

FOOD LEVEL 4 - PUREED	4
Food which is smooth with no lumps and not sticky. No chewing ability needed. Usually eaten with a spoon but can be eaten with a fork.	
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"/>	Orange Juice (thickened by nursing staff if recommended by Speech & Language Therapist)	♥ V GF
MAIN COURSE			
2.	<input type="checkbox"/>	Hearty chicken casserole in gravy with mash, peas and Swede, parsnip	↑ GF
3.	<input type="checkbox"/>	Roast beef rich in gravy with mustard mash, carrot, cauliflower and Yorkshire pudding	↑
4.	<input type="checkbox"/>	Salmon in Dill and cream sauce with mash, carrots and peas	↑ GF
5.	<input type="checkbox"/>	Lentil Bolognese in Rich Tomato sauce with mash potatoes, green beans and Swede/parsnip	↑ V
6.	<input type="checkbox"/>	Omelette in cheese sauce with mash and baked beans	↑ V GF
7.	<input type="checkbox"/>	Chicken curry rich in Masala sauce with mash potatoes, cauliflower and peas	↑
8.	<input type="checkbox"/>	Traditional Roasted Lamb with onion gravy, mash potato, root vegetables and peas	♥ GF
9.	<input type="checkbox"/>	Chilli con carne rich in tomato Sauce with mash potatoes and carrots	GF
10.	<input type="checkbox"/>	Hearty Bean and vegetable casserole with tomato sauce, mash potatoes, Swede/ parsnip and peas	Vg GF
DESSERT SELECTION			
11.	<input type="checkbox"/>	Bakewell Sponge & custard	V
12.	<input type="checkbox"/>	Chocolate Sponge & custard	V
13.	<input type="checkbox"/>	Lemon Sponge & Custard	V
AFTERNOON SNACKS - served at 3pm			
14.	<input type="checkbox"/>	Vanilla Custard Pot	V GF
15.	<input type="checkbox"/>	Thick & Creamy Yoghurt (smooth)	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 4 - PUREED

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4

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"/>	Orange Juice (thickened by nursing staff if recommended by Speech & Language Therapist)	♥ V GF
MAIN COURSE			
2.	<input type="checkbox"/>	Chicken & stuffing rich in gravy with mash potatoes, carrots and Broccoli	↑
3.	<input type="checkbox"/>	Tangy Lemon Chicken in rich lemon sauce with mash potato, green beans and carrots	↑ GF
4.	<input type="checkbox"/>	Beef Bolognese with pasta in rich tomato sauce with mash potatoes, carrots and broccoli	↑
5.	<input type="checkbox"/>	Really cheesy Macaroni rich in a cheesy sauce with mash, carrots and broccoli	↑ V
6.	<input type="checkbox"/>	Salmon in Dill and cream sauce with mash, carrots and peas	↑ GF
7.	<input type="checkbox"/>	Beef Stew with mashed potatoes and parsnips	↑ GF
8.	<input type="checkbox"/>	Lamb Rogan Josh rich in Masala Sauce with Bombay potatoes and Lentil Daal	GF
9.	<input type="checkbox"/>	Vegetable curry with mashed potatoes and parsnips	Vg
10.	<input type="checkbox"/>	Hearty Bean and vegetable casserole with tomato sauce, mash potatoes, Swede/ parsnip and peas	Vg GF
DESSERT SELECTION			
11.	<input type="checkbox"/>	Syrup Sponge & custard	V
12.	<input type="checkbox"/>	Mint Chocolate sponge & custard	V
13.	<input type="checkbox"/>	Lemon Sponge & Custard	V
EVENING SNACKS - (served at 8pm by the nursing team)			
14.	<input type="checkbox"/>	Vanilla Custard Pot	V GF
15.	<input type="checkbox"/>	Thick & Creamy Yoghurt (smooth)	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