

		STARTER	Dietary coding
1.	<input type="checkbox"/>	Mushroom Soup	↑ EC V GF
2.	<input type="checkbox"/>	Bread Roll	V

		MAIN COURSE	
		please pick up to 3 from below	
3.	<input type="checkbox"/>	Chicken Goujons	
4.	<input type="checkbox"/>	Cheese Omelette	EC V GF
5.	<input type="checkbox"/>	Salmon Fish Cake	
6.	<input type="checkbox"/>	Chicken Breast Fillet	GF
7.	<input type="checkbox"/>	Four Cheese Deep Pan 4" Pizza	↑ V
8.	<input type="checkbox"/>	Oven Chips	↑ Vg GF
9.	<input type="checkbox"/>	Hash Browns	↑ V GF
10.	<input type="checkbox"/>	Green Beans	Vg GF
11.	<input type="checkbox"/>	Cheese & Onion Quiche	V
12.	<input type="checkbox"/>	Falafel & spinach burger (mild 🌿)	Vg
13.	<input type="checkbox"/>	Spicy Bean burger (mild 🌿)	Vg
14.	<input type="checkbox"/>	2 x ¼ Egg Mayonnaise Sandwich in wholemeal	V
15.	<input type="checkbox"/>	2 x ¼ Tuna Mayonnaise Sandwich in white	
16.	<input type="checkbox"/>	2 x ¼ Cheese & Pickle Sandwich in white	V
17.	<input type="checkbox"/>	2 x ¼ Ham Sandwich in white	

Items 14-17 maybe suitable for 'easy chew' diets only if approved as safe for you by Speech & Language Therapy

		OPTIONAL EXTRA	
18.	<input type="checkbox"/>	Salad Sticks & Homous dip	Vg GF

		DESSERTS	
		Please pick one from below	
19.	<input type="checkbox"/>	Chocolate Muffin	EC V
20.	<input type="checkbox"/>	Fresh Apple	♥ Vg GF
21.	<input type="checkbox"/>	Choc Ice	V GF

		AFTERNOON TEA SNACK	
22.	<input type="checkbox"/>	Lemon Muffin	↑ V

All dishes are subject to availability

Other Menus, including Cultural & Special diets, are available please ask the ward staff

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<http://www.leedsth.nhs.uk/a-z-of-services/patient-catering/menus/>

		STARTER	Dietary coding
1.	<input type="checkbox"/>	Vegetable Soup	↑ EC Vg GF
2.	<input type="checkbox"/>	Bread Roll	V

		MAIN COURSE	
		please pick 3 from below	
3.	<input type="checkbox"/>	Falafel	Vg
4.	<input type="checkbox"/>	Plain Omelette	EC V GF
5.	<input type="checkbox"/>	Fish Goujons	
6.	<input type="checkbox"/>	Chicken Breast Fillet	GF
7.	<input type="checkbox"/>	Potato Wedges	↑ Vg
8.	<input type="checkbox"/>	Roast Potatoes	↑ Vg
9.	<input type="checkbox"/>	Cauliflower	Vg GF
10.	<input type="checkbox"/>	Cheese & Onion Quiche	V
11.	<input type="checkbox"/>	Falafel & spinach burger (mild 🍴)	Vg
12.	<input type="checkbox"/>	Spicy Bean burger (mild 🍴)	Vg
13.	<input type="checkbox"/>	Cheddar Cheese Portion	V GF
14.	<input type="checkbox"/>	2 x ¼ Egg Mayonnaise Sandwich in wholemeal	V
15.	<input type="checkbox"/>	2 x ¼ Tuna Mayonnaise Sandwich in white	
16.	<input type="checkbox"/>	2 x ¼ Cheese & Pickle Sandwich in white	V
17.	<input type="checkbox"/>	2 x ¼ Ham Sandwich in white	

Items 14-17 maybe suitable for 'easy chew' diets only if approved as safe for you by Speech & Language Therapy

		OPTIONAL EXTRA	
18.	<input type="checkbox"/>	Salad Sticks & Homous dip	Vg GF

		DESSERTS	
		Please pick one from below	
19.	<input type="checkbox"/>	Jammie oat bake	↑ V
20.	<input type="checkbox"/>	Fresh Banana	♥ EC Vg GF
21.	<input type="checkbox"/>	Choc Ice	V GF

		EVENING BEDTIME SNACK	
22.	<input type="checkbox"/>	Cheddar Cheese & Crackers	↑ 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 Easy Chew. Foods that 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.

STARTER		Dietary coding
1.	<input type="checkbox"/> Tomato, Red Pepper & Lentil Soup	↑ EC Vg GF
2.	<input type="checkbox"/> Bread Roll	V

MAIN COURSE		
please pick 3 from below		
3.	<input type="checkbox"/> Chicken Goujons	
4.	<input type="checkbox"/> Cheese Omelette	EC V GF
5.	<input type="checkbox"/> Salmon Fish Cake	
6.	<input type="checkbox"/> Chicken Breast Fillet	GF
7.	<input type="checkbox"/> Four Cheese Deep Pan 4" Pizza	↑ V
8.	<input type="checkbox"/> Oven Chips	↑ Vg GF
9.	<input type="checkbox"/> Hash Browns	↑ V GF
10.	<input type="checkbox"/> Green Beans	Vg GF
11.	<input type="checkbox"/> Cheese & Onion Quiche	V
12.	<input type="checkbox"/> Falafel & spinach burger (mild 🍴)	Vg
13.	<input type="checkbox"/> Spicy Bean burger (mild 🍴)	Vg
14.	<input type="checkbox"/> 2 x ¼ Egg Mayonnaise Sandwich in wholemeal	V
15.	<input type="checkbox"/> 2 x ¼ Tuna Mayonnaise Sandwich in white	
16.	<input type="checkbox"/> 2 x ¼ Cheese & Pickle Sandwich in white	V
17.	<input type="checkbox"/> 2 x ¼ Ham Sandwich in white	

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OPTIONAL EXTRA		
18.	<input type="checkbox"/> Salad Sticks & Homous dip	Vg GF

DESSERTS		
Please pick one from below		
19.	<input type="checkbox"/> Strawberry & White Chocolate Muffin	↑ V
20.	<input type="checkbox"/> Mandarin segments	♥ EC Vg GF
21.	<input type="checkbox"/> Choc Ice	V GF

AFTERNOON TEA SNACK		
22.	<input type="checkbox"/> Chocolate Muffin	EC V

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		STARTER	Dietary coding
1.	<input type="checkbox"/>	Mushroom Soup	↑ EC V GF
2.	<input type="checkbox"/>	Bread Roll	V

		MAIN COURSE	
		please pick 3 from below	
3.	<input type="checkbox"/>	Falafel	Vg
4.	<input type="checkbox"/>	Plain Omelette	EC V GF
5.	<input type="checkbox"/>	Fish Goujons	
6.	<input type="checkbox"/>	Chicken Breast Fillet	GF
7.	<input type="checkbox"/>	Potato Wedges	↑ Vg
8.	<input type="checkbox"/>	Roast Potatoes	↑ Vg
9.	<input type="checkbox"/>	Cauliflower	Vg GF
10.	<input type="checkbox"/>	Cheese & Onion Quiche	V
11.	<input type="checkbox"/>	Falafel & spinach burger (mild 🍴)	Vg
12.	<input type="checkbox"/>	Spicy Bean burger (mild 🍴)	Vg
13.	<input type="checkbox"/>	Cheddar Cheese Portion	V GF
14.	<input type="checkbox"/>	2 x ¼ Egg Mayonnaise Sandwich in wholemeal	V
15.	<input type="checkbox"/>	2 x ¼ Tuna Mayonnaise Sandwich in white	
16.	<input type="checkbox"/>	2 x ¼ Cheese & Pickle Sandwich in white	V
17.	<input type="checkbox"/>	2 x ¼ Ham Sandwich in white	

Items 14-17 maybe suitable for 'easy chew' diets only if approved as safe for you by Speech & Language Therapy

		OPTIONAL EXTRA	
18.	<input type="checkbox"/>	Salad Sticks & Homous dip	Vg GF

		DESSERTS	
		Please pick one from below	
19.	<input type="checkbox"/>	St Clements Muffin	↑ EC V
20.	<input type="checkbox"/>	Fresh Apple	♥ Vg GF
21.	<input type="checkbox"/>	Choc Ice	V GF

		EVENING BEDTIME SNACK	
22.	<input type="checkbox"/>	Jammie oat bake	↑ 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 Easy Chew. Foods that 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.

		STARTER	Dietary coding
1.	<input type="checkbox"/>	Vegetable Soup	↑ EC Vg GF
2.	<input type="checkbox"/>	Bread Roll	V

		MAIN COURSE	
		please pick 3 from below	
3.	<input type="checkbox"/>	Chicken Goujons	
4.	<input type="checkbox"/>	Cheese Omelette	EC V GF
5.	<input type="checkbox"/>	Salmon Fish Cake	
6.	<input type="checkbox"/>	Chicken Breast Fillet	GF
7.	<input type="checkbox"/>	Four Cheese Deep Pan 4" Pizza	↑ V
8.	<input type="checkbox"/>	Oven Chips	↑ Vg GF
9.	<input type="checkbox"/>	Hash Browns	↑ V GF
10.	<input type="checkbox"/>	Green Beans	Vg GF
11.	<input type="checkbox"/>	Cheese & Onion Quiche	V
12.	<input type="checkbox"/>	Falafel & spinach burger (mild 🍴)	Vg
13.	<input type="checkbox"/>	Spicy Bean burger (mild 🍴)	Vg
14.	<input type="checkbox"/>	2 x ¼ Egg Mayonnaise Sandwich in wholemeal	V
15.	<input type="checkbox"/>	2 x ¼ Tuna Mayonnaise Sandwich in white	
16.	<input type="checkbox"/>	2 x ¼ Cheese & Pickle Sandwich in white	V
17.	<input type="checkbox"/>	2 x ¼ Ham Sandwich in white	

Items 14-17 maybe suitable for 'easy chew' diets only if approved as safe for you by Speech & Language Therapy

		OPTIONAL EXTRA	
18.	<input type="checkbox"/>	Salad Sticks & Homous dip	Vg GF

		DESSERTS	
		Please pick one from below	
19.	<input type="checkbox"/>	Lemon Muffin	↑ V
20.	<input type="checkbox"/>	Fresh Banana	♥ EC Vg GF
21.	<input type="checkbox"/>	Choc Ice	V GF

		AFTERNOON TEA SNACK	
22.	<input type="checkbox"/>	Strawberry & white chocolate muffin	↑ V

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		STARTER	Dietary coding
1.	<input type="checkbox"/>	Red Lentil Broth	↑ EC Vg GF
2.	<input type="checkbox"/>	Bread Roll	V

		MAIN COURSE	
		please pick 3 from below	
3.	<input type="checkbox"/>	Falafel	Vg
4.	<input type="checkbox"/>	Plain Omelette	EC V GF
5.	<input type="checkbox"/>	Fish Goujons	
6.	<input type="checkbox"/>	Chicken Breast Fillet	GF
7.	<input type="checkbox"/>	Potato Wedges	↑ Vg
8.	<input type="checkbox"/>	Roast Potatoes	↑ Vg
9.	<input type="checkbox"/>	Cauliflower	Vg GF
10.	<input type="checkbox"/>	Cheese & Onion Quiche	V
11.	<input type="checkbox"/>	Falafel & spinach burger (mild 🍴)	Vg
12.	<input type="checkbox"/>	Spicy Bean burger (mild 🍴)	Vg
13.	<input type="checkbox"/>	Cheddar Cheese Portion	V GF
14.	<input type="checkbox"/>	2 x ¼ Egg Mayonnaise Sandwich in wholemeal	V
15.	<input type="checkbox"/>	2 x ¼ Tuna Mayonnaise Sandwich in white	
16.	<input type="checkbox"/>	2 x ¼ Cheese & Pickle Sandwich in white	V
17.	<input type="checkbox"/>	2 x ¼ Ham Sandwich in white	
Items 14-17 maybe suitable for 'easy chew' diets <u>only</u> if approved as safe for you by Speech & Language Therapy			

		OPTIONAL EXTRA	
18.	<input type="checkbox"/>	Salad Sticks & Homous dip	Vg GF

		DESSERTS	
		Please pick one from below	
19.	<input type="checkbox"/>	Chocolate Muffin	EC V
20.	<input type="checkbox"/>	Fresh Orange	♥ Vg GF
21.	<input type="checkbox"/>	Choc Ice	V GF

		EVENING BEDTIME SNACK	
22.	<input type="checkbox"/>	Cheddar Cheese & Crackers	↑ V
<i>All dishes are subject to availability</i>			

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 Easy Chew.** Foods that 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.

STARTER		Dietary coding
1.	<input type="checkbox"/> Leek & Potato	↑ EC Vg GF
2.	<input type="checkbox"/> Bread Roll	V

MAIN COURSE		
please pick 3 from below		
3.	<input type="checkbox"/> Chicken Goujons	
4.	<input type="checkbox"/> Cheese Omelette	EC V GF
5.	<input type="checkbox"/> Salmon Fish Cake	
6.	<input type="checkbox"/> Chicken Breast Fillet	GF
7.	<input type="checkbox"/> Four Cheese Deep Pan 4" Pizza	↑ V
8.	<input type="checkbox"/> Oven Chips	↑ Vg GF
9.	<input type="checkbox"/> Hash Browns	↑ V GF
10.	<input type="checkbox"/> Green Beans	Vg GF
11.	<input type="checkbox"/> Cheese & Onion Quiche	V
12.	<input type="checkbox"/> Falafel & spinach burger (mild 🍴)	Vg
13.	<input type="checkbox"/> Spicy Bean burger (mild 🍴)	Vg
14.	<input type="checkbox"/> 2 x ¼ Egg Mayonnaise Sandwich in wholemeal	V
15.	<input type="checkbox"/> 2 x ¼ Tuna Mayonnaise Sandwich in white	
16.	<input type="checkbox"/> 2 x ¼ Cheese & Pickle Sandwich in white	V
17.	<input type="checkbox"/> 2 x ¼ Ham Sandwich in white	

Items 14-17 maybe suitable for 'easy chew' diets only if approved as safe for you by Speech & Language Therapy

OPTIONAL EXTRA		
18.	<input type="checkbox"/> Salad Sticks & Homous dip	Vg GF

DESSERTS		
Please pick one from below		
19.	<input type="checkbox"/> Caramel & Chocolate Shortbread	↑ V
20.	<input type="checkbox"/> Pineapple Chunks	♥ Vg GF
21.	<input type="checkbox"/> Choc Ice	V GF

AFTERNOON TEA SNACK		
22.	<input type="checkbox"/> Cheddar Cheese & Crackers	↑ V

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STARTER		Dietary coding
1.	<input type="checkbox"/> Tomato, Red Pepper & Lentil Soup	↑ EC Vg GF
2.	<input type="checkbox"/> Bread Roll	V

MAIN COURSE		
please pick 3 from below		
3.	<input type="checkbox"/> Falafel	Vg
4.	<input type="checkbox"/> Plain Omelette	EC V GF
5.	<input type="checkbox"/> Fish Goujons	
6.	<input type="checkbox"/> Chicken Breast Fillet	GF
7.	<input type="checkbox"/> Potato Wedges	↑ Vg
8.	<input type="checkbox"/> Roast Potatoes	↑ Vg
9.	<input type="checkbox"/> Cauliflower	Vg GF
10.	<input type="checkbox"/> Cheese & Onion Quiche	V
11.	<input type="checkbox"/> Falafel & spinach burger (mild 🍴)	Vg
12.	<input type="checkbox"/> Spicy Bean burger (mild 🍴)	Vg
13.	<input type="checkbox"/> Cheddar Cheese Portion	V GF
14.	<input type="checkbox"/> 2 x ¼ Egg Mayonnaise Sandwich in wholemeal	V
15.	<input type="checkbox"/> 2 x ¼ Tuna Mayonnaise Sandwich in white	
16.	<input type="checkbox"/> 2 x ¼ Cheese & Pickle Sandwich in white	V
17.	<input type="checkbox"/> 2 x ¼ Ham Sandwich in white	

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OPTIONAL EXTRA		
18.	<input type="checkbox"/> Salad Sticks & Homous dip	Vg GF

DESSERTS		
Please pick one from below		
19.	<input type="checkbox"/> Jammie Oat Bake	↑ V
20.	<input type="checkbox"/> Fresh Apple	♥ Vg GF
21.	<input type="checkbox"/> Choc Ice	V GF

EVENING BEDTIME SNACK		
22.	<input type="checkbox"/> St Clements Muffin	↑ EC V

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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.

STARTER

1.	<input type="checkbox"/>	Tomato Soup	Dietary coding	
2.	<input type="checkbox"/>	Bread Roll	↑	V GF
				V

MAIN COURSE

please pick 3 from below

3.	<input type="checkbox"/>	Chicken Goujons		
4.	<input type="checkbox"/>	Cheese Omelette	EC	V GF
5.	<input type="checkbox"/>	Salmon Fish Cake		
6.	<input type="checkbox"/>	Chicken Breast Fillet		GF
7.	<input type="checkbox"/>	Four Cheese Deep Pan 4" Pizza		↑ V
8.	<input type="checkbox"/>	Oven Chips	↑	Vg GF
9.	<input type="checkbox"/>	Hash Browns	↑	V GF
10.	<input type="checkbox"/>	Green Beans		Vg GF
11.	<input type="checkbox"/>	Cheese & Onion Quiche		V
12.	<input type="checkbox"/>	Falafel & spinach burger (mild 🍴)		Vg
13.	<input type="checkbox"/>	Spicy Bean burger (mild 🍴)		Vg
14.	<input type="checkbox"/>	2 x ¼ Egg Mayonnaise Sandwich in wholemeal		V
15.	<input type="checkbox"/>	2 x ¼ Tuna Mayonnaise Sandwich in white		
16.	<input type="checkbox"/>	2 x ¼ Cheese & Pickle Sandwich in white		V
17.	<input type="checkbox"/>	2 x ¼ Ham Sandwich in white		

Items 14-17 maybe suitable for 'easy chew' diets only if approved as safe for you by Speech & Language Therapy

OPTIONAL EXTRA

18.	<input type="checkbox"/>	Salad Sticks & Homous dip		Vg GF
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DESSERTS

Please pick one from below

19.	<input type="checkbox"/>	Jammie Oat Bake		↑ V
20.	<input type="checkbox"/>	Fresh Banana	♥	EC Vg GF
21.	<input type="checkbox"/>	Choc Ice		V GF

AFTERNOON TEA SNACK

22.	<input type="checkbox"/>	Chocolate Muffin		EC V
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STARTER

		Dietary coding
1.	<input type="checkbox"/>	Vegetable Soup
2.	<input type="checkbox"/>	Bread Roll
		↑ EC V GF
		V

MAIN COURSE

please pick 3 from below

3.	<input type="checkbox"/>	Falafel	Vg
4.	<input type="checkbox"/>	Plain Omelette	EC V GF
5.	<input type="checkbox"/>	Fish Goujons	
6.	<input type="checkbox"/>	Chicken Breast Fillet	GF
7.	<input type="checkbox"/>	Potato Wedges	↑ Vg
8.	<input type="checkbox"/>	Roast Potatoes	↑ Vg
9.	<input type="checkbox"/>	Cauliflower	Vg GF
10.	<input type="checkbox"/>	Cheese & Onion Quiche	V
11.	<input type="checkbox"/>	Falafel & spinach burger (mild 🍴)	Vg
12.	<input type="checkbox"/>	Spicy Bean burger (mild 🍴)	Vg
13.	<input type="checkbox"/>	Cheddar Cheese Portion	V GF
14.	<input type="checkbox"/>	2 x ¼ Egg Mayonnaise Sandwich in wholemeal	V
15.	<input type="checkbox"/>	2 x ¼ Tuna Mayonnaise Sandwich in white	
16.	<input type="checkbox"/>	2 x ¼ Cheese & Pickle Sandwich in white	V
17.	<input type="checkbox"/>	2 x ¼ Ham Sandwich in white	

Items 14-17 maybe suitable for 'easy chew' diets only if approved as safe for you by Speech & Language Therapy

OPTIONAL EXTRA

18.	<input type="checkbox"/>	Salad Sticks & Homous dip	Vg GF
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DESSERTS

Please pick one from below

19.	<input type="checkbox"/>	Lemon Muffin	↑ V
20.	<input type="checkbox"/>	Mandarin segments	♥ EC Vg GF
21.	<input type="checkbox"/>	Choc Ice	V GF

EVENING BEDTIME SNACK

22.	<input type="checkbox"/>	Caramel & Chocolate Shortbread	↑ V
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All dishes are subject to availability

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EC Easy Chew. Foods that 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.

		STARTER	Dietary coding
1.	<input type="checkbox"/>	Red Lentil Broth	↑ EC Vg GF
2.	<input type="checkbox"/>	Bread Roll	V

		MAIN COURSE	
		please pick 3 from below	
3.	<input type="checkbox"/>	Chicken Goujons	
4.	<input type="checkbox"/>	Cheese Omelette	EC V GF
5.	<input type="checkbox"/>	Salmon Fish Cake	
6.	<input type="checkbox"/>	Chicken Breast Fillet	GF
7.	<input type="checkbox"/>	Four Cheese Deep Pan 4" Pizza	↑ V
8.	<input type="checkbox"/>	Oven Chips	↑ Vg GF
9.	<input type="checkbox"/>	Hash Browns	↑ V GF
10.	<input type="checkbox"/>	Green Beans	Vg GF
11.	<input type="checkbox"/>	Cheese & Onion Quiche	V
12.	<input type="checkbox"/>	Falafel & spinach burger (mild 🌿)	Vg
13.	<input type="checkbox"/>	Spicy Bean burger (mild 🌿)	Vg
14.	<input type="checkbox"/>	2 x ¼ Egg Mayonnaise Sandwich in wholemeal	V
15.	<input type="checkbox"/>	2 x ¼ Tuna Mayonnaise Sandwich in white	
16.	<input type="checkbox"/>	2 x ¼ Cheese & Pickle Sandwich in white	V
17.	<input type="checkbox"/>	2 x ¼ Ham Sandwich in white	

Items 14-17 maybe suitable for 'easy chew' diets only if approved as safe for you by Speech & Language Therapy

		OPTIONAL EXTRA	
18.	<input type="checkbox"/>	Salad Sticks & Homous dip	Vg GF

		DESSERTS	
		Please pick one from below	
19.	<input type="checkbox"/>	St Clements Muffin	↑ EC V
20.	<input type="checkbox"/>	Fresh Apple	♥ Vg GF
21.	<input type="checkbox"/>	Choc Ice	V GF

		AFTERNOON TEA SNACK	
22.	<input type="checkbox"/>	Jammie Oat Bake	↑ V

All dishes are subject to availability

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<http://www.leedsth.nhs.uk/a-z-of-services/patient-catering/menus/>

		STARTER	Dietary coding		
1.	<input type="checkbox"/>	Tomato Soup	↑	V	GF
2.	<input type="checkbox"/>	Bread Roll			V

		MAIN COURSE	Dietary coding		
		please pick 3 from below			
3.	<input type="checkbox"/>	Falafel			Vg
4.	<input type="checkbox"/>	Plain Omelette	EC	V	GF
5.	<input type="checkbox"/>	Fish Goujons			
6.	<input type="checkbox"/>	Chicken Breast Fillet			GF
7.	<input type="checkbox"/>	Potato Wedges	↑		Vg
8.	<input type="checkbox"/>	Roast Potatoes	↑		Vg
9.	<input type="checkbox"/>	Cauliflower		Vg	GF
10.	<input type="checkbox"/>	Cheese & Onion Quiche			V
11.	<input type="checkbox"/>	Falafel & spinach burger (mild 🍴)			Vg
12.	<input type="checkbox"/>	Spicy Bean burger (mild 🍴)			Vg
13.	<input type="checkbox"/>	Cheddar Cheese Portion		V	GF
14.	<input type="checkbox"/>	2 x ¼ Egg Mayonnaise Sandwich in wholemeal			V
15.	<input type="checkbox"/>	2 x ¼ Tuna Mayonnaise Sandwich in white			
16.	<input type="checkbox"/>	2 x ¼ Cheese & Pickle Sandwich in white			V
17.	<input type="checkbox"/>	2 x ¼ Ham Sandwich in white			

Items 14-17 maybe suitable for 'easy chew' diets only if approved as safe for you by Speech & Language Therapy

		OPTIONAL EXTRA	Dietary coding		
18.	<input type="checkbox"/>	Salad Sticks & Homous dip			Vg GF

		DESSERTS	Dietary coding		
		Please pick one from below			
19.	<input type="checkbox"/>	Chocolate Muffin			EC V
20.	<input type="checkbox"/>	Fresh Banana	♥	EC	Vg GF
21.	<input type="checkbox"/>	Choc Ice			V GF

		EVENING BEDTIME SNACK	Dietary coding		
22.	<input type="checkbox"/>	Lemon Muffin	↑		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 Easy Chew. Foods that 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.

		STARTER	Dietary coding		
1.	<input type="checkbox"/>	Vegetable Soup	↑	EC	V GF
2.	<input type="checkbox"/>	Bread Roll			V

		MAIN COURSE			
		please pick 3 from below			
3.	<input type="checkbox"/>	Chicken Goujons			
4.	<input type="checkbox"/>	Cheese Omelette		EC	V GF
5.	<input type="checkbox"/>	Salmon Fish Cake			
6.	<input type="checkbox"/>	Chicken Breast Fillet			GF
7.	<input type="checkbox"/>	Four Cheese Deep Pan 4" Pizza			↑ V
8.	<input type="checkbox"/>	Oven Chips	↑	Vg	GF
9.	<input type="checkbox"/>	Hash Browns	↑	V	GF
10.	<input type="checkbox"/>	Green Beans		Vg	GF
11.	<input type="checkbox"/>	Cheese & Onion Quiche			V
12.	<input type="checkbox"/>	Falafel & spinach burger (mild 🍴)			Vg
13.	<input type="checkbox"/>	Spicy Bean burger (mild 🍴)			Vg
14.	<input type="checkbox"/>	2 x ¼ Egg Mayonnaise Sandwich in wholemeal			V
15.	<input type="checkbox"/>	2 x ¼ Tuna Mayonnaise Sandwich in white			
16.	<input type="checkbox"/>	2 x ¼ Cheese & Pickle Sandwich in white			V
17.	<input type="checkbox"/>	2 x ¼ Ham Sandwich in white			

Items 14-17 maybe suitable for 'easy chew' diets only if approved as safe for you by Speech & Language Therapy

		OPTIONAL EXTRA			
18.	<input type="checkbox"/>	Salad Sticks & Homous dip			Vg GF

		DESSERTS			
		Please pick one from below			
19.	<input type="checkbox"/>	Parkin Cake	↑	EC	V
20.	<input type="checkbox"/>	Fresh Orange	♥	Vg	GF
21.	<input type="checkbox"/>	Choc Ice		V	GF

		AFTERNOON TEA SNACK			
22.	<input type="checkbox"/>	St Clements Muffin	↑	EC	V

All dishes are subject to availability

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/>

		STARTER	Dietary coding		
1.	<input type="checkbox"/>	Leek & Potato	↑	EC	V GF
2.	<input type="checkbox"/>	Bread Roll			V

		MAIN COURSE			
		please pick 3 from below			
3.	<input type="checkbox"/>	Falafel			Vg
4.	<input type="checkbox"/>	Plain Omelette		EC	V GF
5.	<input type="checkbox"/>	Fish Goujons			
6.	<input type="checkbox"/>	Chicken Breast Fillet			GF
7.	<input type="checkbox"/>	Potato Wedges	↑		Vg
8.	<input type="checkbox"/>	Roast Potatoes	↑		Vg
9.	<input type="checkbox"/>	Cauliflower		Vg	GF
10.	<input type="checkbox"/>	Cheese & Onion Quiche			V
11.	<input type="checkbox"/>	Falafel & spinach burger (mild 🍴)			Vg
12.	<input type="checkbox"/>	Spicy Bean burger (mild 🍴)			Vg
13.	<input type="checkbox"/>	Cheddar Cheese Portion		V	GF
14.	<input type="checkbox"/>	2 x ¼ Egg Mayonnaise Sandwich in wholemeal			V
15.	<input type="checkbox"/>	2 x ¼ Tuna Mayonnaise Sandwich in white			
16.	<input type="checkbox"/>	2 x ¼ Cheese & Pickle Sandwich in white			V
17.	<input type="checkbox"/>	2 x ¼ Ham Sandwich in white			

Items 14-17 maybe suitable for 'easy chew' diets only if approved as safe for you by Speech & Language Therapy

		OPTIONAL EXTRA			
18.	<input type="checkbox"/>	Salad Sticks & Homous dip			Vg GF

		DESSERTS			
		Please pick one from below			
19.	<input type="checkbox"/>	Strawberry & white chocolate muffin		↑	V
20.	<input type="checkbox"/>	Pineapple Chunks	♥	Vg	GF
21.	<input type="checkbox"/>	Choc Ice		V	GF

		EVENING BEDTIME SNACK			
22.	<input type="checkbox"/>	Chocolate Muffin		EC	V

All dishes are subject to availability

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