

Ketogenic Menu - Lunch

Name:

Ward:

Bed Number:

Please select a starter, main course and dessert by placing a tick (✓) in the appropriate box.
Portion size: Please indicate in tick column if more than one portion of each item is required

STARTER - select one from

1. **Orange Juice**
2. **Apple Juice**

Portion Size	Dietary Coding
200ml	Vg GF
200ml	Vg GF

MAIN COURSE - select one from

3. **Plain Sliced Ham** (unbreaded)
4. **Plain Chicken Breast**
5. **Plain Roast Beef** (cooked and thinly sliced and served with gravy)
6. **Plain Roast Pork** (cooked and thinly sliced and served with gravy)
7. **Plain Roast Lamb** (cooked and thinly sliced and served with gravy)
8. **Baked White Fish**
9. **Tuna** canned in brine (drained)
10. **Full Fat Cream Cheese Spread** (e.g. Philadelphia)
11. **Cheddar Cheese Portion**

75g	GF
80g	GF
130g	GF
130g	GF
130g	GF
100g	GF
65g	GF
16.5g	V GF
20g	V GF

ACCOMPANIMENTS - choose up to 2 to go with your meal

12. **Sliced Carrots**
13. **Broccoli**
14. **Tomatoes** - raw
15. **Salad Sticks** - carrot, cucumber, pepper, celery
16. **Cucumber and Lettuce**

80g	Vg GF
80g	Vg GF
80g	Vg GF
80g	Vg GF
80g	Vg GF

DESSERT - select one from

17. **Apples**
18. **Peaches & Pears in natural juice**
19. **Mandarins in natural juice**
20. **Pineapple in natural juice**
21. **Sugar free jelly**

142g	Vg GF
113g	Vg GF
113g	Vg GF
113g	Vg GF
	V GF

Other Items

22. **Double cream**
23. **Butter portion**
24. **Full fat Margarine portion**
25. **Mayonnaise (x2 sachets)**
26. **Sugar free squash**, undiluted with less than 0.6g carbohydrate per 100ml (ordered by the ward)

30g	V GF
7g	V GF
8.6g	V GF
25ml	V GF
	Vg GF

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

Ketogenic Menu - Evening

Name:

Ward:

Bed Number:

Please select a starter, main course and dessert by placing a tick (✓) in the appropriate box.
Portion size: Please indicate in tick column if more than one portion of each item is required

STARTER - select one from

1. Orange Juice
2. Apple Juice

Portion Size	Dietary Coding
200ml	Vg GF
200ml	Vg GF

MAIN COURSE - select one from

3. Plain Sliced Ham (unbreaded)
4. Plain Chicken Breast
5. Plain Roast Beef (cooked and thinly sliced and served with gravy)
6. Plain Roast Pork (cooked and thinly sliced and served with gravy)
7. Plain Roast Lamb (cooked and thinly sliced and served with gravy)
8. Baked White Fish
9. Tuna canned in brine (drained)
10. Full Fat Cream Cheese Spread (e.g. Philadelphia)
11. Cheddar Cheese Portion

75g	GF
80g	GF
130g	GF
130g	GF
130g	GF
100g	GF
65g	GF
16.5g	V GF
20g	V GF

ACCOMPANIMENTS - choose up to 2 to go with your meal

12. Sliced Carrots
13. Broccoli
14. Tomatoes - raw
15. Salad Sticks - carrot, cucumber, pepper, celery
16. Cucumber and Lettuce

80g	Vg GF
80g	Vg GF
80g	Vg GF
80g	Vg GF
80g	Vg GF

DESSERT - select one from

17. Apples
18. Peaches & Pears in natural juice
19. Mandarins in natural juice
20. Pineapple in natural juice
21. Sugar free jelly

142g	Vg GF
113g	Vg GF
113g	Vg GF
113g	Vg GF
	V GF

Other Items

22. Double cream
23. Butter portion
24. Full fat Margarine portion
25. Mayonnaise x sachets 2
26. Sugar free squash, undiluted with less than 0.6g carbohydrate per 100ml (ordered by the ward)

30g	V GF
7g	V GF
8.6g	V GF
25ml	V GF
	Vg GF

All dishes are subject to availability.

KEY TO DIETARY CODES:

- 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.