NHS
University Hospitals of Leicester
NHS Trust

freshly cooked for you

- STANDARD MENU -
AUTUMN / WINTER 26
MENU CARDS



Appetizer



Fruit Juice GF EC V ♥ N (vegan)
Orange or Apple

Melba Toast V N

Crusty White Roll GF V N (vegan)

Crusty Brown Roll V N (vegan)

Sliced White Bap EC V N (vegan)
Served with Sunflower Spread (vegan),
Butter or Cream Cheese Spread EC V N GF

Small Mixed Salad with Honey & Mustard Dip ♥ V GF
(vegan if dip removed)



Fish in Parsley Sauce

White fish in a creamy parsley sauce served with mashed potato and root vegetable mash

GF EC N P



Roast Chicken

Chicken breast in a rich gravy served with roast potatoes, stuffing ball and a vegetable medley

N P



Creamy Chicken & Mushroom Pasta

Pasta and chicken in a creamy sauce with mushrooms and spinach

P N



Chicken Tikka Masala

Tender pieces of chicken in a spicy tikka masala sauce served with steamed yellow rice

GF P N

Served with a mini naan V N **(vegan)** and natural yoghurt

V P N GF EC



Cottage Pie

Minced beef in a rich gravy topped with mashed potato and served with root vegetable mash

GF EC N



Beef Pasta Bolognese

Pasta served in a rich minced beef, tomato and herb sauce

N P



All Day Breakfast

Traditional English breakfast with a Lincolnshire pork sausage, streaky bacon, fluffy omelette, baked beans, and a hash brown

P N



Cheese and Tomato Pasta

Pasta in a rich tomato sauce topped with Cheddar cheese

EC V N P



Smokey Bean Chilli

A mildly spiced smoky sauce with sweet potato, beans, pea protein mince and peppers served with brown rice

V GF P N (vegan)



Vegan Shepherds Pie

Lentils and vegetables in a rich tomato gravy with a fluffy mash potato top, served with a green vegetable medley

V GF N (vegan)



All Day Vegetarian Breakfast

A vegetarian version of our all day breakfast with an omelette, baked beans, mushrooms and hash browns

V N GF



Plain Omelette

A plain omelette served with seasoned potato wedges and baked beans

EC N GF V

Smaller Nourishing Meals

These meals are particularly suitable for people with smaller appetites

Salmon Bake GF N P

Pieces of salmon and peas in a cheese sauce, topped with diced fried potato

Corned Beef Hash GF N P

Served with fried diced potato

Macaroni Cheese EC V N P

Macaroni pasta in a mature Cheddar and Regato cheese sauce

Cheese & Potato Bake EC V GF N P

Served with broccoli

Chicken Hotpot EC GF P N

Pieces of cooked chicken in gravy with swede and carrot, topped with sauté potatoes

Curried Mutton, Chicken and Fish
(HMC approved Halal)

All curries are served with a Mini Naan V N (vegan) and Natural Yoghurt V P N GF EC

Chicken Coconut GF EC N P
Served with Mixed Dal & Basmati Rice

Chicken Saag GF N P
Chicken and Spinach Curry served with Rajasthani Dal & Saffron Rice

Fish Curry GF EC N P
Served with Split Masoor Dal & Saag Rice

Chicken Dal GF N P
Chicken and Lentil Curry with Kadai Vegetables & Saag Rice

Alu Gosht GF N P
Mutton and Potato with Rajasthani Dal & Saffron Rice

Vegetarian and Vegan Curries

All curries are served with a Mini Naan V N (vegan) and Natural Yoghurt V P N GF EC

Alu Brinjal Peas V N GF (vegan)

Potato and Aubergine Curry served with Peas with Chana Dal and Basmati Rice

Aubergine Potato V N GF (vegan)

Aubergine and Potato Curry served with Spinach Chhole and Pilau Rice

Cabbage Peas V N GF (vegan)

Cabbage and Peas Curry served with Rajasthani Dal and Saffron Rice

Corn Peas Methi V N EC GF

Sweetcorn & Peas in Creamy Fenugreek Curry with Rajasthani Dal and Saffron Rice

Vegetarian and Vegan Curries

Methi Paneer

Indian Cottage Cheese in a Fenugreek Sauce served with Mixed Dal and Basmati Rice

Corn Peas Potato (vegan)

Sweetcorn, Peas and Potato Curry served with Chana Dal and Basmati Rice

Alu Matar (vegan)

Potato and Pea Curry served with Chana Dal and Basmati Rice

Jacket Potato V EC N GF (vegan)

All potatoes are served with a Sunflower Spread (vegan) or Butter N EC GF V and a choice of filling:



Grated Cheddar Cheese EC V N GF

Tuna Mayonnaise EC N P

Plain Tuna EC N P

Baked Beans EC V GF N (vegan)

A Jacket Potato is available as a main option and not a side dish.

Salads

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



Chicken Salad P

Wiltshire Ham Salad

Tuna Mayo Salad P

Cheese Salad V P

Egg Mayo Salad V

Nourishing Soup

Served with a bread roll of your choice & butter or sunflower spread.
For a more fulfilling meal add a sandwich



Tomato and Lentil Soup V GF EC ♥ N

Chicken Soup GF EC ♥ N

Cheesy Leek and Potato Soup V EC ♥ N

Sandwiches

Wholemeal and White choices available



Tuna Mayonnaise Sandwich EC N P

Chicken Sandwich ♥ N P

Mild Cheddar Cheese Sandwich V N P

Ham Sandwich ♥ N

Egg Mayonnaise Sandwich EC V N

Gluten Free and Vegan Sandwiches are available, please ask Ward staff for relevant Menu.

Accompaniments

Additional menu choice to accompany any meal

Grated Cheddar Cheese Portion

EC V N P GF

Side Salad

GF V

with a Honey and Mustard Dip (Vegan if dip removed)

Gravy

GF V N (vegan)

Baked Beans Portion

V GF EC N P (vegan)





Hot Desserts

Custard can be served with all Hot Desserts on request



Ginger Sponge EC V N

Lemon Sponge EC V N

Raspberry Jam Sponge EC V N
(P with custard)

Treacle Sponge EC V N
(P with custard)

Apple Crumble
V N (vegan)

Plain Custard EC V N

Rice Pudding EC V GF N

Cold Desserts

Banana EC ♥ V GF N **(vegan)**

Orange or Apple ♥ V GF (N If peeled) **(vegan)**

Peach and Pear in Juice V ♥ N GF **(vegan)**

Rice Pudding EC V N GF

Chocolate Custard Pot EC V N GF

Banana Custard Pot EC V N GF

Thick & Creamy Yoghurt P EC V N GF

Light Yoghurt P V ♥ EC N GF

