

## FOOD LEVEL 5 - MINCED & MOIST

Very soft, small moist lumps, not be firm or sticky.  
Minimal chewing ability needed. Food can be easily  
mashed with just a little pressure from a fork.

# 5

### 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>Vegetable &amp; Lentil casserole</b> with parsley mashed potato, cauliflower and sprouts	↑ Vg
3.	<input type="checkbox"/>	<b>Sausages in onion</b> gravy with parsley mashed potato, carrots and broccoli	↑ GF
4.	<input type="checkbox"/>	<b>Chicken in rich gravy</b> with mashed potato, carrot and swede	♥ GF
5.	<input type="checkbox"/>	<b>Salmon supreme</b> with parsley mashed potato, carrots and broccoli	♥ GF
6.	<input type="checkbox"/>	<b>Lamb stew</b> with mashed potato, parsnip and sprouts	♥ GF

#### DESSERT SELECTION

7.	<input type="checkbox"/>	<b>Bakewell Sponge &amp; custard</b>	V
8.	<input type="checkbox"/>	<b>Chocolate Sponge &amp; custard</b>	V
9.	<input type="checkbox"/>	<b>Lemon Sponge &amp; Custard</b>	V

#### AFTERNOON SNACKS - served at 3pm

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

*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.

<b>FOOD LEVEL 5 - MINCED &amp; MOIST</b>	<b>5</b>
Very soft, small moist lumps, not be firm or sticky. Minimal chewing ability needed. Food can be easily mashed with just a little pressure from a fork.	
<b>Evening Meal Menu</b>	

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**

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

<b>MAIN COURSE</b>			
2.	<input type="checkbox"/>	<b>Chicken &amp; vegetable casserole</b> with mashed potato, carrots and sprouts	↑ GF
3.	<input type="checkbox"/>	<b>Fish in mornay sauce</b> with mashed potato, carrots and broccoli	↑ GF
4.	<input type="checkbox"/>	<b>Beef stew</b> with mashed potato, broccoli and cauliflower	♥ GF
5.	<input type="checkbox"/>	<b>Cheesy potato bake</b> with mashed potato, carrots and parsnip	♥ V
6.	<input type="checkbox"/>	<b>Turkey in gravy</b> with mashed potato, carrots and sprouts	GF

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

<b>EVENING SNACKS - served at 8pm by the nursing team</b>			
10.	<input type="checkbox"/>	<b>Vanilla Custard Pot</b>	GF V
11.	<input type="checkbox"/>	<b>Rice Pudding Pot</b>	GF V
12.	<input type="checkbox"/>	<b>Thick &amp; Creamy Yoghurt (smooth)</b>	GF V

*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