Estates and Facilities

Option 1: Adult Very Low Fibre Menu

This menu is not nutritionally adequate and should only be used under supervision of the ward Dietitian.
This menu should only be used in patients with the following: Stricturing / Fistulating Bowel Disease, Bowel Obstruction- including tumours, and weaning on or weaning off exclusive enteral nutrition.

Breakfast

Crispy Rice / Cocopops / Cornflakes

Whole-Milk / Semi-Skimmed Milk

Light Yoghurt / Thick and Creamy Yoghurt

Bread / toast not appropriate

Starter

Orange Juice / Apple Juice **(vegan)**

Cream of Tomato Soup- Heinz

Cream of Mushroom Soup- Heinz

Cream of Chicken Soup– Heinz

Bread roll not appropriate

Main Meal

For options below, choose items individually to make a complete meal:

Plain white Fish / Plain Tuna

Chicken Breast (Halal) / Sliced Ham

Plain Omelette / Cheese Omelette

With sides available

Boiled Rice / Spaghetti Hoops in Tomato Sauce

Mashed Potato / Root Vegetable Mash

Gravy **(vegan)**

Plated Meals

Macaroni Cheese (Smaller Energy Dense meal)

Chicken Tikka Masala served with Steamed Yellow Rice

Nourishing Soup

Chicken Soup N EC ♥ GF

Hot Desserts

Ginger Sponge N EC ⇧ V

Treacle Sponge N EC V ⇧ (P with custard)

Lemon Sponge N EC ⇧ V

Raspberry Jam Sponge N EC V ⇧ (P with custard)

Custard EC N V

Rice Pudding EC N V GF

(Custard can be served with all Hot Desserts on request)

Cold Desserts

Thick & Creamy Yoghurt EC N P V GF

Light Yoghurt EC N ♥ V P GF

Rice Pudding Pot EC N GF V

Plain, Banana or Chocolate Custard Pot EC N V GF

Chocolate or Vanilla Soya Dessert EC N V ♥ GF **(vegan)**

Snacks

Wotsits N EC V / Pom Bears N EC V / Skips N EC V

Custard Creams N V / Rich Shorties N V / Ginger Nuts N V

Plain, Banana or Chocolate Custard Pot N EC V GF

Menu Codes

V = Vegetarian ♥ = Healthier Choice P = Higher Protein

⇧ = Higher Energy GF = Gluten Free N = Suitable for a Neutropenic Diet

EC = Easier to Chew (These are tender and easier to chew and can be cut with a side of a fork or spoon)