

Low Potassium Menu Lunch Meal - Monday Bed Number:

Please select one starter, one main course, up to two accompaniments and a dessert by placing a tick (✓) in the appropriate box. **For smaller portions please tick here ()**

<i>STARTERS</i>		Dietary coding	
1.	<input type="checkbox"/>	Bread Roll (To have with soup or complete salad meal)	V

<i>MAIN COURSE - HOT DISHES</i>		Dietary coding	
2.	<input type="checkbox"/>	Fish Finger Sandwich	↑
3.	<input type="checkbox"/>	Cheese & Onion Quiche	V
4.	<input type="checkbox"/>	Plain Omelette	EC V GF

<i>MAIN COURSE - SANDWICH SELECTION</i>		Dietary coding	
5.	<input type="checkbox"/>	Cheese & Pickle in white bread (as a sandwich or a hot Toastie)	↑ V
6.	<input type="checkbox"/>	Cheese in white bread (as a sandwich or a hot Toastie)	↑ V
7.	<input type="checkbox"/>	Egg Mayo in white bread	♥ V
8.	<input type="checkbox"/>	Egg Mayo in wholemeal bread	V
9.	<input type="checkbox"/>	Tuna Mayo in white bread	V
10.	<input type="checkbox"/>	Tuna Mayo in wholemeal bread	V
11.	<input type="checkbox"/>	Ham in white Bread	V
12.	<input type="checkbox"/>	Ham in wholemeal Bread	V

Items 5-12 may be suitable for 'easy chew' diets only if approved as safe for you by Speech & Language Therapy

<i>MAIN COURSE - SALAD MEAL SELECTION</i>		Dietary coding	
served with lettuce, shredded red cabbage, cucumber, carrot & tomatoes			
13.	<input type="checkbox"/>	Tuna Mayonnaise salad meal with coleslaw	♥
14.	<input type="checkbox"/>	Cheddar cheese salad meal with coleslaw	V GF
15.	<input type="checkbox"/>	Smoked Mackerel salad meal with beetroot salad	GF

<i>ACCOMPANIMENTS</i>		Dietary coding	
<i>You can choose up to 2 accompaniments for items 2-12</i>			
16.	<input type="checkbox"/>	Pasta Italienne - Pasta spirals, tomatoes, mixed peppers and onion in a herby tomato sauce	↑ V
17.	<input type="checkbox"/>	Coleslaw	♥ V GF
18.	<input type="checkbox"/>	Side Salad - iceberg lettuce, shredded red cabbage, carrot, tomato & cucumber take as garnish size only	♥ Vg GF
19.	<input type="checkbox"/>	Garden Peas	♥ Vg GF

<i>DESSERT SELECTION</i>		Dietary coding	
20.	<input type="checkbox"/>	Vanilla Ice Cream	V GF
21.	<input type="checkbox"/>	Fresh Apple	♥ Vg GF
22.	<input type="checkbox"/>	With Custard (NB thickened by ward staff if thickened fluids required)	V GF

All dishes are subject to availability.

Low Potassium Menu Evening Meal - Monday

Bed Number:

Please select one main course, up to two side dishes and a dessert by placing a tick (✓) in the appropriate box. **For smaller portions please tick here ()**

MAIN COURSE HOT DISHES		Dietary coding
1.	<input type="checkbox"/> Tuna Pasta Bake	♥
2.	<input type="checkbox"/> Macaroni Cheese	↑ EC V
3.	<input type="checkbox"/> Cheese Omelette	EC V GF
4.	<input type="checkbox"/> With Gravy (NB thickened by ward staff if thickened fluids required)	V
5.	<input type="checkbox"/> with Garlic Bread	V
SIDE DISHES SELECTION		
You can choose up to 2 side dishes with items 1-3:		
6.	<input type="checkbox"/> Mashed Potatoes	↑ EC V GF
7.	<input type="checkbox"/> Boiled Rice	♥ Vg GF
8.	<input type="checkbox"/> Sweetcorn	♥ Vg GF
9.	<input type="checkbox"/> Broccoli	♥ Vg GF
Or COLD MAIN - DAILY SANDWICH & SALAD MEAL SELECTION		
10.	<input type="checkbox"/> Cheese in white (as a sandwich or a hot Toastie)	↑ V
11.	<input type="checkbox"/> Egg Mayo in white	♥ V
13.	<input type="checkbox"/> Ham in white	
14.	<input type="checkbox"/> Ham in wholemeal	
15.	<input type="checkbox"/> Tuna Mayonnaise salad meal with coleslaw and lettuce, shredded red cabbage, cucumber, carrot & tomatoes	♥
16.	<input type="checkbox"/> Cheddar Cheese salad meal with coleslaw and lettuce, shredded red cabbage, cucumber, carrot & tomatoes	V GF
17.	<input type="checkbox"/> Bread Roll (to have with complete salad meal)	V
Items 10-14 maybe suitable for 'easy chew' diets <u>only</u> if approved as safe for you by Speech & Language Therapy		

DESSERT SELECTION		
18.	<input type="checkbox"/> Lemon Flavour Sponge <i>Do not choose with custard</i>	↑ EC V
19.	<input type="checkbox"/> Pineapple in Natural Juice	♥ Vg GF
20.	<input type="checkbox"/> Rice Pudding (If you would like jam, please ask your housekeeper)	GF
21.	<input type="checkbox"/> with Custard <i>Do not choose with sponge</i> (NB thickened by ward staff if thickened fluids required)	V GF

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

Low Potassium Menu Lunch Meal - Tuesday Bed Number:

Please select one starter, one main course, up to two accompaniments and a dessert by placing a tick (✓) in the appropriate box. **For smaller portions please tick here ()**

<i>STARTERS</i>		Dietary coding
1.	<input type="checkbox"/>	Bread Roll (To have with soup or complete salad meal)
		V

<i>MAIN COURSE - HOT DISHES</i>		
2.	<input type="checkbox"/>	Lamb Pasty
3.	<input type="checkbox"/>	Salmon, Lemon & Dill Fish Cake
4.	<input type="checkbox"/>	Plain Omelette
		♥ EC EC V GF

<i>MAIN COURSE - SANDWICH SELECTION</i>		
5.	<input type="checkbox"/>	Cheese & Pickle in white bread (as a sandwich or a hot Toastie)
6.	<input type="checkbox"/>	Cheese in white bread (as a sandwich or a hot Toastie)
7.	<input type="checkbox"/>	Egg Mayo in white bread
8.	<input type="checkbox"/>	Egg Mayo in wholemeal bread
9.	<input type="checkbox"/>	Tuna Mayo in white bread
10.	<input type="checkbox"/>	Tuna Mayo in wholemeal bread
11.	<input type="checkbox"/>	Ham in white Bread
12.	<input type="checkbox"/>	Ham in wholemeal Bread
		↑ V ↑ V ♥ V

Items 5-12 maybe suitable for 'easy chew' diets only if approved as safe for you by Speech & Language Therapy

<i>MAIN COURSE - SALAD MEAL SELECTION</i>		
served with lettuce, shredded red cabbage, cucumber, carrot & tomatoes		
13.	<input type="checkbox"/>	Tuna Mayonnaise salad meal with coleslaw
14.	<input type="checkbox"/>	Cheddar cheese salad meal with coleslaw
15.	<input type="checkbox"/>	Smoked Mackerel salad meal with beetroot salad
		♥ V GF GF

<i>ACCOMPANIMENTS</i>		
<i>You can choose up to 2 accompaniments for items 4-18</i>		
16.	<input type="checkbox"/>	Pasta Italiane - Pasta spirals, tomatoes, mixed peppers and onion in a herby tomato sauce
17.	<input type="checkbox"/>	Coleslaw
18.	<input type="checkbox"/>	Side Salad - iceberg lettuce, shredded red cabbage, carrot, tomato & cucumber take as garnish size only
19.	<input type="checkbox"/>	Garden Peas
		↑ V ♥ V GF ♥ Vg GF ♥ Vg GF

<i>DESSERT SELECTION</i>		
20.	<input type="checkbox"/>	Chocolate Ice Cream
21.	<input type="checkbox"/>	Strawberry and White Chocolate Muffin Do not choose with custard
22.	<input type="checkbox"/>	Mandarins in Juice
23.	<input type="checkbox"/>	With Custard Do not choose with muffin (NB thickened by ward staff if thickened fluids required)
		V GF ↑ V ♥ EC Vg GF V GF

All dishes are subject to availability.

Low Potassium Menu Evening Meal - Tuesday

Bed Number:

Please select one main course, up to two side dishes and a dessert by placing a tick (✓) in the appropriate box. **For smaller portions please tick here ()**

MAIN COURSE HOT DISHES		Dietary coding
1.	<input type="checkbox"/> Beef Lasagne	↑ EC
2.	<input type="checkbox"/> Chicken & Vegetable Casserole	♥ GF
3.	<input type="checkbox"/> Cheese Omelette	EC V GF
4.	<input type="checkbox"/> with Gravy (NB thickened by ward staff if thickened fluids required)	V
5.	<input type="checkbox"/> with Garlic Bread	V
SIDE DISHES SELECTION		
You can choose up to 2 side dishes with items 1-3:		
6.	<input type="checkbox"/> Mashed Potatoes	↑ EC V GF
7.	<input type="checkbox"/> Boiled Rice	♥ Vg GF
8.	<input type="checkbox"/> Garden Peas	♥ Vg GF
9.	<input type="checkbox"/> Spring Cabbage	♥ Vg GF
Or COLD MAIN - DAILY SANDWICH & SALAD MEAL SELECTION		
10.	<input type="checkbox"/> Cheese in white (as a sandwich or a hot Toastie)	↑ V
11.	<input type="checkbox"/> Egg Mayo in white	♥ V
13.	<input type="checkbox"/> Ham in white	
14.	<input type="checkbox"/> Ham in wholemeal	
15.	<input type="checkbox"/> Tuna Mayonnaise salad meal with coleslaw and lettuce, shredded red cabbage, cucumber, carrot & tomatoes	♥
16.	<input type="checkbox"/> Cheddar Cheese salad meal with coleslaw and lettuce, shredded red cabbage, cucumber, carrot & tomatoes	V GF
17.	<input type="checkbox"/> Bread Roll (to have with complete salad meal)	V
Items 10-14 maybe suitable for 'easy chew' diets <u>only</u> if approved as safe for you by Speech & Language Therapy		

DESSERT SELECTION		
18.	<input type="checkbox"/> Apricot Crumble <i>Do not choose with custard</i>	↑ EC Vg
19.	<input type="checkbox"/> Fresh Apple	♥ Vg GF
20.	<input type="checkbox"/> Rice Pudding (If you would like jam, please ask your housekeeper)	GF
21.	<input type="checkbox"/> Cheddar Cheese & Cream Crackers	↑ V
22.	<input type="checkbox"/> With Custard <i>Do not choose with crumble</i> (NB thickened by ward staff if thickened fluids required)	V GF

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- 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

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May 2023

Low Potassium Menu Lunch Meal - Wednesday Bed Number:

Please select one starter, one main course, up to two accompaniments and a dessert by placing a tick (✓) in the appropriate box. **For smaller portions please tick here ()**

<i>STARTERS</i>		Dietary coding
1.	<input type="checkbox"/>	Bread Roll (To have with soup or complete salad meal)
		V

<i>MAIN COURSE - HOT DISHES</i>		
2.	<input type="checkbox"/>	Chicken & Mushroom Pie
3.	<input type="checkbox"/>	Fish Finger Sandwich
4.	<input type="checkbox"/>	Plain Omelette
		EC V GF

<i>MAIN COURSE - SANDWICH SELECTION</i>		
5.	<input type="checkbox"/>	Cheese & Pickle in white bread (as a sandwich or a hot Toastie)
6.	<input type="checkbox"/>	Cheese in white bread (as a sandwich or a hot Toastie)
7.	<input type="checkbox"/>	Egg Mayo in white bread
8.	<input type="checkbox"/>	Egg Mayo in wholemeal bread
9.	<input type="checkbox"/>	Tuna Mayo in white bread
10.	<input type="checkbox"/>	Tuna Mayo in wholemeal bread
11.	<input type="checkbox"/>	Ham in white Bread
12.	<input type="checkbox"/>	Ham in wholemeal Bread
		↑ V ↑ V ♥ V

Items 5-12 maybe suitable for 'easy chew' diets only if approved as safe for you by Speech & Language Therapy

<i>MAIN COURSE - SALAD MEAL SELECTION</i>		
served with lettuce, shredded red cabbage, cucumber, carrot & tomatoes		
13.	<input type="checkbox"/>	Tuna Mayonnaise salad meal with coleslaw
14.	<input type="checkbox"/>	Cheddar cheese salad meal with coleslaw
15.	<input type="checkbox"/>	Smoked Mackerel salad meal with beetroot salad
		♥ V GF GF

<i>ACCOMPANIMENTS</i>		
<i>You can choose up to 2 accompaniments for items 4-18</i>		
16.	<input type="checkbox"/>	Pasta Italienne - Pasta spirals, tomatoes, mixed peppers and onion in a herby tomato sauce
17.	<input type="checkbox"/>	Coleslaw
18.	<input type="checkbox"/>	Side Salad - iceberg lettuce, shredded red cabbage, carrot, tomato & cucumber take as garnish size only
19.	<input type="checkbox"/>	Garden Peas
		↑ V ♥ V GF ♥ Vg GF ♥ Vg GF

<i>DESSERT SELECTION</i>		
20.	<input type="checkbox"/>	Strawberry Ice Cream
21.	<input type="checkbox"/>	Lemon Muffin Do not choose with custard
22.	<input type="checkbox"/>	Peach and Pear in Juice
23.	<input type="checkbox"/>	With Custard Do not choose with muffin (NB thickened by ward staff if thickened fluids required)
		V GF ↑ V ♥ EC Vg GF V GF

All dishes are subject to availability.

Low Potassium Menu Evening Meal - Wednesday

Bed Number:

Please select one main course, up to two side dishes and a dessert by placing a tick (✓) in the appropriate box. **For smaller portions please tick here ()**

MAIN COURSE HOT DISHES		Dietary coding
1.	<input type="checkbox"/> Macaroni Cheese	↑ EC V
2.	<input type="checkbox"/> Chicken Curry (mild 🍴)	♥ EC GF
3.	<input type="checkbox"/> Cheese Omelette	EC V GF
4.	<input type="checkbox"/> With Gravy (NB thickened by ward staff if thickened fluids required)	V
SIDE DISHES SELECTION		
<i>You can choose up to 2 side dishes with items 1-3:</i>		
5.	<input type="checkbox"/> Mashed Potatoes	↑ EC V GF
6.	<input type="checkbox"/> Boiled Rice	♥ Vg GF
7.	<input type="checkbox"/> Green Beans	♥ Vg GF
8.	<input type="checkbox"/> Sliced Carrots	♥ Vg GF
Or COLD MAIN - DAILY SANDWICH & SALAD MEAL SELECTION		
9.	<input type="checkbox"/> Cheese in white (as a sandwich or a hot Toastie)	↑ V
10.	<input type="checkbox"/> Egg Mayo in white	♥ V
11.	<input type="checkbox"/> Egg Mayo in wholemeal	
12.	<input type="checkbox"/> Ham in white	
13.	<input type="checkbox"/> Ham in wholemeal	
14.	<input type="checkbox"/> Tuna Mayonnaise salad meal with coleslaw and lettuce, shredded red cabbage, cucumber, carrot & tomatoes	♥
15.	<input type="checkbox"/> Cheddar Cheese salad meal with coleslaw and lettuce, shredded red cabbage, cucumber, carrot & tomatoes	V GF
16.	<input type="checkbox"/> Bread Roll (to have with complete salad meal)	V
Items 9-13 maybe suitable for 'easy chew' diets <u>only</u> if approved as safe for you by Speech & Language Therapy		

DESSERT SELECTION		Dietary coding
17.	<input type="checkbox"/> Syrup Sponge <i>Do not choose with custard</i>	↑ EC V
18.	<input type="checkbox"/> Fresh Orange	♥ Vg GF
19.	<input type="checkbox"/> Rice Pudding (If you would like jam, please ask your housekeeper)	GF
20.	<input type="checkbox"/> Thick & Creamy Yogurt <i>limit to twice a week</i>	EC V GF
21.	<input type="checkbox"/> With Custard <i>Do not choose with Sponge</i> (NB thickened by ward staff if thickened fluids required)	V GF

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

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May 2023

Low Potassium Menu Lunch Meal - Thursday

Bed Number:

Please select one starter, one main course, up to two accompaniments and a dessert by placing a tick (✓) in the appropriate box. **For smaller portions please tick here ()**

<i>STARTERS</i>		Dietary coding	
1.	<input type="checkbox"/>	Bread Roll (To have with soup or complete salad meal)	V

<i>MAIN COURSE - HOT DISHES</i>		Dietary coding	
2.	<input type="checkbox"/>	Fish burger in a Bun	↑ EC
3.	<input type="checkbox"/>	Cheese & Onion Pasty	V
4.	<input type="checkbox"/>	Plain Omelette	EC V GF

<i>MAIN COURSE - SANDWICH SELECTION</i>		Dietary coding	
5.	<input type="checkbox"/>	Cheese & Pickle in white bread (as a sandwich or a hot Toastie)	↑ V
6.	<input type="checkbox"/>	Cheese in white bread (as a sandwich or a hot Toastie)	↑ V
7.	<input type="checkbox"/>	Egg Mayo in white bread	♥ V
8.	<input type="checkbox"/>	Egg Mayo in wholemeal bread	V
9.	<input type="checkbox"/>	Tuna Mayo in white bread	V
10.	<input type="checkbox"/>	Tuna Mayo in wholemeal bread	V
11.	<input type="checkbox"/>	Ham in white Bread	V
12.	<input type="checkbox"/>	Ham in wholemeal Bread	V

Items 5-12 maybe suitable for 'easy chew' diets only if approved as safe for you by Speech & Language Therapy

<i>MAIN COURSE - SALAD MEAL SELECTION</i>		Dietary coding	
served with lettuce, shredded red cabbage, cucumber, carrot & tomatoes			
13.	<input type="checkbox"/>	Tuna Mayonnaise salad meal with coleslaw	♥
14.	<input type="checkbox"/>	Cheddar cheese salad meal with coleslaw	V GF
15.	<input type="checkbox"/>	Smoked Mackerel salad meal with beetroot salad	GF

<i>ACCOMPANIMENTS</i>		Dietary coding	
<i>You can choose up to 2 accompaniments for items 4-18</i>			
16.	<input type="checkbox"/>	Pasta Italienne - Pasta spirals, tomatoes, mixed peppers and onion in a herby tomato sauce	↑ V
17.	<input type="checkbox"/>	Coleslaw	♥ V GF
18.	<input type="checkbox"/>	Side Salad - iceberg lettuce, shredded red cabbage, carrot, tomato & cucumber take as garnish size only	♥ Vg GF
19.	<input type="checkbox"/>	Garden Peas	♥ Vg GF

<i>DESSERT SELECTION</i>		Dietary coding	
20.	<input type="checkbox"/>	Vanilla Ice Cream	V GF
21.	<input type="checkbox"/>	Parkin Do not choose with custard	↑ EC V
22.	<input type="checkbox"/>	Pineapple in Juice	♥ Vg GF
23.	<input type="checkbox"/>	With Custard Do not choose with parkin (NB thickened by ward staff if thickened fluids required)	V GF

All dishes are subject to availability.

Low Potassium Menu Evening Meal - Thursday Bed Number:

Please select one main course, up to two side dishes and a dessert by placing a tick (✓) in the appropriate box. **For smaller portions please tick here ()**

MAIN COURSE HOT DISHES		Dietary coding
1.	<input type="checkbox"/> Lentil & Vegetable Flaky Topped Pie	↑ Vg
2.	<input type="checkbox"/> Tuna Pasta Bake	♥
3.	<input type="checkbox"/> Cheese Omelette	EC V GF
4.	<input type="checkbox"/> with Gravy (NB thickened by ward staff if thickened fluids required)	V
SIDE DISHES SELECTION		
<i>You can choose up to 2 side dishes with items 1-4:</i>		
5.	<input type="checkbox"/> Mashed Potatoes	↑ EC V GF
6.	<input type="checkbox"/> Boiled Rice	♥ Vg GF
7.	<input type="checkbox"/> Garden Peas	♥ Vg GF
8.	<input type="checkbox"/> Sweetcorn	♥ Vg GF
Or COLD MAIN - DAILY SANDWICH & SALAD MEAL SELECTION		
9.	<input type="checkbox"/> Cheese in white (as a sandwich or a hot Toastie)	↑ V
10.	<input type="checkbox"/> Egg Mayo in white	♥ V
12.	<input type="checkbox"/> Ham in white	
13.	<input type="checkbox"/> Ham in wholemeal	
14.	<input type="checkbox"/> Tuna Mayonnaise salad meal with coleslaw and lettuce, shredded red cabbage, cucumber, carrot & tomatoes	♥
15.	<input type="checkbox"/> Cheddar cheese salad meal with coleslaw and lettuce, shredded red cabbage, cucumber, carrot & tomatoes	V GF
16.	<input type="checkbox"/> Bread Roll (to have with complete salad meal)	V
Items 9-13 maybe suitable for 'easy chew' diets <u>only</u> if approved as safe for you by Speech & Language Therapy		

DESSERT SELECTION		
17.	<input type="checkbox"/> Bakewell Tart <i>Do not choose with custard</i>	↑ EC V
18.	<input type="checkbox"/> Fresh Apple	♥ Vg GF
19.	<input type="checkbox"/> Rice Pudding (If you would like jam, please ask your housekeeper)	GF
20.	<input type="checkbox"/> Cheddar Cheese & Crackers	↑ V
21.	<input type="checkbox"/> With Custard <i>Do not choose with Tart</i> (NB thickened by ward staff if thickened fluids required)	V GF

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.

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May 2023

Low Potassium Menu Lunch Meal - Friday Bed Number:

Please select one starter, one main course, up to two accompaniments and a dessert by placing a tick (✓) in the appropriate box. **For smaller portions please tick here ()**

<i>STARTERS</i>		Dietary coding
1.	<input type="checkbox"/>	Bread Roll (To have with soup or complete salad meal)
		V

<i>MAIN COURSE - HOT DISHES</i>		
2.	<input type="checkbox"/>	Four Cheese Deep Pan 4" Pizza
		↑ V
3.	<input type="checkbox"/>	Traditional Lamb Pasty
4.	<input type="checkbox"/>	Cheese & Tomato Omelette
		EC V GF

<i>MAIN COURSE - SANDWICH SELECTION</i>		
5.	<input type="checkbox"/>	Cheese & Pickle in white bread (as a sandwich or a hot Toastie)
		↑ V
6.	<input type="checkbox"/>	Cheese in white bread (as a sandwich or a hot Toastie)
		↑ V
7.	<input type="checkbox"/>	Egg Mayo in white bread
9.	<input type="checkbox"/>	Egg Mayo in wholemeal bread
		♥ V
9.	<input type="checkbox"/>	Tuna Mayo in white bread
10.	<input type="checkbox"/>	Tuna Mayo in wholemeal bread
11.	<input type="checkbox"/>	Ham in white Bread
12.	<input type="checkbox"/>	Ham in wholemeal Bread

Items 5-12 maybe suitable for 'easy chew' diets only if approved as safe for you by Speech & Language Therapy

<i>MAIN COURSE - SALAD MEAL SELECTION</i>		
served with lettuce, shredded red cabbage, cucumber, carrot & tomatoes		
13.	<input type="checkbox"/>	Tuna Mayonnaise salad meal with coleslaw
		♥
14.	<input type="checkbox"/>	Cheddar cheese salad meal with coleslaw
		V GF
15.	<input type="checkbox"/>	Smoked Mackerel salad meal with beetroot salad
		GF

<i>ACCOMPANIMENTS</i>		
<i>You can choose up to 2 accompaniments for items 4-18</i>		
16.	<input type="checkbox"/>	Pasta Italienne - Pasta spirals, tomatoes, mixed peppers and onion in a herby tomato sauce
		↑ V
17.	<input type="checkbox"/>	Coleslaw
		♥ V GF
18.	<input type="checkbox"/>	Side Salad - iceberg lettuce, shredded red cabbage, carrot, tomato & cucumber take as garnish size only
		♥ Vg GF
19.	<input type="checkbox"/>	Garden Peas
		♥ Vg GF

<i>DESSERT SELECTION</i>		
20.	<input type="checkbox"/>	Strawberry Ice Cream
		V GF
21.	<input type="checkbox"/>	Jammie Oat Bake Do not choose with custard
		↑ V
22.	<input type="checkbox"/>	Peach and Pear in Juice
		♥ EC Vg GF
23.	<input type="checkbox"/>	With Custard Do not choose with Oat Bake (NB thickened by ward staff if thickened fluids required)
		V GF

All dishes are subject to availability.

Low Potassium Menu Evening Meal - Friday

Bed Number:

Please select one main course, up to two side dishes and a dessert by placing a tick (✓) in the appropriate box. **For smaller portions please tick here ()**

MAIN COURSE HOT DISHES		Dietary coding
1.	<input type="checkbox"/> Breaded Fish Fillet	↑
2.	<input type="checkbox"/> Roast Chicken Breast	♥ GF
3.	<input type="checkbox"/> Cheese Omelette	EC V GF
4.	<input type="checkbox"/> with Gravy (NB thickened by ward staff if thickened fluids required)	V
5.	<input type="checkbox"/> with Garlic Bread	V
SIDE DISHES SELECTION		
<i>You can choose up to 2 side dishes with items 1-4:</i>		
6.	<input type="checkbox"/> Mashed Potatoes	↑ EC V GF
7.	<input type="checkbox"/> Mushy Peas	EC Vg GF
8.	<input type="checkbox"/> Sliced Carrots	♥ Vg GF
Or COLD MAIN - DAILY SANDWICH & SALAD MEAL SELECTION		
9.	<input type="checkbox"/> Cheese in white (as a sandwich or a hot Toastie)	↑ V
10.	<input type="checkbox"/> Egg Mayo in white	♥ V
11.	<input type="checkbox"/> Egg Mayo in wholemeal	
12.	<input type="checkbox"/> Ham in white	
13.	<input type="checkbox"/> Ham in wholemeal	
14.	<input type="checkbox"/> Tuna Mayonnaise salad meal with coleslaw and lettuce, shredded red cabbage, cucumber, carrot & tomatoes	♥
15.	<input type="checkbox"/> Cheddar cheese salad meal with coleslaw and lettuce, shredded red cabbage, cucumber, carrot & tomatoes	V GF
16.	<input type="checkbox"/> Bread Roll (to have with complete salad meal)	V
Items 9-13 maybe suitable for 'easy chew' diets <u>only</u> if approved as safe for you by Speech & Language Therapy		

DESSERT SELECTION		
17.	<input type="checkbox"/> Bread & Butter Pudding	↑ V
18.	<input type="checkbox"/> Mandarins in Juice	♥ EC Vg GF
19.	<input type="checkbox"/> Rice Pudding (If you would like jam, please ask your housekeeper)	GF
20.	<input type="checkbox"/> Thick and Creamy Yogurt <i>limit to twice a week</i>	EC V GF
21.	<input type="checkbox"/> With Custard <i>Do not choose with pudding</i> (NB thickened by ward staff if thickened fluids required)	V GF

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

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May 2023

Low Potassium Menu Lunch Meal - Saturday

Bed Number:

Please select one starter, one main course, up to two accompaniments and a dessert by placing a tick (✓) in the appropriate box. **For smaller portions please tick here ()**

<i>STARTERS</i>		Dietary coding
1.	<input type="checkbox"/> Bread Roll (To have with soup or complete salad meal)	V

<i>MAIN COURSE - HOT DISHES</i>		
2.	<input type="checkbox"/> Minced Beef and Onion Pie	↑
3.	<input type="checkbox"/> Cheese & Onion Pasty	V
4.	<input type="checkbox"/> Plain Omelette	EC V GF

<i>MAIN COURSE - SANDWICH SELECTION</i>		
5.	<input type="checkbox"/> Cheese & Pickle in white bread (as a sandwich or a hot Toastie)	↑ V
6.	<input type="checkbox"/> Cheese in white bread (as a sandwich or a hot Toastie)	↑ V
7.	<input type="checkbox"/> Egg Mayo in white bread	♥ V
8.	<input type="checkbox"/> Egg Mayo in wholemeal bread	♥ V
9.	<input type="checkbox"/> Tuna Mayo in white bread	
10.	<input type="checkbox"/> Tuna Mayo in wholemeal bread	
11.	<input type="checkbox"/> Ham in white Bread	
12.	<input type="checkbox"/> Ham in wholemeal Bread	

Items 5-12 maybe suitable for 'easy chew' diets only if approved as safe for you by Speech & Language Therapy

<i>MAIN COURSE - SALAD MEAL SELECTION</i>		
served with lettuce, shredded red cabbage, cucumber, carrot & tomatoes		
13.	<input type="checkbox"/> Tuna Mayonnaise salad meal with coleslaw	♥
14.	<input type="checkbox"/> Cheddar cheese salad meal with coleslaw	V GF
15.	<input type="checkbox"/> Smoked Mackerel salad meal with beetroot salad	GF

<i>ACCOMPANIMENTS</i>		
<i>You can choose up to 2 accompaniments for items 4-18</i>		
16.	<input type="checkbox"/> Pasta Italienne - Pasta spirals, tomatoes, mixed peppers and onion in a herby tomato sauce	↑ V
17.	<input type="checkbox"/> Coleslaw	♥ V GF
18.	<input type="checkbox"/> Side Salad - iceberg lettuce, shredded red cabbage, carrot, tomato & cucumber take as garnish size only	♥ Vg GF
19.	<input type="checkbox"/> Garden Peas	♥ Vg GF

<i>DESSERT SELECTION</i>		
20.	<input type="checkbox"/> Vanilla Ice Cream	V GF
21.	<input type="checkbox"/> St Clements Muffin Do not choose with custard	↑ EC V
22.	<input type="checkbox"/> Fresh Apple	♥ Vg GF
23.	<input type="checkbox"/> With Custard Do not choose with muffin (NB thickened by ward staff if thickened fluids required)	V GF

All dishes are subject to availability.

Low Potassium Menu Evening Meal - Saturday Bed Number:

Please select one main course, up to two side dishes and a dessert by placing a tick (✓) in the appropriate box. **For smaller portions please tick here ()**

MAIN COURSE HOT DISHES		Dietary coding
1.	<input type="checkbox"/> Baked Vegetable Pie	↑ V
2.	<input type="checkbox"/> Chicken Curry (mild 🍴)	♥ EC GF
3.	<input type="checkbox"/> Cheese Omelette	EC V GF
4.	<input type="checkbox"/> with Gravy (NB thickened by ward staff if thickened fluids required)	V
SIDE DISHES SELECTION		
<i>You can choose up to 2 side dishes with items 1-3:</i>		
5.	<input type="checkbox"/> Mashed Potatoes	↑ EC V GF
6.	<input type="checkbox"/> Boiled Rice	♥ Vg GF
7.	<input type="checkbox"/> Green Beans	♥ Vg GF
8.	<input type="checkbox"/> Sweetcorn	♥ Vg GF
Or COLD MAIN - DAILY SANDWICH & SALAD MEAL SELECTION		
9.	<input type="checkbox"/> Cheese in white (as a sandwich or a hot Toastie)	↑ V
10.	<input type="checkbox"/> Egg Mayo in white	♥ V
11.	<input type="checkbox"/> Egg Mayo in wholemeal	
12.	<input type="checkbox"/> Ham in white	
13.	<input type="checkbox"/> Ham in wholemeal	
14.	<input type="checkbox"/> Tuna Mayonnaise salad meal with coleslaw and lettuce, shredded red cabbage, cucumber, carrot & tomatoes	♥
15.	<input type="checkbox"/> Cheddar cheese salad meal with coleslaw and lettuce, shredded red cabbage, cucumber, carrot & tomatoes	V GF
16.	<input type="checkbox"/> Bread Roll (to have with complete salad meal)	V
Items 9-13 may be suitable for 'easy chew' diets <u>only</u> if approved as safe for you by Speech & Language Therapy		
DESSERT SELECTION		
17.	<input type="checkbox"/> Jam Sponge <i>Do not choose with custard</i>	↑ EC V
18.	<input type="checkbox"/> Peach & Pear in Juice	♥ EC Vg GF
19.	<input type="checkbox"/> Rice Pudding (If you would like jam, please ask your housekeeper)	GF
20.	<input type="checkbox"/> With Custard <i>Do not choose with sponge</i> (NB thickened by ward staff if thickened fluids required)	V GF

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- ↑ **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.

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May 2023

Low Potassium Menu Lunch Meal - Sunday Bed Number:

Please select one starter, one main course, up to two accompaniments and a dessert by placing a tick (✓) in the appropriate box. **For smaller portions please tick here ()**

<i>STARTERS</i>		Dietary coding	
1.	<input type="checkbox"/>	Bread Roll (To have with soup or complete salad meal)	V

<i>MAIN COURSE - HOT DISHES</i>		Dietary coding	
2.	<input type="checkbox"/>	Chicken Goujons in a Bap	
3.	<input type="checkbox"/>	Spicy Bean Burger in a bun (mild 🌿) (* vegan if taken without bun)	↑ Vg*
4.	<input type="checkbox"/>	Plain Omelette	EC V GF

<i>MAIN COURSE - SANDWICH SELECTION</i>		Dietary coding	
5.	<input type="checkbox"/>	Cheese & Pickle in white bread (as a sandwich or a hot Toastie)	↑ V
6.	<input type="checkbox"/>	Cheese in white bread (as a sandwich or a hot Toastie)	↑ V
7.	<input type="checkbox"/>	Egg Mayo in white bread	♥ V
8.	<input type="checkbox"/>	Egg Mayo in wholemeal bread	♥ V
9.	<input type="checkbox"/>	Tuna Mayo in white bread	
10.	<input type="checkbox"/>	Tuna Mayo in wholemeal bread	
11.	<input type="checkbox"/>	Ham in white Bread	
12.	<input type="checkbox"/>	Ham in wholemeal Bread	

Items 5-12 maybe suitable for 'easy chew' diets only if approved as safe for you by Speech & Language Therapy

<i>MAIN COURSE - SALAD MEAL SELECTION</i>		Dietary coding	
served with lettuce, shredded red cabbage, cucumber, carrot & tomatoes			
13.	<input type="checkbox"/>	Tuna Mayonnaise salad meal with coleslaw	♥
14.	<input type="checkbox"/>	Cheddar cheese salad meal with coleslaw	V GF
15.	<input type="checkbox"/>	Smoked Mackerel salad meal with beetroot salad	GF

<i>ACCOMPANIMENTS</i>		Dietary coding	
<i>You can choose up to 2 accompaniments for items 4-18</i>			
16.	<input type="checkbox"/>	Pasta Italienne - Pasta spirals, tomatoes, mixed peppers and onion in a herby tomato sauce	↑ V
17.	<input type="checkbox"/>	Coleslaw	♥ V GF
18.	<input type="checkbox"/>	Side Salad - iceberg lettuce, shredded red cabbage, carrot, tomato & cucumber take as garnish size only	♥ Vg GF
19.	<input type="checkbox"/>	Garden Peas	♥ Vg GF

<i>DESSERT SELECTION</i>		Dietary coding	
20.	<input type="checkbox"/>	Chocolate Ice Cream	V GF
21.	<input type="checkbox"/>	Parkin Cake Do not choose with custard	↑ EC V
22.	<input type="checkbox"/>	Fresh Orange	♥ Vg GF
23.	<input type="checkbox"/>	With Custard Do not choose with Parkin (NB thickened by ward staff if thickened fluids required)	V GF

All dishes are subject to availability.

Low Potassium Menu Evening Meal - Sunday

Bed Number:

Please select one main course, up to two side dishes and a dessert by placing a tick (✓) in the appropriate box. **For smaller portions please tick here ()**

MAIN COURSE HOT DISHES		Dietary coding
1.	<input type="checkbox"/> Baked Chicken & Vegetable Pie	↑
2.	<input type="checkbox"/> Roast Pork in Gravy	♥ GF
3.	<input type="checkbox"/> Cheese Omelette	EC V GF
4.	<input type="checkbox"/> with Gravy (NB thickened by ward staff if thickened fluids required)	V
5.	<input type="checkbox"/> with Yorkshire Pudding	V
SIDE DISHES SELECTION		
<i>You can choose up to 2 side dishes with items 1-4:</i>		
6.	<input type="checkbox"/> Creamed Potatoes	↑ EC V GF
7.	<input type="checkbox"/> Mixed Vegetables - Peas, Carrots, broad beans & sweetcorn	♥ Vg GF
8.	<input type="checkbox"/> Garden Peas	♥ Vg GF
Or COLD MAIN - DAILY SANDWICH & SALAD MEAL SELECTION		
9.	<input type="checkbox"/> Cheese in white (as a sandwich or a hot Toastie)	↑ V
10.	<input type="checkbox"/> Egg Mayo in white	♥ V
11.	<input type="checkbox"/> Egg Mayo in wholemeal	
12.	<input type="checkbox"/> Ham in white	
13.	<input type="checkbox"/> Ham in wholemeal	
14.	<input type="checkbox"/> Tuna Mayonnaise salad meal with coleslaw and lettuce, shredded red cabbage, cucumber, carrot & tomatoes	♥
15.	<input type="checkbox"/> Cheddar Cheese salad meal with coleslaw and lettuce, shredded red cabbage, cucumber, carrot & tomatoes	V GF
16.	<input type="checkbox"/> Bread Roll (to have with complete salad meal)	V
Items 9-13 maybe suitable for 'easy chew' diets <u>only</u> if approved as safe for you by Speech & Language Therapy		

DESSERT SELECTION		
17.	<input type="checkbox"/> Apple Crumble <i>Do not choose with custard</i>	↑ EC Vg
18.	<input type="checkbox"/> Pineapple in Natural Juice	♥ Vg GF
19.	<input type="checkbox"/> Rice Pudding (If you would like jam, please ask your housekeeper)	GF
20.	<input type="checkbox"/> Cheddar Cheese & Crackers	↑ V
21.	<input type="checkbox"/> With Custard <i>Do not choose with crumble</i> (NB thickened by ward staff if thickened fluids required)	V GF

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May 2023