Option 3: Adult Modified Fibre Menu

This menu may not be nutritionally adequate for all patients.

This menu is suitable for those patients with: Newly formed Colostomy, Inactive Inflammatory Bowel Disease, C-Diff infection, or Receiving Pelvic Radiotherapy.

Breakfast

Crispy Rice / Cornflakes / Cocopops

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)**

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 Mashed Potato and Root Vegetable Mash

Cheese & Tomato Pasta

Chicken Tikka Masala serve with Steamed Yellow Rice

Smaller Energy Dense Meals

Cheese & Potato Bake

Macaroni Cheese

Chicken Hotpot

Corned Beef Hash

Jacket potato

(All potatoes are served with a portion of sunflower spread (vegan) or butter and a choice of filiing)

Jacket Potato **(vegan)** (the skin of the potato should not be eaten)

Served with

Grated Cheddar Cheese / Plain Tuna

Tuna Mayonnaise

Nourishing Soup

Chicken Soup

Cheesy leek and Potato Soup

Tomato and Lentil Soup

Available with your 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 or a Sliced White Bap **(vegan)**

with Sunflower Spread **(vegan)** or Butter

- Mini Naan
- Gravy **(vegan)**
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If you are struggling to find suitable options on this menu – please ask to see the Option 1: Adult Very Low Fibre Menu for individual items that can be put together to make a complete meal

Hot Desserts

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

Ginger Sponge EC N ⬆ V

Lemon Sponge N EC V ⬆

Treacle Sponge N EC ⬆ V (P with custard)

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

Plain Custard N EC V

Rice Pudding EC N V GF

Cold Desserts

Thick & Creamy Yoghurt N EC V P GF / Light Yoghurt N EC P ❤ V GF

Rice Pudding N EC V GF

Plain, Banana or Chocolate Custard Pot V N EC GF

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

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

Snacks

Ready Salted crisps GF N V **(vegan)**

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

Bakewell Slice EC V ⬆ N / Lemon Drizzle Cake V EC N

Madeira Cake V EC N

Custard Creams V N ⬆ / Highland Shorties ⬆ V N / Ginger Nut N V

Plain, Banana or Chocolate Custard Pot EC N V GF

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