Option 2: Adult Low Fibre Menu

Estates and Facilities

This menu may not be nutritionally adequate for all patients, and should only be used in patients with the following: High Output Stoma's/ Active Inflammatory Bowel Disease/ Newly Formed Ileostomy.

Breakfast

Crispy Rice / Cocopops / Cornflakes

Whole-Milk / Semi-Skimmed Milk

White Bread **(vegan)**

Butter / Sunflower Spread **(vegan)**

Jam **(vegan)** / Marmalade **(vegan)**

Cream Cheese Spread / Marmite **(vegan)**

Light Yoghurt / Thick and Creamy Yoghurt

Starter

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

Cream of Tomato Soup- Heinz

Cream of Mushroom Soup- Heinz

Cream of Chicken Soup– Heinz

Melba Toast

Crusty White Roll **(vegan)** / Sliced White Bap **(vegan)**

with Sunflower Spread **(vegan)** / Butter / Cream cheese

Main Meal

Fish In Parsley Sauce with Mashed Potato and Root Vegetable Mash

Beef Pasta Bolognaise

Cottage Pie with Root Vegetable Mash

Cheese & Tomato Pasta

Chicken Tikka Masala served with Steamed Yellow Rice

Smaller Energy Dense Meals

Macaroni Cheese

Corned Beef Hash

Nourishing Soup

Chicken Soup

Served with a choice of roll and butter / sunflower spread or a sandwich for a more fulfilling meal

Sandwich's on White Bread

Ham / Cheese

Egg Mayonnaise / Tuna Mayonnaise

Chicken

Accompaniments (additional menu choice to accompany any meal)

- Grated cheddar cheese portion
- Natural yogurt
- Crusty White Roll **(vegan)** or a Sliced White Bap **(vegan)** with Sunflower Spread **(vegan)** or *Butter
- Mini Naan
- Gravy **(vegan)**

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

Plain Omelette / Cheese Omelette

Plain white Fish / Plain Tuna

Chicken Breast (Halal) / Sliced Ham

With sides available

Boiled Rice / Spaghetti Hoops in Tomato Sauce

Mashed Potato / Root Vegetable Mash

Gravy **(vegan)**

Hot Desserts

Ginger Sponge EC N V ⇧

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

Lemon Sponge EC N ⇧ V

Treacle Sponge EC N ⇧ V (P with custard)

Plain Custard EC N V

Rice Pudding EC N GF V

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

Cold Desserts

Thick & Creamy Yoghurt EC N V P GF

Light Yoghurt EC N ♥ V P GF

Rice Pudding EC V N GF

Plain, Banana or Chocolate Custard Pot EC N GF V

Peach and Pear in Juice N V ♥ GF **(vegan)**

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

Snacks (N all snacks suitable)

Ready salted crisps GF V **(vegan)**

Wotsits EC V / Pom Bear EC V / Skips EC V

Bakewell Slice V EC ⇧ / Lemon Drizzle Cake V EC / Madeira Cake V EC

Custard Creams V / Rich Shorties V / Ginger Nut V

Plain, Banana or Chocolate Custard Pot EC V GF

Cheese & Crackers V P with Sunflower Spread **(vegan)** or Butter EC GF V

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)