Kensington Menu

Menu Codes

The following symbols can be used to 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 Juice-Orange, Apple GF EC V N **(vegan)**
Cornflakes N V
Crispy Rice N V
Coco Pops N V
Wheat Biscuits N V EC **(vegan)**
Frosties N V
Bran Flakes N V
Whole or Semi Skimmed Milk N EC GF V
Ready Brek N V EC

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

If Gluten Free breakfast options are required, ward staff can request from the Catering Department

Gluten Free White Loaf N GF V
Gluten Free Cornflakes N GF V
Gluten Free Crusty White Roll N **(vegan)**

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 potato, 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 sauce

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:
Grated Cheddar Cheese EC V GF N
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 Salad
Egg Mayonnaise Salad V
Cheese Salad V
Chicken Salad
Tuna Mayonnaise Salad

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

Pot Noodle:
- Chicken and Mushroom V N
- Beef and Tomato V N

A la Carte Options

Cheese and Tomato Pizza N V

Plain Omelette N EC V
with cheese N EC V and/or ham N

Halal Chicken Nuggets N *(x3) (x6) or (x9)*
Quorn Vegan Nuggets V N **(vegan)** *(x3) (x6) or (x9)*

Sausages N *(x2) (x4)*

Sides

Seasoned Wedges N V **(vegan)**
Chips N V **(vegan)**
Mashed Potato V N EC
Garlic Bread N V
Baked Beans GF V N EC **(vegan)**
Spaghetti Hoops V N EC **(vegan)**
Peas / Sweetcorn / Mixed Vegetables / Carrots/ Broccoli / Cauliflower N V **(vegan)**
Side Salad *with Honey and Mustard Dressing* GF V

Dessert and Snack Menu

Hot Desserts

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

Cold Desserts

Light Yoghurt (N) (EC) (V)
Thick and Creamy Yoghurt (N) (V) (EC)
Rice Pudding (N) (EC) (GF) (V)
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) (EC) (N) (V)
Fruit juices – Orange, Apple (GF) (EC) (V) (N) **(vegan)**
Orange or Blackcurrant Squash (EC) (N) (V) (GF) **(vegan)**
Nesquik milkshakes:
Chocolate and Strawberry (EC) (N) (GF) (V)



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
Vegan Menu
Modified Fibre menus

Fruit Snacks

Orange / Apple (V) (GF) ((N) if peeled) **(vegan)**
Banana (EC) (GF) (N) (V) **(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
Lemon Drizzle Cake Slice (EC) (N) (V)
Madeira Cake (N) (EC) (V)
Bakewell Slice (N) (V) (EC)
KitKat (V) (N)
Chocolate Fudge bar (GF) (N) (V)
Golden Syrup Flapjack (N) (V) **(vegan)**

Savoury Snacks

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

Vegetarian / Vegan Meals

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

