

MULTI-CULTURAL MENU LUNCH

Name:

Ward:

Bed No:

Please select your meal choice by placing a tick (✓) in the appropriate box.
All dishes are subject to availability

VEGETARIAN & VEGAN MEALS

		Dietary Coding
1.	<input type="checkbox"/> Aloo Saag with Toor Dal & Basmati Rice: Potatoes cooked in a spinach, onion and tomato sauce	↑ EC V Vg GF
2.	<input type="checkbox"/> Aloo Mater with Toor Dal & Basmati Rice: Potatoes and peas cooked in a tomato sauce with spices	↑ EC V Vg GF
3.	<input type="checkbox"/> Whole Brown Lentils with Bombay Potatoes & Basmati Rice: Whole brown lentils cooked in spices	↑ EC V Vg GF
4.	<input type="checkbox"/> Aloo Gobi and Peas with Toor Dal & Basmati Rice: Potatoes, Cauliflower and Peas cooked with onions, tomatoes and spices)	↑ V Vg GF
5.	<input type="checkbox"/> Dhal Makhani with Bombay potatoes & Basmati Rice: Whole Brown lentils cooked with spices in a rich creamy sauce	↑ EC V GF
6.	<input type="checkbox"/> Aubergine, Peas & Potato with Toor Dal & Basmati Rice: Aubergine, peas and potatoes cooked in a tomato sauce	EC V Vg GF
7.	<input type="checkbox"/> Okra Masala with Toor Dal & Basmati Rice: Okra cooked with plenty of onions, tomatoes, garlic, ginger	V Vg GF
8.	<input type="checkbox"/> Black Eye Beans with Mixed Veg & Basmati Rice: Black eye beans cooked in a tomato and onion sauce	V Vg GF
9.	<input type="checkbox"/> Tinda Channa Dal with Toor Dal & Basmati Rice: Apple gourd and channa dal cooked in a tomato and onion	V Vg GF

MEAT AND FISH MEALS

10.	<input type="checkbox"/> Fish Masala with Whole Brown Lentils & Basmati Rice: Fish marinated in masala (spices) in a rich tomato sauce	↑ EC GF
11.	<input type="checkbox"/> Keema and Peas with Red Lentils & Basmati Rice: Minced mutton and peas cooked in a tomato sauce	↑ GF
12.	<input type="checkbox"/> Mutton Jalfrezi with Channa Dal & Basmati Rice: Diced mutton cooked in onions, tomatoes and masala spices	↑ GF

ACCOMPANIMENT

You can select both these items with your main course:

13.	<input type="checkbox"/> Green Salad	♥ V Vg GF
14.	<input type="checkbox"/> Plain Naan Bread	V Vg

STARTER & DESSERT SELECTION

Please choose your starter & dessert from the main core menu

All meat dishes are provided by a supplier approved by the Halal Food Authority (HFA) to produce and supply Halal food within the UK.

The vegetarian & vegan dishes are produced using only vegetarian & vegan ingredients from an accredited supplier.

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 LTH web site:

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

MULTI-CULTURAL MENU EVENING MEAL

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VEGETARIAN & VEGAN MEALS

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2.	<input type="checkbox"/> Aloo Mater with Toor Dal & Basmati Rice: Potatoes and peas cooked in a tomato sauce with spices	↑ EC V Vg GF
3.	<input type="checkbox"/> Whole Brown Lentils with Bombay Potatoes & Basmati Rice: Whole brown lentils cooked in spices	↑ EC V Vg GF
4.	<input type="checkbox"/> Aloo Gobi and Peas with Toor Dal & Basmati Rice: Potatoes, Cauliflower and Peas cooked with onions, tomatoes and spices)	↑ V Vg GF
5.	<input type="checkbox"/> Dhal Makhani with Bombay potatoes & Basmati Rice: Whole Brown lentils cooked with spices in a rich creamy sauce	↑ EC V GF
6.	<input type="checkbox"/> Aubergine, Peas & Potato with Toor Dal & Basmati Rice: Aubergine, peas and potatoes cooked in a tomato sauce	EC V Vg GF
7.	<input type="checkbox"/> Okra Masala with Toor Dal & Basmati Rice: Okra cooked with plenty of onions, tomatoes, garlic, ginger	V Vg GF
8.	<input type="checkbox"/> Black Eye Beans with Mixed Veg & Basmati Rice: Black eye beans cooked in a tomato and onion sauce	V Vg GF
9.	<input type="checkbox"/> Tinda Channa Dal with Toor Dal & Basmati Rice: Apple gourd and channa dal cooked in a tomato and onion	V Vg GF

MEAT AND FISH MEALS

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ACCOMPANIMENT

You can select both these items with your main course:

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14.	<input type="checkbox"/> Plain Naan Bread	V Vg

DESSERT SELECTION

Please choose your starter & dessert from the main core menu

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.