NHS Estates and Facilities

Low Lactose Menu

Most menu options are completely lactose free, however those marked with a * are low lactose or 'may contain' rather than lactose free. This menu should be used for inpatients with primary or secondary lactose deficiency,

NOT suitable for inpatients with cow's milk protein allergy

This Menu may not be nutritionally adequate for all patients

Starters

Orange or Apple Fruit Juice **(vegan)**

Tomato Soup (Apetito) **(vegan)**

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

Crusty White Roll **(vegan)**, Crusty Brown Roll, **(vegan)**

or Sliced White Bap **(vegan)**

Sunflower Spread **(vegan)** or *Butter

Main Course

Beef Pasta Bolognese

Roast Chicken Breast with Roast Potatoes, Stuffing ball and Vegetables

Vegetarian Main Course

*Cheese and Tomato Pasta *(Cheddar cheese is baked on top)*

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

Smokey Bean Chilli with Brown Rice **(vegan)**

Provençale Vegetable Bake **(vegan)**

Spicy Bean Casserole **(vegan)**

Butterbean & Cauliflower Curry with Yellow Rice **(vegan)**

Smaller Energy Dense Meals

*Salmon Bake *(cheese on top)*

Corned Beef Hash

Chicken Hotpot

Vegetarian /Vegan Curries

(Served with a Mini Naan)

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

Aubergine Potato with Saag Chhole and Pilau Rice **(vegan)**

Cabbage Peas with Rajasthani Dal and Saffron Rice **(vegan)**

Corn Peas Potato with Chana Dal and Basmati Rice **(vegan)**

Alu Matar with Chana Dal and Basmati Rice **(vegan)**

Halal Curries

(Served with a Mini Naan)

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

Jacket Potato **(vegan)**

Sunflower Spread **(vegan)** or *Butter

*Grated Cheddar Cheese *(please only use as much as you can tolerate)*

Tuna Mayonnaise

Plain Tuna

Baked Beans **(vegan)**

Salads

All Salads contain coleslaw, potato salad, lettuce, tomato, cucumber, grated carrot and sliced hard-boiled egg.

*Chicken Salad

*Tuna Mayonnaise Salad

*Egg Mayonnaise Salad

*Cheddar Cheese Salad (*please only use as much as you can tolerate)*

*Ham salad

Sandwiches - White or Wholemeal Bread **(NB milk contained in spread)**

*Tuna Mayonnaise

*Ham

*Egg Mayonnaise

*Chicken

Accompaniments

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

Baked Beans **(vegan)**

Hot Desserts *(no Custard)*

Apple Crumble **(vegan)**

Cold Desserts

Banana **(vegan)**

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

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

Chocolate or Vanilla Soya Dessert **(vegan)**

Snack Menu

Banana **(vegan)**

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

Fresh Sliced Apple and Grape Bag **(vegan)**

Ready Salted Crisps **(vegan)**

Raisins **(vegan)**

3 Pack Biscuits - Ginger nuts, *Fruit Shortcake or *Bourbon creams

(check individual packets for details)

Apple Puree Pot **(vegan)**

*Bakewell Slice

*Lemon drizzle

Golden syrup flapjack **(vegan)**

*Cheddar Cheese and Crackers

with Sunflower Spread **(vegan)** or *Butter

The Ward can order the following milk options from the Catering Department:
Soya, Oat, Almond and Lactose Free

Menu Codes

Vegetarian = Healthier Choice = Higher Energy = Higher Protein

= Suitable for a Neutropenic Diet = Gluten Free : Medium / Hot Meal

Easy to Chew - These are tender and easier to chew and can be cut with a side of a fork or spoon