NHS
Estates and Facilities

MODIFIED TEXTURE MEAL

Level 5 Minced and Moist Diet

BREAKFAST

Wheat Biscuit (N) (V) **(Vegan)**
(needs to be well soaked with no excess milk)
Ready Brek (N) (V)
Thick & Creamy Yoghurt (N) (P)
Stewed Apple Pot (N) (GF) **(Vegan)**
Plain / Chocolate or Banana Custard Pot (GF) (N) (V)

MAIN COURSES

MEAT & FISH

Fish in Parsley Sauce served with Mashed Potato and Spinach (N) ❤ (P) (GF)

Fish Pie served with Mashed Carrot and Broccoli (N) ⬆ (P) (GF)

Beef Pasta Bolognaise served with Creamed Spinach and Garlic Butter Bread Sauce (N) ⬆ (P)

Sausages in Onion Gravy Served with Parsley Mashed Potato, carrots and broccoli (P) (N) ⬆ (GF)

Cottage Pie served with Minced Carrot in a Parsley Sauce (N) ⬆ (P) (GF)

Hunters Chicken served with Mashed Potato and Broccoli (N) ⬆ (P) (GF)

Chicken Curry served with White Rice and Smooth Spinach Dhal (N) ⬆ (P) (GF)

VEGETARIAN & VEGAN

Macaroni Cheese served with Broccoli and Spinach Puree (N) ⬆ (P) (V)

Cheese, Onion & Chive Potato Topped Pie served with Minced Root Vegetables (N) ⬆ (P) (GF) (V)

Tomato & Basil Pasta with Pea Puree (N) ❤ (V) **(vegan)**

Mushroom Risotto served with Spinach and Sweet Pea Puree (N) ❤ (GF) (V) **(vegan)**

Cauliflower and Lentil Curry served with White Rice seasoned with Turmeric (N) ⬆ (GF) (V) **(vegan)**

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HOT DESSERTS

Rice Pudding with Summer Fruits Puree N GF V

Sticky Toffee Sponge with Toffee Sauce N GF V ⇧ P

Lemon Sponge with Lemon Sauce N V ⇧ P

Bakewell Sponge with Custard N V

Apple Sponge with Apple Sauce N GF V P

COLD DESSERTS

Raspberry Dessert N GF V

Chocolate Mousse N GF V

Strawberry Mousse N GF V

Plain / Banana / Chocolate Custard Pot N GF V

Thick & Creamy Yoghurt N GF V P

SNACKS

Plain / Banana / Chocolate Custard Pot N V GF

Thick and Creamy Yoghurt N P GF V

Stewed Apple Pot N GF ❤ V **(Vegan)**

Rice pudding Pot N GF V

Menu Codes

Healthier Option ❤

Gluten Free GF

Vegetarian V

Higher Energy ⇧

Suitable for Neutropenic Diet N

Higher Protein P