

Core 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 ()**

STARTERS		Dietary coding
1.	<input type="checkbox"/> Mushroom Soup	↑ EC V GF
2.	<input type="checkbox"/> Apple Juice (NB thickened by ward staff if thickened fluids required)	♥ Vg GF
3.	<input type="checkbox"/> Bread Roll (To have with soup or complete salad meal)	V

MAIN COURSE - HOT DISHES		
4.	<input type="checkbox"/> Fish Finger Sandwich	↑
5.	<input type="checkbox"/> Cheese & Onion Quiche	V
6.	<input type="checkbox"/> Plain Omelette	EC V GF
7.	<input type="checkbox"/> Jacket Potato with Grated Cheese	↑ V GF
8.	<input type="checkbox"/> Jacket Potato with Tuna Mayonnaise	↑
9.	<input type="checkbox"/> Jacket Potato with Low Fat Cottage cheese	♥ V GF
10.	<input type="checkbox"/> Plain Jacket Potato	Vg GF

Items 7-10 may be suitable for 'easy chew' diets but only if served without skin

MAIN COURSE - SANDWICH SELECTION		
11.	<input type="checkbox"/> Cheese & Pickle in white bread (as a sandwich or a hot Toastie)	↑ V
12.	<input type="checkbox"/> Cheese in white bread (as a sandwich or a hot Toastie)	↑ V
13.	<input type="checkbox"/> Egg Mayo in white bread	♥ V
14.	<input type="checkbox"/> Egg Mayo in wholemeal bread	
15.	<input type="checkbox"/> Tuna Mayo in white bread	
16.	<input type="checkbox"/> Tuna Mayo in wholemeal bread	
17.	<input type="checkbox"/> Ham in white Bread	
18.	<input type="checkbox"/> Ham in wholemeal Bread	

Items 11-18 may be suitable for 'easy chew' diets only if approved as safe for you by Speech & Language Therapy

MAIN COURSE - SALAD MEAL SELECTION		
served with lettuce, shredded red cabbage, cucumber, carrot & tomatoes		
19.	<input type="checkbox"/> Tuna Mayonnaise salad meal with coleslaw	
20.	<input type="checkbox"/> Cheddar cheese salad meal with coleslaw	V GF
21.	<input type="checkbox"/> Smoked Mackerel salad meal with beetroot salad	GF
22.	<input type="checkbox"/> Hot Falafel and Houmous salad meal	↑ Vg

ACCOMPANIMENTS		
<i>You can choose up to 2 accompaniments for items 4-18</i>		
23.	<input type="checkbox"/> Pasta Italiane - Pasta spirals, tomatoes, mixed peppers and onion in a herby tomato sauce	↑ V
24.	<input type="checkbox"/> Coleslaw	♥ V GF
25.	<input type="checkbox"/> Beetroot - diced beetroot & onion in a sweet & sour sauce	♥ Vg GF
26.	<input type="checkbox"/> Side Salad - iceberg lettuce, shredded red cabbage, carrot, tomato & cucumber	♥ Vg GF
27.	<input type="checkbox"/> Baked Beans	♥ EC Vg GF

DESSERT SELECTION		
28.	<input type="checkbox"/> Vanilla Ice Cream	V GF
29.	<input type="checkbox"/> Fresh Apple	♥ Vg GF
30.	<input type="checkbox"/> Chocolate Muffin	EC V
31.	<input type="checkbox"/> With Custard (NB thickened by ward staff if thickened fluids required)	V

All dishes are subject to availability.

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

DESSERT SELECTION		
19.	<input type="checkbox"/> Lemon Flavour Sponge	↑ EC V
20.	<input type="checkbox"/> Fruit Scone (Please ask your housekeeper for butter and jam)	↑ V
21.	<input type="checkbox"/> Fresh Banana	♥ EC Vg GF
22.	<input type="checkbox"/> Rice Pudding (If you would like jam, please ask your housekeeper)	GF
23.	<input type="checkbox"/> with Custard (NB thickened by ward staff if thickened fluids required)	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/>

June 2023

Core 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"/>	Tomato, Red Pepper & Lentil Soup	↑ EC Vg GF
2.	<input type="checkbox"/>	Apple Juice (NB thickened by ward staff if thickened fluids required)	♥ Vg GF
3.	<input type="checkbox"/>	Bread Roll (To have with soup or complete salad meal)	V

		<i>MAIN COURSE - HOT DISHES</i>	
4.	<input type="checkbox"/>	Falafel & Spinach Burger in a bun (mild 🌿)	↑ V
5.	<input type="checkbox"/>	Salmon, Lemon & Dill Fish Cake	♥ EC
6.	<input type="checkbox"/>	Plain Omelette	EC V GF
7.	<input type="checkbox"/>	Jacket Potato with Grated Cheese	↑ V GF
8.	<input type="checkbox"/>	Jacket Potato with Tuna Mayonnaise	↑
9.	<input type="checkbox"/>	Jacket Potato with Low Fat Cottage cheese	♥ V GF
10.	<input type="checkbox"/>	Plain Jacket Potato	Vg GF

Items 7-10 may be suitable for 'easy chew' diets but only if served without skin

		<i>MAIN COURSE - SANDWICH SELECTION</i>	
11.	<input type="checkbox"/>	Cheese & Pickle in white bread (as a sandwich or a hot Toastie)	↑ V
12.	<input type="checkbox"/>	Cheese in white bread (as a sandwich or a hot Toastie)	↑ V
13.	<input type="checkbox"/>	Egg Mayo in white bread	♥ V
14.	<input type="checkbox"/>	Egg Mayo in wholemeal bread	
15.	<input type="checkbox"/>	Tuna Mayo in white bread	
16.	<input type="checkbox"/>	Tuna Mayo in wholemeal bread	
17.	<input type="checkbox"/>	Ham in white Bread	
18.	<input type="checkbox"/>	Ham in wholemeal Bread	

Items 11-18 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			
19.	<input type="checkbox"/>	Tuna Mayonnaise salad meal with coleslaw	
20.	<input type="checkbox"/>	Cheddar cheese salad meal with coleslaw	V GF
21.	<input type="checkbox"/>	Smoked Mackerel salad meal with beetroot salad	GF
22.	<input type="checkbox"/>	Hot Falafel and Houmous salad meal	↑ Vg

		<i>ACCOMPANIMENTS</i>	
<i>You can choose up to 2 accompaniments for items 4-18</i>			
23.	<input type="checkbox"/>	Pasta Italienne - Pasta spirals, tomatoes, mixed peppers and onion in a herby tomato sauce	↑ V
24.	<input type="checkbox"/>	Coleslaw	♥ V GF
25.	<input type="checkbox"/>	Beetroot - diced beetroot & onion in a sweet & sour sauce	♥ Vg GF
26.	<input type="checkbox"/>	Side Salad - iceberg lettuce, shredded red cabbage, carrot, tomato & cucumber	♥ Vg GF
27.	<input type="checkbox"/>	Garden Peas	♥ Vg GF

		<i>DESSERT SELECTION</i>	
28.	<input type="checkbox"/>	Chocolate Ice Cream	V GF
29.	<input type="checkbox"/>	Strawberry and White Chocolate Muffin	↑ V
30.	<input type="checkbox"/>	Mandarins in Juice	♥ EC Vg GF
31.	<input type="checkbox"/>	With Custard (NB thickened by ward staff if thickened fluids required)	V

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

DESSERT SELECTION		Dietary coding
19.	<input type="checkbox"/> Apricot Crumble	↑ Vg
20.	<input type="checkbox"/> Fresh Apple	♥ Vg GF
21.	<input type="checkbox"/> Rice Pudding (If you would like jam, please ask your housekeeper)	GF
22.	<input type="checkbox"/> Cheddar Cheese & Cream Crackers	↑ V
23.	<input type="checkbox"/> With Custard (NB thickened by ward staff if thickened fluids required)	V

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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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June 2023

Core 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"/>	Vegetable Soup	↑ EC Vg GF
2.	<input type="checkbox"/>	Apple Juice (NB thickened by ward staff if thickened fluids required)	♥ Vg GF
3.	<input type="checkbox"/>	Bread Roll (To have with soup or complete salad meal)	V

		<i>MAIN COURSE - HOT DISHES</i>	
4.	<input type="checkbox"/>	Chicken & Mushroom Pie	↑
5.	<input type="checkbox"/>	Baked Beans on 2 Slices of Toast (* Gluten Free bread available on request but this would make it non-Vegan)	Vg GF*
6.	<input type="checkbox"/>	Plain Omelette	EC V GF
7.	<input type="checkbox"/>	Jacket Potato with Grated Cheese	↑ V GF
8.	<input type="checkbox"/>	Jacket Potato with Tuna Mayonnaise	↑
9.	<input type="checkbox"/>	Jacket Potato with Low Fat Cottage cheese	♥ V GF
10.	<input type="checkbox"/>	Plain Jacket Potato	Vg GF

Items 7-10 may be suitable for 'easy chew' diets but only if served without skin

		<i>MAIN COURSE - SANDWICH SELECTION</i>	
11.	<input type="checkbox"/>	Cheese & Pickle in white bread (as a sandwich or a hot Toastie)	↑ V
12.	<input type="checkbox"/>	Cheese in white bread (as a sandwich or a hot Toastie)	↑ V
13.	<input type="checkbox"/>	Egg Mayo in white bread	♥ V
14.	<input type="checkbox"/>	Egg Mayo in wholemeal bread	
15.	<input type="checkbox"/>	Tuna Mayo in white bread	
16.	<input type="checkbox"/>	Tuna Mayo in wholemeal bread	
17.	<input type="checkbox"/>	Ham in white Bread	
18.	<input type="checkbox"/>	Ham in wholemeal Bread	

Items 11-18 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	
19.	<input type="checkbox"/>	Tuna Mayonnaise salad meal with coleslaw	
20.	<input type="checkbox"/>	Cheddar cheese salad meal with coleslaw	V GF
21.	<input type="checkbox"/>	Smoked Mackerel salad meal with beetroot salad	GF
22.	<input type="checkbox"/>	Hot Falafel and Houmous salad meal	↑ Vg

		<i>ACCOMPANIMENTS</i>	
		<i>You can choose up to 2 accompaniments for items 4-18</i>	
23.	<input type="checkbox"/>	Pasta Italiane - Pasta spirals, tomatoes, mixed peppers and onion in a herby tomato sauce	↑ V
24.	<input type="checkbox"/>	Coleslaw	♥ V GF
25.	<input type="checkbox"/>	Beetroot - diced beetroot & onion in a sweet & sour sauce	♥ Vg GF
26.	<input type="checkbox"/>	Side Salad - iceberg lettuce, shredded red cabbage, carrot, tomato & cucumber	♥ Vg GF
27.	<input type="checkbox"/>	Garden Peas	♥ Vg GF

		<i>DESSERT SELECTION</i>	
28.	<input type="checkbox"/>	Strawberry Ice Cream	V GF
29.	<input type="checkbox"/>	Lemon Muffin	↑ V
30.	<input type="checkbox"/>	Fresh Banana	♥ EC Vg GF
31.	<input type="checkbox"/>	With Custard (NB thickened by ward staff if thickened fluids required)	V

All dishes are subject to availability.

Core 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"/> Chicken, Cheese & Bacon Bake	↑ GF
2.	<input type="checkbox"/> Macaroni Cheese	↑ EC V
3.	<input type="checkbox"/> Chilli Con Carne (mild 🍴)	♥ GF
4.	<input type="checkbox"/> Cheese Omelette	EC V GF
5.	<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>		
6.	<input type="checkbox"/> Mashed Potatoes	↑ EC V GF
7.	<input type="checkbox"/> Boiled Rice	♥ Vg GF
8.	<input type="checkbox"/> Green Beans	♥ Vg GF
9.	<input type="checkbox"/> Sliced Carrots	♥ 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
12.	<input type="checkbox"/> Egg Mayo in wholemeal	
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		Dietary coding
18.	<input type="checkbox"/> Syrup Sponge	↑ EC Vg
19.	<input type="checkbox"/> Fresh Orange	♥ Vg GF
20.	<input type="checkbox"/> Rice Pudding (If you would like jam, please ask your housekeeper)	GF
21.	<input type="checkbox"/> Thick & Creamy Yogurt	EC V GF
22.	<input type="checkbox"/> With Custard (NB thickened by ward staff if thickened fluids required)	V

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KEY TO DIETARY CODES:

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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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June 2023

Core 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"/>	Leek & Potato Soup	↑ EC V
2.	<input type="checkbox"/>	Apple Juice (NB thickened by ward staff if thickened fluids required)	♥ Vg GF
3.	<input type="checkbox"/>	Bread Roll (To have with soup or complete salad meal)	V

		<i>MAIN COURSE - HOT DISHES</i>	
4.	<input type="checkbox"/>	Fish burger in a Bun	↑ EC
5.	<input type="checkbox"/>	Cheese & Onion Pasty	V
6.	<input type="checkbox"/>	Plain Omelette	EC V GF
7.	<input type="checkbox"/>	Jacket Potato with Grated Cheese	↑ V GF
8.	<input type="checkbox"/>	Jacket Potato with Tuna Mayonnaise	↑
9.	<input type="checkbox"/>	Jacket Potato with Low Fat Cottage cheese	♥ V GF
10.	<input type="checkbox"/>	Plain Jacket Potato	Vg GF

Items 7-10 may be suitable for 'easy chew' diets but only if served without skin

		<i>MAIN COURSE - SANDWICH SELECTION</i>	
11.	<input type="checkbox"/>	Cheese & Pickle in white bread (as a sandwich or a hot Toastie)	↑ V
12.	<input type="checkbox"/>	Cheese in white bread (as a sandwich or a hot Toastie)	↑ V
13.	<input type="checkbox"/>	Egg Mayo in white bread	♥ V
14.	<input type="checkbox"/>	Egg Mayo in wholemeal bread	
15.	<input type="checkbox"/>	Tuna Mayo in white bread	
16.	<input type="checkbox"/>	Tuna Mayo in wholemeal bread	
17.	<input type="checkbox"/>	Ham in white Bread	
18.	<input type="checkbox"/>	Ham in wholemeal Bread	

Items 11-18 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			
19.	<input type="checkbox"/>	Tuna Mayonnaise salad meal with coleslaw	
20.	<input type="checkbox"/>	Cheddar cheese salad meal with coleslaw	V GF
21.	<input type="checkbox"/>	Smoked Mackerel salad meal with beetroot salad	GF
22.	<input type="checkbox"/>	Hot Falafel and Houmous salad meal	↑ Vg

		<i>ACCOMPANIMENTS</i>	
<i>You can choose up to 2 accompaniments for items 4-18</i>			
23.	<input type="checkbox"/>	Pasta Italienne - Pasta spirals, tomatoes, mixed peppers and onion in a herby tomato sauce	↑ V
24.	<input type="checkbox"/>	Coleslaw	♥ V GF
25.	<input type="checkbox"/>	Beetroot - diced beetroot & onion in a sweet & sour sauce	♥ Vg GF
26.	<input type="checkbox"/>	Side Salad - iceberg lettuce, shredded red cabbage, carrot, tomato & cucumber	♥ Vg GF
27.	<input type="checkbox"/>	Baked Beans	♥ EC Vg GF

		<i>DESSERT SELECTION</i>	
28.	<input type="checkbox"/>	Vanilla Ice Cream	V GF
29.	<input type="checkbox"/>	Caramel & Chocolate Shortbread	↑ V
30.	<input type="checkbox"/>	Pineapple in Juice	♥ Vg GF
31.	<input type="checkbox"/>	With Custard (NB thickened by ward staff if thickened fluids required)	V

All dishes are subject to availability.

Core 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 ()**

		Dietary coding	
MAIN COURSE HOT DISHES			
1.	<input type="checkbox"/>	Lentil & Vegetable Flaky Topped Pie	↑ Vg
2.	<input type="checkbox"/>	Tuna Pasta Bake	♥
3.	<input type="checkbox"/>	Roast Chicken Breast	♥ GF
4.	<input type="checkbox"/>	Cheese Omelette	EC V GF
5.	<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>			
6.	<input type="checkbox"/>	Mashed Potatoes	↑ EC V GF
7.	<input type="checkbox"/>	Sauté Potatoes	Vg GF
8.	<input type="checkbox"/>	Garden Peas	♥ Vg GF
9.	<input type="checkbox"/>	Sweetcorn	♥ 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
12.	<input type="checkbox"/>	Egg Mayo in wholemeal	
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			

		Dietary coding	
DESSERT SELECTION			
18.	<input type="checkbox"/>	Bakewell Tart	↑ EC V
19.	<input type="checkbox"/>	Fresh Apple	GF
20.	<input type="checkbox"/>	Rice Pudding (If you would like jam, please ask your housekeeper)	GF
21.	<input type="checkbox"/>	Cheddar Cheese & Crackers	↑ V
22.	<input type="checkbox"/>	With Custard (NB thickened by ward staff if thickened fluids required)	V
<i>All dishes are subject to availability.</i>			

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- ♥ **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
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- 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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June 2023

Core 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"/>	Tomato Soup	↑ EC V GF
2.	<input type="checkbox"/>	Apple Juice (NB thickened by ward staff if thickened fluids required)	♥ Vg GF
3.	<input type="checkbox"/>	Bread Roll (To have with soup or complete salad meal)	V

		<i>MAIN COURSE - HOT DISHES</i>	
4.	<input type="checkbox"/>	Four Cheese Deep Pan 4" Pizza	↑ V
5.	<input type="checkbox"/>	Traditional Lamb Pasty	
6.	<input type="checkbox"/>	Plain Omelette	EC V GF
7.	<input type="checkbox"/>	Jacket Potato with Grated Cheese	↑ V GF
8.	<input type="checkbox"/>	Jacket Potato with Tuna Mayonnaise	↑
9.	<input type="checkbox"/>	Jacket Potato with Low Fat Cottage cheese	♥ V GF
10.	<input type="checkbox"/>	Plain Jacket Potato	Vg GF

Items 7-10 may be suitable for 'easy chew' diets but only if served without skin

		<i>MAIN COURSE - SANDWICH SELECTION</i>	
11.	<input type="checkbox"/>	Cheese & Pickle in white bread (as a sandwich or a hot Toastie)	↑ V
12.	<input type="checkbox"/>	Cheese in white bread (as a sandwich or a hot Toastie)	↑ V
13.	<input type="checkbox"/>	Egg Mayo in white bread	♥ V
14.	<input type="checkbox"/>	Egg Mayo in wholemeal bread	
15.	<input type="checkbox"/>	Tuna Mayo in white bread	
16.	<input type="checkbox"/>	Tuna Mayo in wholemeal bread	
17.	<input type="checkbox"/>	Ham in white Bread	
18.	<input type="checkbox"/>	Ham in wholemeal Bread	

Items 11-18 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			
19.	<input type="checkbox"/>	Tuna Mayonnaise salad meal with coleslaw	
20.	<input type="checkbox"/>	Cheddar cheese salad meal with coleslaw	V GF
21.	<input type="checkbox"/>	Smoked Mackerel salad meal with beetroot salad	GF
22.	<input type="checkbox"/>	Hot Falafel and Houmous salad meal	↑ Vg

		<i>ACCOMPANIMENTS</i>	
<i>You can choose up to 2 accompaniments for items 4-18</i>			
23.	<input type="checkbox"/>	Pasta Italienne - Pasta spirals, tomatoes, mixed peppers and onion in a herby tomato sauce	↑ V
24.	<input type="checkbox"/>	Coleslaw	♥ V GF
25.	<input type="checkbox"/>	Beetroot - diced beetroot & onion in a sweet & sour sauce	♥ Vg GF
26.	<input type="checkbox"/>	Side Salad - iceberg lettuce, shredded red cabbage, carrot, tomato & cucumber	♥ Vg GF
27.	<input type="checkbox"/>	Baked Beans	♥ EC Vg GF

		<i>DESSERT SELECTION</i>	
28.	<input type="checkbox"/>	Strawberry Ice Cream	V GF
29.	<input type="checkbox"/>	Jammie Oat Bake	↑ V
30.	<input type="checkbox"/>	Fresh Banana	♥ EC Vg GF
31.	<input type="checkbox"/>	With Custard (NB thickened by ward staff if thickened fluids required)	V

All dishes are subject to availability.

Core 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"/> Corned Beef Hash	↑ EC GF
3.	<input type="checkbox"/> Vegetarian Sausage Casserole	V
4.	<input type="checkbox"/> Cheese Omelette	EC V GF
5.	<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>		
6.	<input type="checkbox"/> Mashed Potatoes	↑ EC V GF
7.	<input type="checkbox"/> Oven Chips	↑ Vg GF
8.	<input type="checkbox"/> Mushy Peas	EC Vg GF
9.	<input type="checkbox"/> Sliced Carrots	♥ 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"/> Bread & Butter Pudding	↑ V
19.	<input type="checkbox"/> Mandarins in Juice	♥ EC Vg GF
20.	<input type="checkbox"/> Rice Pudding (If you would like jam, please ask your housekeeper)	GF
21.	<input type="checkbox"/> Thick and Creamy Yogurt	EC V GF
22.	<input type="checkbox"/> With Custard (NB thickened by ward staff if thickened fluids required)	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.

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June 2023

Core 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"/>	Red Lentil Broth	↑ EC Vg GF
2.	<input type="checkbox"/>	Apple Juice (NB thickened by ward staff if thickened fluids required)	♥ Vg GF
3.	<input type="checkbox"/>	Bread Roll (To have with soup or complete salad meal)	V

		<i>MAIN COURSE - HOT DISHES</i>	
4.	<input type="checkbox"/>	Minced Beef and Onion Pie	↑
5.	<input type="checkbox"/>	Baked Beans on 2 Slices of Toast (* Gluten Free bread available on request but this would make it non-Vegan)	Vg GF*
6.	<input type="checkbox"/>	Plain Omelette	EC V GF
7.	<input type="checkbox"/>	Jacket Potato with Grated Cheese	↑ V GF
8.	<input type="checkbox"/>	Jacket Potato with Tuna Mayonnaise	↑
9.	<input type="checkbox"/>	Jacket Potato with Low Fat Cottage cheese	♥ V GF
10.	<input type="checkbox"/>	Plain Jacket Potato	Vg GF

Items 7-10 may be suitable for 'easy chew' diets but only if served without skin

		<i>MAIN COURSE - SANDWICH SELECTION</i>	
11.	<input type="checkbox"/>	Cheese & Pickle in white bread (as a sandwich or a hot Toastie)	↑ V
12.	<input type="checkbox"/>	Cheese in white bread (as a sandwich or a hot Toastie)	↑ V
13.	<input type="checkbox"/>	Egg Mayo in white bread	♥ V
14.	<input type="checkbox"/>	Egg Mayo in wholemeal bread	
15.	<input type="checkbox"/>	Tuna Mayo in white bread	
16.	<input type="checkbox"/>	Tuna Mayo in wholemeal bread	
17.	<input type="checkbox"/>	Ham in white Bread	
18.	<input type="checkbox"/>	Ham in wholemeal Bread	

Items 11-18 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			
19.	<input type="checkbox"/>	Tuna Mayonnaise salad meal with coleslaw	
20.	<input type="checkbox"/>	Cheddar cheese salad meal with coleslaw	V GF
21.	<input type="checkbox"/>	Smoked Mackerel salad meal with beetroot salad	GF
22.	<input type="checkbox"/>	Hot Falafel and Houmous salad meal	↑ Vg

		<i>ACCOMPANIMENTS</i>	
<i>You can choose up to 2 accompaniments for items 4-18</i>			
23.	<input type="checkbox"/>	Pasta Italienne - Pasta spirals, tomatoes, mixed peppers and onion in a herby tomato sauce	↑ V
24.	<input type="checkbox"/>	Coleslaw	♥ V GF
25.	<input type="checkbox"/>	Beetroot - diced beetroot & onion in a sweet & sour sauce	♥ Vg GF
26.	<input type="checkbox"/>	Side Salad - iceberg lettuce, shredded red cabbage, carrot, tomato & cucumber	♥ Vg GF
27.	<input type="checkbox"/>	Garden Peas	♥ Vg GF

		<i>DESSERT SELECTION</i>	
28.	<input type="checkbox"/>	Vanilla Ice Cream	V GF
29.	<input type="checkbox"/>	St Clements Muffin	↑ EC V
30.	<input type="checkbox"/>	Fresh Apple	♥ Vg GF
31.	<input type="checkbox"/>	With Custard (NB thickened by ward staff if thickened fluids required)	V

All dishes are subject to availability.

Core 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"/> Chana Masala (mild 🍴)	♥ Vg GF
4.	<input type="checkbox"/> Chicken Tikka Masala	♥ GF
5.	<input type="checkbox"/> Cheese Omelette	EC V GF
6.	<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 1-5:</i>		
7.	<input type="checkbox"/> Mashed Potatoes	↑ EC V GF
8.	<input type="checkbox"/> Boiled Rice	♥ Vg GF
9.	<input type="checkbox"/> Green Beans	♥ Vg GF
10.	<input type="checkbox"/> Sweetcorn	♥ Vg GF
Or COLD MAIN - DAILY SANDWICH & SALAD MEAL SELECTION		
11.	<input type="checkbox"/> Cheese in white (as a sandwich or a hot Toastie)	↑ V
12.	<input type="checkbox"/> Egg Mayo in white	♥ V
13.	<input type="checkbox"/> Egg Mayo in wholemeal	
14.	<input type="checkbox"/> Ham in white	
15.	<input type="checkbox"/> Ham in wholemeal	
16.	<input type="checkbox"/> Tuna Mayonnaise salad meal with coleslaw and lettuce, shredded red cabbage, cucumber, carrot & tomatoes	
17.	<input type="checkbox"/> Cheddar cheese salad meal with coleslaw and lettuce, shredded red cabbage, cucumber, carrot & tomatoes	V GF
18.	<input type="checkbox"/> Bread Roll (to have with complete salad meal)	V
Items 11-15 may be suitable for 'easy chew' diets <u>only</u> if approved as safe for you by Speech & Language Therapy		

DESSERT SELECTION		Dietary coding
19.	<input type="checkbox"/> Jam Sponge	↑ EC V
20.	<input type="checkbox"/> Fruit Scone (Please ask your housekeeper for butter and jam)	↑ V
21.	<input type="checkbox"/> Fresh Banana	♥ EC Vg GF
22.	<input type="checkbox"/> Rice Pudding (If you would like jam, please ask your housekeeper)	GF
23.	<input type="checkbox"/> With Custard (NB thickened by ward staff if thickened fluids required)	V

All dishes are subject to availability.

KEY TO DIETARY CODES:

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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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June 2023

Core 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"/>	Vegetable Soup	↑ EC Vg GF
2.	<input type="checkbox"/>	Apple Juice (NB thickened by ward staff if thickened fluids required)	♥ Vg GF
3.	<input type="checkbox"/>	Bread Roll (To have with soup or complete salad meal)	V

		<i>MAIN COURSE - HOT DISHES</i>	
4.	<input type="checkbox"/>	Chicken Goujons in a Bap	
5.	<input type="checkbox"/>	Spicy Bean Burger in a bun (mild 🌿) (* vegan if taken without bun)	↑ Vg*
6.	<input type="checkbox"/>	Plain Omelette	EC V GF
7.	<input type="checkbox"/>	Jacket Potato with Grated Cheese	↑ V GF
8.	<input type="checkbox"/>	Jacket Potato with Tuna Mayonnaise	↑
9.	<input type="checkbox"/>	Jacket Potato with Low Fat Cottage cheese	♥ V GF
10.	<input type="checkbox"/>	Plain Jacket Potato	Vg GF

Items 7-10 may be suitable for 'easy chew' diets but only if served without skin

		<i>MAIN COURSE - SANDWICH SELECTION</i>	
11.	<input type="checkbox"/>	Cheese & Pickle in white bread (as a sandwich or a hot Toastie)	↑ V
12.	<input type="checkbox"/>	Cheese in white bread (as a sandwich or a hot Toastie)	↑ V
13.	<input type="checkbox"/>	Egg Mayo in white bread	♥ V
14.	<input type="checkbox"/>	Egg Mayo in wholemeal bread	
15.	<input type="checkbox"/>	Tuna Mayo in white bread	
16.	<input type="checkbox"/>	Tuna Mayo in wholemeal bread	
17.	<input type="checkbox"/>	Ham in white Bread	
18.	<input type="checkbox"/>	Ham in wholemeal Bread	

Items 11-18 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			
19.	<input type="checkbox"/>	Tuna Mayonnaise salad meal with coleslaw	
20.	<input type="checkbox"/>	Cheddar cheese salad meal with coleslaw	V GF
21.	<input type="checkbox"/>	Smoked Mackerel salad meal with beetroot salad	GF
22.	<input type="checkbox"/>	Hot Falafel and Houmous salad meal	↑ Vg

		<i>ACCOMPANIMENTS</i>	
<i>You can choose up to 2 accompaniments for items 4-18</i>			
23.	<input type="checkbox"/>	Pasta Italienne - Pasta spirals, tomatoes, mixed peppers and onion in a herby tomato sauce	↑ V
24.	<input type="checkbox"/>	Coleslaw	♥ V GF
25.	<input type="checkbox"/>	Beetroot - diced beetroot & onion in a sweet & sour sauce	♥ Vg GF
26.	<input type="checkbox"/>	Side Salad - iceberg lettuce, shredded red cabbage, carrot, tomato & cucumber	♥ Vg GF
27.	<input type="checkbox"/>	Baked Beans	♥ EC Vg GF

		<i>DESSERT SELECTION</i>	
28.	<input type="checkbox"/>	Chocolate Ice Cream	V GF
29.	<input type="checkbox"/>	Parkin Cake	↑ EC V
30.	<input type="checkbox"/>	Fresh Orange	♥ Vg GF
31.	<input type="checkbox"/>	With Custard (NB thickened by ward staff if thickened fluids required)	V

All dishes are subject to availability.

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

DESSERT SELECTION		
19.	<input type="checkbox"/> Apple Crumble	↑ Vg
20.	<input type="checkbox"/> Pineapple in Natural Juice	♥ Vg GF
21.	<input type="checkbox"/> Rice Pudding (If you would like jam, please ask your housekeeper)	♥ EC V GF
22.	<input type="checkbox"/> Cheddar Cheese & Crackers	↑ V
23.	<input type="checkbox"/> With Custard (NB thickened by ward staff if thickened fluids required)	V

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