baked Beans **(vegan)**

Side Salad with Honey and Mustard Dip (**vegan** if dip removed)

Natural Yoghurt **(vegan)** / Gravy

Schlar Crusty White Roll **(vegan)** / Sunflower Spread **(vegan**) / Butter

Cold Dessert

Banana

Apple or Orange (if peeled) **(vegan)**

Peach and Pear in Juice **(vegan)**

(Hot or Cold) Rice Pudding Pot

Mullerlight Yoghurt

Muller Thick and Creamy Yoghurt

Ambrosia Chocolate / Banana / Plain Custard Pot

Breakfast Menu

Orange Juice / Apple Juice **(vegan)**

Schar Gluten free White Bread

Schar Gluten Free Crusty White Roll **(vegan)**

Schar Gluten Free Cornflakes **(vegan)**

Muller Light Yoghurt

Muller Thick and Creamy Yoghurt

Banana **(vegan)**

Apple or Orange (if peeled) **(vegan)**

Snacks Menu

Seabrook Ready Salted Crisps

Mrs Crimbles Chocolate Macaroon

Mrs Crimbles Jam & Coconut Ring

Orange or Apple (if peeled) **(vegan)**

Banana **(vegan)**

Raisins Pack **(vegan)**

Sliced Apple & Grape Bag **(vegan)**

Ambrosia Chocolate / Banana or Plain Custard Pot

A Gluten Free Snack Bag is available 24/7

Please note there is also an Allergen Aware Menu available on request which provides some extra gluten free options.

Menu Codes

V = Vegetarian = Healthier Choice = Medium / Hot P = Higher Protein

 = Higher Energy GF = Gluten Free N = Suitable for a Neutropenic Diet

EC = Easier to Chew - these are tender and easier to chew and can be cut with a side of a fork or spoon