Carbohydrate Content of Renal Menu Autumn Winter 2026

Food Item:	Carbohydrate (grams)
Breakfast:	
Mornixx Cornflakes (fortified) (1 packet = 24g)	20
Mornixx Crispy Rice (fortified) (1 packet = 22g)	18.7
Mornixx Branflakes (fortified) (1 packet = 40g)	26.6
Weetabix (2 biscuits = 37.5g)	26 (13g / biscuit)
Readybrek (per 30g)	17.4
Full fat milk - per 100mls	4.7
Semi skimmed milk – per 100mls	4.8
One slice of medium white Bread (Roberts)	19.4
One slice of medium wholemeal bread (Roberts)	17.3
Croissant – 42g	17.0
Jam / marmalade	11.8
Apple, Orange ?size	Approx. 10g
Muller Thick & Creamy Strawberry / toffee Yogurts (110g)	16.3
Mullerlight Strawberry / peach & passion fruit Yoghurt (100g)	7.8
Starters:	
Melba Toast – 20g pack	15.4
Crusty Bread Roll (GF) (58g)	27.3
Sliced White Bap (80g)	38.6
Brown Roll (35g)	22.0
Small mixed salad with honey & mustard dip	5.2
Cream cheese spread (Philadelphia) (16.7g)	0.7
Main Courses:	
Fish in Parsley Sauce White fish in a creamy parsley sauce served with mashed potato and root vegetables	31.0
Cottage Pie Minced beef in a rich gravy topped with mashed potato with root vegetable mash	34.2
Beef Pasta Bolognaise Pasta served in a rich minced beef, tomato and herb sauce	55.4
All Day Breakfast Lincolnshire sausage, streaky bacon, fluffy omelette, baked beans, hash brown	24
Roast Chicken Chicken breast, in rich gravy, with roast potatoes, stuffing ball and vegetables	42.9
Creamy Chicken and Mushroom pasta Served with spinach	51.2
Chicken Tikka Masala Served with steamed yellow rice (can be served with additional mini naan and natural yogurt add these if ordered)	51.5 (+ 17 & 6.9)
Vegetarian and Vegan Options:	
Cheese & Tomato Pasta Pasta in a rich tomato sauce topped with Cheddar Cheese	62.1

All day Vegetarian Breakfast Omelette, baked beans, mushrooms & hash brown	29.7
Smokey Bean chilli Served with brown rice	72.2
Plain Omelette Served with seasoned potato wedges and baked beans	36.8
Small portion energy dense meals (Apetito):	
Corned Beef Hash Served with diced potatoes	49
Salmon Bake Pieces of salmon and peas in cheese sauce topped with diced fried potatoes	41
Macaroni Cheese Macaroni pasta in a mature cheddar and regato cheese sauce	42
Cheese and Potato Bake Served with broccoli	30
Chicken Hotpot Chicken in gravy with swede and carrot topped with sauté potato	56
Vegetarian & Vegan curries:	
Served with: Mini Naan Natural Yoghurt	17 6.9
Alu brinjal peas, chana dal & basmati rice	68
Corn peas methi, rajasthani dal & saffron rice	66
Cabbage peas, rajasthani dal & saffron rice	72
Corn peas potato, chana dal & basmati rice	66
Methi paneer, mixed dal & basmati rice	64
Curried Mutton, Chicken & Fish (HMC Approved Halal):	
Served with: Mini Naan Natural Yoghurt	17 6.9
Alu Gosht, Rajasthani Dal & Saffron Rice	68
Chicken Saag, Rajasthani Dal & Saffron Rice	59
Chicken Coconut, Mixed Dal & Basmati Rice	61
Chicken Dal, Kadai Vegetables & Saag Rice	56
Fish Curry, Split Masoor Dal & Saag Rice	58
Salads:	
Chicken Salad with coleslaw, potato salad, lettuce, tomato, cucumber, grated carrot and hard-boiled egg.	17.7
Wiltshire Ham Salad with coleslaw, potato salad, lettuce, tomato, cucumber, grated carrot and hard-boiled egg.	17.5
Tuna Mayo Salad with coleslaw, potato salad, lettuce, tomato, cucumber, grated carrot and hard-boiled egg.	17.9
Free Range Egg Mayo Salad with coleslaw, potato salad, lettuce, tomato, cucumber, grated carrot and hard-boiled egg.	17.5
Cheese Salad with coleslaw, potato salad, lettuce, tomato, cucumber, grated carrot and hard-boiled egg.	17.3
Sandwiches:	
Tuna mayo sandwich - White	39
Tuna Mayo sandwich – Wholemeal	31
Just Chicken sandwich - White	40
Just Chicken sandwich– Wholemeal	31

Ham sandwich – White	39
Ham sandwich – Wholemeal	31
Egg Mayo sandwich – White	38
Egg Mayo sandwich - wholemeal	31
Cheddar Cheese sandwich - White	38
Cheddar Cheese sandwich – Wholemeal	31
Accompaniments:	
Grated Cheddar Cheese pot (43g)	0.02
Small Mixed Salad With Honey & Mustard Dip	5.2
Hot Desserts:	
Raspberry Jam Sponge	44.7
Treacle Sponge	48.7
Ginger Sponge	35
Lemon Sponge	35
Apple Crumble	35.2
Custard	19.8
Cold desserts:	
Strawberry Cheesecake	32.4
Apple, Orange?size	Approx. 10g
Peach & Pear in Juice	17.0
Rice pudding pot	19.0
Muller Thick and Creamy Yoghurt (Strawberry or Toffee)	16.3
Mullerlight Strawberry / peach & passion fruit Yoghurt	7.8
Snacks:	
Apple or Orange ?size	Approx. 10g
Sliced apple & grape bag	10.4
Mini Cheddars	18.0
Ambrosia Plain Custard Pot (120g)	17.8
Packet of 3 biscuits (on packet) average	20
Mild Cheddar Cheese Portions (20g)	0
Jacobs Cream Crackers (15.5g)	10.5
Wicked Bakewell Slice (50g)	26.5
Madeira Cake (34g)	18.5
Wicked Lemon Drizzle Cake (42g)	24.4
Golden Syrup Flapjack (40g)	12.8
Extras: Mrs Crimbles Large Jam Coconut ring	22
Mrs Crimbles Giant Macaroon	40