

## FOOD LEVEL 6 - SOFT & BITE SIZED

Soft, tender and moist. Ability to chew 'bite sized' pieces needed. Can be mashed or broken down with pressure from a fork. A knife is not required.

# 6

### Lunchtime Menu

Name:

Ward:

Bed No:

**Please choose one starter, one main course, one dessert and one snack by placing a tick (✓) in the appropriate box.**

**Dietary Codes**

STARTER			
1.	<input type="checkbox"/>	<b>Orange Juice</b> (thickened by nursing staff if recommended by Speech & Language Therapist)	♥ V GF
MAIN COURSE			
2.	<input type="checkbox"/>	<b>Cheese &amp; Onion pie topped with mash potato</b> with mashed broccoli, carrots and swede	↑ V
3.	<input type="checkbox"/>	<b>Fish Pie</b> with carrots	↑ GF
4.	<input type="checkbox"/>	<b>Cottage pie</b> with Cauliflower cheese and carrot/swede	♥ GF
5.	<input type="checkbox"/>	<b>Savoury Beef</b> with mash potato and bubble /squeak	GF
6.	<input type="checkbox"/>	<b>Chicken Casserole</b> with mash potatoes and carrots	GF
7.	<input type="checkbox"/>	<b>Lentil Bolognese</b> with mash potato and carrot	V GF
DESSERT SELECTION			
8.	<input type="checkbox"/>	<b>Bakewell Sponge &amp; custard</b>	V
9.	<input type="checkbox"/>	<b>Chocolate Sponge &amp; custard</b>	V
10.	<input type="checkbox"/>	<b>Lemon Sponge &amp; Custard</b>	V
AFTERNOON SNACKS - (served at 3pm)			
11.	<input type="checkbox"/>	<b>Vanilla Custard Pot</b>	V GF
12.	<input type="checkbox"/>	<b>Rice Pudding Pot</b>	V GF
13.	<input type="checkbox"/>	<b>Thick &amp; Creamy Yoghurt (smooth)</b>	V GF

*All dishes are subject to availability.*

#### KEY TO DIETARY CODES:

- ↑ **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
- ♥ **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
- V **Vegetarian** items are free from meat, poultry, fish and gelatine.
- Vg **Vegan** items are suitable for those following a vegan diet
- GF **Gluten Free** if you follow a gluten free diet.

## FOOD LEVEL 6 - SOFT & BITE SIZED

Soft, tender and moist. Ability to chew 'bite sized' pieces needed. Can be mashed or broken down with pressure from a fork. A knife is not required.

# 6

### Evening Meal Menu

Name:

Ward:

Bed No:

**Please choose one starter, one main course, one dessert and one snack by placing a tick (✓) in the appropriate box.**

**Dietary  
Codes**

#### STARTER

1.	<input type="checkbox"/>	<b>Orange Juice</b> (thickened by nursing staff if recommended by Speech & Language Therapist)	♥ V GF
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#### MAIN COURSE

2.	<input type="checkbox"/>	<b>Lamb Casserole</b> with minted potato and mushy peas	↑ GF
3.	<input type="checkbox"/>	<b>Beef Hotpot</b> with fried potatoes, spinach in a cheese sauce	↑ GF
4.	<input type="checkbox"/>	<b>Chicken in a Creamy Mushroom Sauce</b> with fried potatoes, butternut squash & root vegetables	↑ GF
5.	<input type="checkbox"/>	<b>Vegetable Bake</b> with cauliflower in coconut oil based cheese sauce	↑ Vg
6.	<input type="checkbox"/>	<b>Vegetable Tikka Masala</b> with Bombay Potatoes and Lentil Daal	V GF
7.	<input type="checkbox"/>	<b>Lentil Bolognese</b> with mash potato and carrot	V GF

#### DESSERT SELECTION

8.	<input type="checkbox"/>	<b>Syrup Sponge &amp; custard</b>	V
9.	<input type="checkbox"/>	<b>Mint Chocolate sponge &amp; custard</b>	V
10.	<input type="checkbox"/>	<b>Lemon Sponge &amp; Custard</b>	V

#### EVENING SNACKS - (served at 8pm by the nursing team)

11.	<input type="checkbox"/>	<b>Vanilla Custard Pot</b>	V GF
12.	<input type="checkbox"/>	<b>Rice Pudding Pot</b>	V GF
13.	<input type="checkbox"/>	<b>Thick &amp; Creamy Yoghurt (smooth)</b>	V GF

*All dishes are subject to availability.*

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