

# LOW POTASSIUM KOSHER MENU - LUNCH

Name:

Ward:

Bed Number:

**Please select your meal choice by placing a tick (✓) in the appropriate box.**

- |     |                          |   |
|-----|--------------------------|---|
| 2.  | <input type="checkbox"/> | <b>Chicken Chasseur</b> with pilaff rice, peas & corn                                     |
| 3.  | <input type="checkbox"/> | <b>Meatballs in Tomato Sauce</b> with pasta, peas and corn                                |
| 5.  | <input type="checkbox"/> | <b>Meat Lasagne</b> with mixed vegetables & spinach                                       |
| 6.  | <input type="checkbox"/> | <b>Spaghetti Neapolitan</b> with green beans & glazed carrots                             |
| 7.  | <input type="checkbox"/> | <b>Macaroni Cheese</b> with mixed vegetables  |
| 8.  | <input type="checkbox"/> | <b>Vegetable Schnitzel</b> on fried onions with Parisienne potatoes & continental cabbage |
| 9.  | <input type="checkbox"/> | <b>Roast Chicken</b> with Roast potatoes & mixed vegetables                               |
| 10. | <input type="checkbox"/> | <b>Fried Cod</b> with Parisienne potatoes & continental cabbage                           |

Dietary Coding
↑ GF
↑
↑
♥ V
V
V
GF

## DESSERT SELECTION

*Please choose your dessert from:*

- |     |                          |                      |
|-----|--------------------------|----------------------|
| 12. | <input type="checkbox"/> | <b>Fruit Jelly</b>   |
| 13. | <input type="checkbox"/> | <b>Peach Melba</b>   |
| 14. | <input type="checkbox"/> | <b>Apple Crumble</b> |
| 15. | <input type="checkbox"/> | <b>Apple Pie</b>     |

EC	Vg	GF
EC	Vg	GF
		V
		V

*All dishes are subject to availability*

*The Kosher meals on this menu are produced under the licensing authority of "Kedassia"*

### **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 LTHT web site:

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

## LOW POTASSIUM KOSHER MENU - EVENING MEAL

Name:

Ward:

Bed Number:

*Please select your meal choice by placing a tick (✓) in the appropriate box.*

- |     |                          |   |
|-----|--------------------------|---|
| 2.  | <input type="checkbox"/> | <b>Chicken Chasseur</b> with pilaff rice, peas & corn                                     |
| 3.  | <input type="checkbox"/> | <b>Meatballs in Tomato Sauce</b> with pasta, peas and corn                                |
| 5.  | <input type="checkbox"/> | <b>Meat Lasagne</b> with mixed vegetables & spinach                                       |
| 6.  | <input type="checkbox"/> | <b>Spaghetti Neapolitain</b> with green beans & glazed carrots                            |
| 7.  | <input type="checkbox"/> | <b>Macaroni Cheese</b> with mixed vegetables  |
| 8.  | <input type="checkbox"/> | <b>Vegetable Schnitzel</b> on fried onions with Parisienne potatoes & continental cabbage |
| 9.  | <input type="checkbox"/> | <b>Roast Chicken</b> with Roast potatoes & mixed vegetables                               |
| 10. | <input type="checkbox"/> | <b>Fried Cod</b> with Parisienne potatoes & continental cabbage                           |

Dietary Coding
↑ GF
↑
↑
♥ V
V
V
GF

### DESSERT SELECTION

*Please choose your dessert from:*

- |     |                          |                      |
|-----|--------------------------|----------------------|
| 12. | <input type="checkbox"/> | <b>Fruit Jelly</b>   |
| 13. | <input type="checkbox"/> | <b>Peach Melba</b>   |
| 14. | <input type="checkbox"/> | <b>Apple Crumble</b> |
| 15. | <input type="checkbox"/> | <b>Apple Pie</b>     |

EC	Vg	GF
EC	Vg	GF
		V
		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.

**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 LTHT web site:

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

May 2023