LRI CSSU Menu

Menu Codes

The following symbols can be used to help guide choice if you have specific dietary requirements:

EC Easy to Chew. These Meals are tender and easier to chew and can be cut with the side of a fork or spoon.

V Vegetarian. These dishes are suitable for vegetarians.

GF Gluten Free. These dishes do not contain any gluten containing ingredients and dishes contain less than 20ppm of gluten.

N Neutropenic. These meals are suitable for those who require a neutropenic diet.

Medium Hot Meal.

Other Cultural & Special Diet menus are available

Food Allergies and Intolerances

If you have a food allergy or intolerance, before you order your food and drink, please speak to a member of Ward Staff. Further allergen information is available

Breakfast

Fruit juices – Orange, Apple GF V EC N **(vegan)**
Cornflakes N V
Crispy Rice N V
Coco Pops N V
Wheat Biscuits EC N V **(vegan)**
Frosties N V
Bran Flakes N V
Whole or Semi Skimmed Milk N EC V GF
Ready Brek EC N V

White or Wholemeal Toast V N **(vegan)**
White or Wholemeal Bread EC V N **(vegan)**
Sunflower Spread **(vegan)** / Butter EC N V GF
Jam / Marmalade EC N V GF **(vegan)**
Marmite N EC V **(vegan)**

If gluten free breakfast options are required, ward staff can request from the Catering Department

Gluten Free White Bread N GF V
Gluten Free Cornflakes N GF V
Gluten Free Crusty White Roll N GF V

The Ward can order the following milk options from the Catering Department:

Soya, Oat, Almond and Lactose Free

Main Meals

Fish in Parsley Sauce N EC GF
White Fish in a creamy parsley sauce served with mashed potatoes and root vegetable mash

Salmon Bake N GF
Pieces of salmon and peas in a cheese sauce , topped with diced fried potatoes

Roast Chicken N
Roasted Chicken Breast in a rich gravy served with roast potatoes, stuffing ball and a vegetable medley

Cottage Pie N GF EC
Minced beef in a rich gravy topped with mashed potato served with root vegetable mash

Corned Beef Hash (Energy Dense) N GF
Served with diced fried potatoes

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

Tomato and Cheese Pasta V EC N
Fusilli Pasta in a rich tomato sauce topped with cheese

Macaroni Cheese (Energy Dense) N V EC
Macaroni pasta in a mature cheddar and regato cheese

Vegan Shepherd's Pie N V GF **(vegan)**
Lentils and vegetables in a rich tomato gravy with a fluffy mash potato top. Served with a green vegetable medley

Smoky Bean Chilli N V GF **(vegan)**
A mildly spiced smoky sauce with sweet potato, beans, pea protein mince and peppers served with brown rice

Light Bites

Jacket Potato EC V GF N **(vegan)**
with a choice of fillings:

- Cheddar Cheese EC V N GF
- Baked Beans V GF EC N **(vegan)**
- Tuna Mayonnaise EC N
- Tuna EC N

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

- Ham
- Egg mayonnaise V
- Cheese V
- Chicken
- Tuna Mayonnaise

Sandwiches in White or Brown Bread

- Tuna Mayonnaise N EC
- Mild Cheddar Cheese N V
- Ham N
- Egg Mayonnaise N EC V
- Chicken N

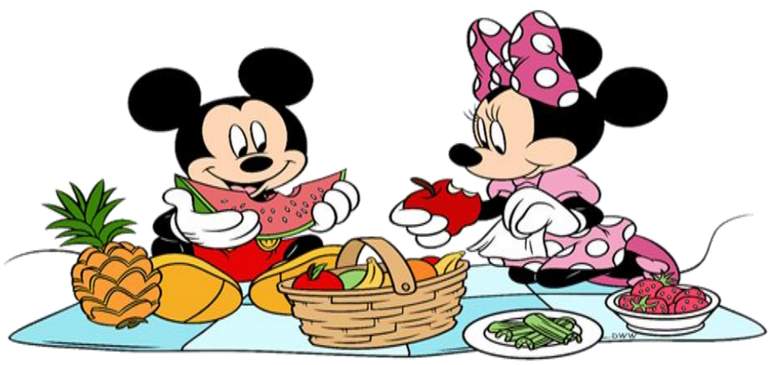
Heinz Soup

- Cream of Chicken EC N
- Cream of Mushroom V EC N
- Cream of Tomato V EC N
- Vegetable V N **(vegan)**

White Crusty Bread Roll N V GF **(vegan)**
Crusty Brown Bread Roll N V **(vegan)**
Soft White Bap N V **(vegan)**
Sunflower Spread **(vegan)** / Butter EC N V GF

Pot Noodle:

- Chicken and Mushroom V N
- Beef and Tomato V N



Dessert and Snack Menu

Hot Desserts

Raspberry Jam Sponge EC V N
Treacle Sponge EC V N
Lemon Sponge EC V N
Ginger Sponge EC V N
Apple Crumble V N **(vegan)**
Custard EC V N
Rice Pudding EC V GF N

Cold Desserts

Light Yoghurt EC N V GF
Thick and Creamy Yoghurt EC V N GF
Rice Pudding EC V GF N
Peach and Pear in Juice V N GF **(vegan)**
Custard Pots N GF EC V
(Banana, Chocolate or Plain)

Drinks

Milk (Whole or Semi Skimmed) GF V EC N
Fruit juices – Orange, Apple GF V EC N **(vegan)**
Orange or Blackcurrant Squash V EC N GF **(vegan)**
Nesquik milkshakes:
Chocolate and Strawberry V EC GF N



CSSU Department Menu V2 FINAL 06.10.26

Please look at our alternative Menus for any other meal requirements such as:

Modified Texture Menus
Kosher Menu
Caribbean and West Indian Menu
Gluten Free Menu
Allergen Aware Menu
Modified Fibre Menus
Vegan Menu

Fruit Snacks

Orange / Apple V GF (N if peeled) **(vegan)**
Banana V GF N EC **(vegan)**
Sliced apple and Grape Bag V GF **(vegan)**
Sun-Maid raisin box V GF **(vegan)**

Sweet Snacks

Assorted Biscuits V N
Bourbon Creams, Custard Creams, Fruit Shortcake, Digestive, Rich Shorties, Ginger Nuts
Bakewell Slice N V EC
Lemon Drizzle Cake Slice V N EC
Madeira Cake EC N V

Savoury Snacks

Crisps: Ready Salted V N GF **(vegan)**
Crisps: Wotsits V EC N
Crisps: Skips V EC N
Crisps: Pom Bears V GF EC N **(vegan)**
Popcorn - Sweet & Salty V GF N **(vegan)**
Cheese and Crackers V N
Served with Sunflower Spread **(vegan)** / Butter

Vegetarian / Vegan Meals

Alu Brinjal Peas with Chana Dal and Basmati Rice N V GF **(vegan)**
Cabbage Peas with Rajasthani Dal and Saffron Rice N V GF **(vegan)**
Corn Peas Methi with Rajasthani Dal and Saffron Rice N V GF EC
Methi Paneer with Mixed Dal and Basmati Rice N V GF
Corn, Peas, Potato with Chana Dal and Basmati Rice N V GF EC **(vegan)**

HALAL

Chicken Coconut, Mixed Dal & Basmati Rice N GF EC
Chicken Saag, Rajasthani Dal & Saffron Rice N GF
Chicken Dal, Kadai Vegetables & Saag Rice N GF
Fish Curry, Split Masoor Dal & Saag Rice N GF EC

To accompany your meal, please ask when ordering

Mini Naan Bread N V **(vegan)**
Natural Yoghurt N V GF EC