

Chyle Leak (MCT) Menu - Lunch

Name:

Ward:

Bed Number:

Please select a starter, one main course and a dessert & snack by placing a tick in the appropriate box for today's evening meal and tomorrow's lunch:

STARTER - select one from

- | | | |
|----|--------------------------|--|
| 1. | <input type="checkbox"/> | Orange Juice |
| 2. | <input type="checkbox"/> | Apple Juice |
| 3. | <input type="checkbox"/> | Heinz cup soup - Minestrone |
| 4. | <input type="checkbox"/> | Weight Watchers Bread (supplied as a full loaf) |
| 5. | <input type="checkbox"/> | Skimmed milk (supplied as 1L carton) |

Dietary Coding	
Vg	GF
Vg	GF
	V
	V
V	GF

MAIN COURSE - select one from

- | | | |
|-----|--------------------------|--|
| 6. | <input type="checkbox"/> | Plain Chicken Breast |
| 7. | <input type="checkbox"/> | Baked White Fish |
| 8. | <input type="checkbox"/> | Tuna in Brine |
| 9. | <input type="checkbox"/> | Cauliflower & Potato Curry (MCT) |
| 10. | <input type="checkbox"/> | Pasta in tomato sauce (MCT) |
| 11. | <input type="checkbox"/> | Cold meat - wafer thin ham |
| 12. | <input type="checkbox"/> | Low Fat Cottage Cheese
<i>with</i> |
| 13. | <input type="checkbox"/> | Tomato & Onion Sauce (MCT) |
| 14. | <input type="checkbox"/> | Sweet & Sour Sauce |
| 15. | <input type="checkbox"/> | Gravy (Bovril) |

	GF
	GF
	GF
GF	Vg
	Vg
	GF
V	GF
	Vg
	GF
	Vg

ACCOMPANIMENTS - choose up to 2 to go with your meal

- | | | |
|-----|--------------------------|--|
| 16. | <input type="checkbox"/> | Mashed Potato (Plain & simple)- Scoop from Jacket |
| 17. | <input type="checkbox"/> | Jacket Potato |
| 18. | <input type="checkbox"/> | Chips (MCT) |
| 19. | <input type="checkbox"/> | Roast Potatoes (MCT) |
| 20. | <input type="checkbox"/> | Savoury Rice (MCT) |
| 21. | <input type="checkbox"/> | Plain Boiled Rice |
| 22. | <input type="checkbox"/> | Plain Pasta |
| 23. | <input type="checkbox"/> | Green Salad and Tomatoes |
| 24. | <input type="checkbox"/> | Salad Sticks |
| 25. | <input type="checkbox"/> | Vegetables of the day (from the Core Menu) |
| 26. | <input type="checkbox"/> | Baked Beans |
| 27. | <input type="checkbox"/> | Mushy Peas |

Vg	GF
Vg	GF
Vg	GF
Vg	GF
Vg	GF
Vg	GF
Vg	GF
Vg	GF
Vg	GF
Vg	GF
Vg	GF
Vg	GF
Vg	GF

DESSERT & SNACK SELECTIONS - choose up to 2

- | | | |
|-----|--------------------------|---|
| 28. | <input type="checkbox"/> | Peaches & Pears in natural juice |
| 29. | <input type="checkbox"/> | Mandarins in natural juice |
| 30. | <input type="checkbox"/> | Pineapple in natural juice |
| 31. | <input type="checkbox"/> | Muller Light Yoghurt |
| 32. | <input type="checkbox"/> | Jelly |
| 33. | <input type="checkbox"/> | Kellogg's Special K Red Berry Bar |
| 34. | <input type="checkbox"/> | Marshmallows |
| 35. | <input type="checkbox"/> | Fresh Fruit of the Day |

Vg	GF
Vg	GF
Vg	GF
	GF
V	GF
	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

Chyle Leak (MCT) Menu - Evening

Name:

Ward:

Bed Number:

Please select a starter, one main course and a dessert & snack by placing a tick in the appropriate box for today's evening meal and tomorrow's lunch:

STARTER - select one from

- | | | Dietary Coding |
|----|--|----------------|
| 1. | <input type="checkbox"/> Orange Juice | Vg GF |
| 2. | <input type="checkbox"/> Apple Juice | Vg GF |
| 3. | <input type="checkbox"/> Heinz cup soup - Minestrone | V |
| 4. | <input type="checkbox"/> Weight Watchers Bread (supplied as a full loaf) | V |
| 5. | <input type="checkbox"/> Skimmed milk (supplied as 1L carton) | V GF |

		Dietary Coding
1.	<input type="checkbox"/> Orange Juice	Vg GF
2.	<input type="checkbox"/> Apple Juice	Vg GF
3.	<input type="checkbox"/> Heinz cup soup - Minestrone	V
4.	<input type="checkbox"/> Weight Watchers Bread (supplied as a full loaf)	V
5.	<input type="checkbox"/> Skimmed milk (supplied as 1L carton)	V GF

MAIN COURSE - select one from

- | | | |
|-----|---|-------|
| 6. | <input type="checkbox"/> Plain Chicken Breast | GF |
| 7. | <input type="checkbox"/> Baked White Fish | GF |
| 8. | <input type="checkbox"/> Tuna in Brine | GF |
| 9. | <input type="checkbox"/> Cauliflower & Potato Curry (MCT) | GF Vg |
| 10. | <input type="checkbox"/> Pasta in tomato sauce (MCT) | Vg |
| 11. | <input type="checkbox"/> Cold meat - wafer thin ham | GF |
| 12. | <input type="checkbox"/> Low Fat Cottage Cheese | V GF |

6.	<input type="checkbox"/> Plain Chicken Breast	GF
7.	<input type="checkbox"/> Baked White Fish	GF
8.	<input type="checkbox"/> Tuna in Brine	GF
9.	<input type="checkbox"/> Cauliflower & Potato Curry (MCT)	GF Vg
10.	<input type="checkbox"/> Pasta in tomato sauce (MCT)	Vg
11.	<input type="checkbox"/> Cold meat - wafer thin ham	GF
12.	<input type="checkbox"/> Low Fat Cottage Cheese	V GF

with

- | | | |
|-----|---|-------|
| 13. | <input type="checkbox"/> Tomato & Onion Sauce (MCT) | Vg GF |
| 14. | <input type="checkbox"/> Sweet & Sour Sauce | Vg |
| 15. | <input type="checkbox"/> Gravy (Bovril) | |

13.	<input type="checkbox"/> Tomato & Onion Sauce (MCT)	Vg GF
14.	<input type="checkbox"/> Sweet & Sour Sauce	Vg
15.	<input type="checkbox"/> Gravy (Bovril)	

ACCOMPANIMENTS - choose up to 2 to go with your meal

- | | | |
|-----|--|-------|
| 16. | <input type="checkbox"/> Mashed Potato (Plain & simple)- Scoop from Jacket | Vg GF |
| 17. | <input type="checkbox"/> Jacket Potato | Vg GF |
| 18. | <input type="checkbox"/> Chips (MCT) | Vg GF |
| 19. | <input type="checkbox"/> Roast Potatoes (MCT) | Vg GF |
| 20. | <input type="checkbox"/> Savoury Rice (MCT) | Vg GF |
| 21. | <input type="checkbox"/> Plain Boiled Rice | Vg GF |
| 22. | <input type="checkbox"/> Plain Pasta | Vg |
| 23. | <input type="checkbox"/> Green Salad and Tomatoes | Vg GF |
| 24. | <input type="checkbox"/> Salad Sticks | Vg GF |
| 25. | <input type="checkbox"/> Vegetables of the day (from the Core Menu) | Vg GF |
| 26. | <input type="checkbox"/> Baked Beans | Vg GF |
| 27. | <input type="checkbox"/> Mushy Peas | Vg GF |

16.	<input type="checkbox"/> Mashed Potato (Plain & simple)- Scoop from Jacket	Vg GF
17.	<input type="checkbox"/> Jacket Potato	Vg GF
18.	<input type="checkbox"/> Chips (MCT)	Vg GF
19.	<input type="checkbox"/> Roast Potatoes (MCT)	Vg GF
20.	<input type="checkbox"/> Savoury Rice (MCT)	Vg GF
21.	<input type="checkbox"/> Plain Boiled Rice	Vg GF
22.	<input type="checkbox"/> Plain Pasta	Vg
23.	<input type="checkbox"/> Green Salad and Tomatoes	Vg GF
24.	<input type="checkbox"/> Salad Sticks	Vg GF
25.	<input type="checkbox"/> Vegetables of the day (from the Core Menu)	Vg GF
26.	<input type="checkbox"/> Baked Beans	Vg GF
27.	<input type="checkbox"/> Mushy Peas	Vg GF

DESSERT & SNACK SELECTIONS - choose up to 2

- | | | |
|-----|--|-------|
| 28. | <input type="checkbox"/> Peaches & Pears in natural juice | Vg GF |
| 29. | <input type="checkbox"/> Mandarins in natural juice | Vg GF |
| 30. | <input type="checkbox"/> Pineapple in natural juice | Vg GF |
| 31. | <input type="checkbox"/> Muller Light Yoghurt | GF |
| 32. | <input type="checkbox"/> Jelly | V GF |
| 33. | <input type="checkbox"/> Kellogg's Special K Red Berry Bar | V |
| 34. | <input type="checkbox"/> Marshmallows | GF |
| 35. | <input type="checkbox"/> Fresh Fruit of the Day | Vg GF |

28.	<input type="checkbox"/> Peaches & Pears in natural juice	Vg GF
29.	<input type="checkbox"/> Mandarins in natural juice	Vg GF
30.	<input type="checkbox"/> Pineapple in natural juice	Vg GF
31.	<input type="checkbox"/> Muller Light Yoghurt	GF
32.	<input type="checkbox"/> Jelly	V GF
33.	<input type="checkbox"/> Kellogg's Special K Red Berry Bar	V
34.	<input type="checkbox"/> Marshmallows	GF
35.	<input type="checkbox"/> Fresh Fruit of the Day	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.