NHS Estates and Facilities

Vegan Menu

All patients can choose from this menu if they prefer.

Starters

Orange or Apple Fruit Juice

Tomato Soup (Apetito)

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

Crusty White Roll / Crusty brown roll / Sliced White Bap with Sunflower Spread

Main Courses

Alu Brinjal , Peas with Chana Dal and Basmati Rice

Aubergine Potato with Saag Chhole and Pilau Rice

Cabbage Peas with Rajasthani Dal and Saffron Rice

Corn Peas Potato with Chana Dal and Basmati Rice

Alu Matar with Chana Dal and Basmati Rice

Cauliflower, Peas with Toor Dal and Basmati Rice

Tindoora with Whole Moong Dal and Basmati Rice

Provençale Vegetable Bake

Spicy Bean Casserole

Butterbean and Cauliflower Curry with Yellow Rice

Smokey Bean Chilli

Jacket Potato with Baked Beans

Vegan Shepherd's Pie with Vegetable Medley

Sandwiches or Salads

Chipotle Chilli Jam Falafel & Spinach in Soft grain Bread Sandwich

Coronation Chickpea and Onion Bhaji in a Spinach Tortilla Wrap

Onion Bhaji Wrap and Spicy Tomato Chutney in a Tortilla Wrap

Chick 'n and Sweetcorn in Soft grain Bread Sandwich

Onion Bhaji Salad

Ordering in advance for Salads and Sandwiches is advised

Desserts

Apple Crumble (no custard)

Orange / Apple (if peeled)

Banana

Peach and Pear in Juice

Chocolate or Vanilla Soya Dessert

Snack Menu

Puree Apple Fruit Pot

POM Bear Crisps

Ready salted Crisps

Peach and Pear in Juice

Chocolate or Vanilla Soya Dessert

Raisins

3 pack of biscuits – Ginger nuts

Banana / Apple / Orange (if peeled)

Sliced Apple and Grape Bag

Golden Syrup Flapjack

Vegan Snack Bags are available 24/7

'Catering to be contacted if further options are required'

We have various alternative Milks that are available for you to choose from, please ask a member of Ward staff to order for you. Almond, Oat and Soya

See Standard menu for vegan breakfast options

Whilst you are unwell in hospital your nutritional requirements are likely to be increased. This means that your body requires more energy and protein than usual to support your recovery.

To ensure you can meet these requirements whilst following a vegan diet, it is important that you are choosing sufficient and suitable items from this menu. The following points aim to support you in ensuring your nutritional requirements can be met:

- **Include regular snacks between meals. Good choices include soya dessert and crisps.**
- **Include puddings such as a fruit or soya dessert.**
- **For good protein sources choose meals with added beans, lentils and pulses (including Dal).**
- **Opt for a milk of your choice as a nourishing drink throughout the day.**
- **Ensure your nurse is completing the nutritional screening tool to make sure you are being nutritionally monitored**

Menu Codes

V = Vegetarian = Healthier Choice = Higher Energy = High Protein

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

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