

GLUTEN FREE (NGCI) LUNCH MENU

Name:

Ward:

Bed No:

This menu only includes items which are Gluten Free. However, all our menus are also coded for Gluten Free. You may be able to make a suitable choice from the main menu.

Please choose one main course & one dessert by placing a tick (✓) in the appropriate box

Dietary Coding

STARTER SELECTION - please select your starter from the Core menu

MAIN COURSE SELECTION

1.	<input type="checkbox"/>	Baked Beans on Gluten Free Toast	V
2.	<input type="checkbox"/>	Ratatouille with Rice & Peas	♥ GF
3.	<input type="checkbox"/>	Spicy Bean Casserole	♥ GF Vg
4.	<input type="checkbox"/>	Cheese , Onion, Leek & Potato Bake	GF V
5.	<input type="checkbox"/>	Cauliflower, Cheese & Broccoli Bake	GF V
6.	<input type="checkbox"/>	Dhal Makhani with Bombay Potatoes & Basmati Rice: whole brown lentils cooked with spices in a rich creamy sauce	↑ EC V
7.	<input type="checkbox"/>	Aloo Saag with Toor Dal & Basmati Rice: potatoes cooked in a spinach, onion and tomato sauce	↑ EC Vg
8.	<input type="checkbox"/>	Salmon & Broccoli Supreme	
9.	<input type="checkbox"/>	Savoury Minced Beef	
10.	<input type="checkbox"/>	Vegan Cottage Pie	♥ EC GF Vg
11.	<input type="checkbox"/>	Tuna Mayonnaise sandwich in Gluten free bread	
12.	<input type="checkbox"/>	Cheddar Cheese sandwich in Gluten free bread	V
13.	<input type="checkbox"/>	Ham sandwich in Gluten free bread	

DESSERT SELECTIONS

You can also choose a GF indicated dessert on the Core Menu

14.	<input type="checkbox"/>	Stewed Apple and Cinnamon	♥ EC V
15.	<input type="checkbox"/>	Rice Pudding Pot	EC V
16.	<input type="checkbox"/>	Thick & Creamy Yogurt	EC V

All dishes are subject to availability.

Other Menus, including Cultural & Special diets, are available please ask the ward staff

Every care is taken to ensure allergen integrity of our food, however we don't have allergen free zones and our food may be handled where other allergens are present. Please ask your ward housekeeper if you have any specific concerns, allergen information can be viewed on LTH web site:

<http://www.leedsth.nhs.uk/a-z-of-services/patient-catering/menus/>

GLUTEN FREE (NGCI) EVENING MENU

Name:

Ward:

Bed No:

Please choose one main course & one dessert by placing a tick (✓) in the appropriate box.

		Dietary Coding
MAIN COURSE SELECTION		
1.	<input type="checkbox"/>	Baked Beans on Gluten Free Toast
		V
2.	<input type="checkbox"/>	Ratatouille with Rice & Peas
		♥ GF
3.	<input type="checkbox"/>	Spicy Bean Casserole
		♥ GF Vg
4.	<input type="checkbox"/>	Cheese , Onion, Leek & Potato Bake
		GF V
5.	<input type="checkbox"/>	Cauliflower, Cheese & Broccoli Bake
		GF V
6.	<input type="checkbox"/>	Dhal Makhani with Bombay Potatoes & Basmati Rice: whole brown lentils cooked with spices in a rich creamy sauce
		↑ EC V
7.	<input type="checkbox"/>	Aloo Saag with Toor Dal & Basmati Rice: potatoes cooked in a spinach, onion and tomato sauce
		↑ EC Vg
8.	<input type="checkbox"/>	Salmon & Broccoli Supreme
9.	<input type="checkbox"/>	Savoury Minced Beef
10.	<input type="checkbox"/>	Vegan Cottage Pie
		♥ EC GF Vg
11.	<input type="checkbox"/>	Tuna Mayonnaise sandwich in Gluten free bread
12.	<input type="checkbox"/>	Cheddar Cheese sandwich in Gluten free bread
		V
13.	<input type="checkbox"/>	Ham sandwich in Gluten free bread
DESSERT SELECTIONS		
<i>You can also choose a GF indicated dessert on the Core Menu</i>		
14.	<input type="checkbox"/>	Stewed Apple and Cinnamon
		♥ EC V
15.	<input type="checkbox"/>	Rice Pudding Pot
		EC V
16.	<input type="checkbox"/>	Thick & Creamy Yogurt
		EC V

All dishes are subject to availability.

KEY TO DIETARY CODES:

- ♥ **Healthier Choices** are lower in fat, salt and sugar and are suitable if you have been advised to follow a "healthier diet" for example for your diabetes or for your heart health or if you are trying to lose weight
- ↑ **Higher Energy** items are suitable if you have a small appetite or require food high in energy due to your illness, weight loss or surgery
- EC** Foods which are softer and **easier to chew** (suitable for those on level 7 textured diet)
- V** **Vegetarian** items are free from meat, poultry, fish and gelatine.
- Vg** **Vegan** if you follow a Vegan diet
- GF** **Gluten Free** if you follow a gluten free diet.

May 2023