MODIFIED TEXTURE MEAL

Level 6 Soft and Bite-Sized 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 COURSE

MEAT & FISH

Fish Pie served with Carrots (N) (P) (GF)

Beef Hotpot served with Spinach in a Mature Cheddar Cheese Sauce (N) (P) (GF)

Sausage in rich Onion Gravy served with Mature Cheddar Cheese Mashed Potato and Carrots (N)

Shepherd's Pie served with Diced Mixed Root Vegetables (N) (P) (GF)

Chicken Tikka Masala served with Cooked White Rice seasoned with turmeric (N) (GF) (P)

Chicken in Gravy served with Fried Potatoes tumbled in Sage & Onion, Diced Carrots and Broccoli & Cauliflower Cheese Puree (N) (GF)

VEGETARIAN & VEGAN

Macaroni Cheese Pasta in a Cheese Sauce, served with a Root Vegetable Ratatouille (N) (P) (V)

Cheese and Onion Potato Pie served with Mashed Broccoli, Carrots and Swede (N) (V)

Spinach and Lentil Pasta served with Root Vegetable Ratatouille (N) (P) (V) **(vegan)**

Vegetable Curry served with Curried Spinach and Bombay Potatoes (N) (GF) (V) **(vegan)**

Vegetable Bake served with Cauliflower in a Cheese Alternative Sauce (N) (V) **(vegan)**

HOT DESSERTS

*Ginger Sponge with Custard

*Treacle Sponge with Custard

*Lemon Sponge with Custard

*Raspberry Jam Sponge with Custard

Rice Pudding

*Cut sponge desserts into bite-sized pieces before serving to patients, ensure to cover all pieces of the dessert in Custard (IDDSI recommendation – maximum 1.5cm pieces)

COLD DESSERTS

Banana / Chocolate Custard Pot

Raspberry Dessert

Rice Pudding Pot

Thick & Creamy Yoghurt

Light Yoghurt

SNACKS

Plain Custard Pot

Thick and Creamy Yoghurt

Chocolate Custard Pot

Banana Custard Pot

Stewed Apple Pot **(Vegan)**

Rice Pudding Pot

Menu Codes

Healthier Option

Gluten Free

Vegetarian

Higher Energy

Suitable for Neutropenic Diet

Higher protein