

Children's LUNCH Alternative Menu

Please also ask to see the Core Menu which has different choices daily

Name:

Bed Number:

Please select one starter, one main course with 2 side dishes and a dessert by placing a tick (✓) in the appropriate box. All dishes are subject to availability.

STARTERS

		Dietary Coding
1.	<input type="checkbox"/> Orange Juice (thickened by ward staff if thickened fluids required)	♥ Vg GF
2.	<input type="checkbox"/> Apple Juice (thickened by ward staff if thickened fluids required)	♥ Vg GF
3.	<input type="checkbox"/> Salad Sticks & Houmous Dip – sticks of peppers, cucumber, celery & carrot	♥ Vg GF

MAIN COURSE - HOT SELECTIONS

4.	<input type="checkbox"/> Macaroni Cheese	EC V
5.	<input type="checkbox"/> Four Cheese Deep Pan 4" Pizza	↑ V
6.	<input type="checkbox"/> Chicken Tikka Masala	♥ GF
7.	<input type="checkbox"/> Tuna Pasta Bake	♥
8.	<input type="checkbox"/> Penne Pasta in Tomato & Basil Sauce	♥ EC Vg
9.	<input type="checkbox"/> Fish Fingers x 3	
10.	<input type="checkbox"/> Fish Fingers x 5 (please ask your ward housekeeper if you would like sliced bread to make a fish finger sandwich)	
11.	<input type="checkbox"/> Chicken Nuggets x 3	
12.	<input type="checkbox"/> Chicken Nuggets x 5	
13.	<input type="checkbox"/> Plain Omelette	EC V GF
14.	<input type="checkbox"/> Please add Gravy to my meal (NB thickened by ward staff if thickened fluids required)	V

SIDE DISHES - Please select up to two dishes from the following:

15.	<input type="checkbox"/> Oven Chips	↑ Vg GF
16.	<input type="checkbox"/> Mashed Potato	↑ EC V GF
17.	<input type="checkbox"/> Sliced Carrots	♥ Vg GF
18.	<input type="checkbox"/> Garden Peas	♥ Vg GF
19.	<input type="checkbox"/> Boiled Rice	♥ Vg GF
20.	<input type="checkbox"/> Baked Beans	♥ EC Vg GF
21.	<input type="checkbox"/> Garlic Bread	V

DESSERTS - Please select one of the following:

22.	<input type="checkbox"/> Syrup Sponge	↑ EC V
23.	<input type="checkbox"/> With Hot Custard (thickened by ward staff if thickened fluids required)	V GF
24.	<input type="checkbox"/> Satsuma	♥ Vg GF
25.	<input type="checkbox"/> Hot Rice Pudding	♥ EC V GF
26.	<input type="checkbox"/> Vanilla Ice Cream	V GF
27.	<input type="checkbox"/> Strawberry Thick & creamy Yogurt	EC V GF
28.	<input type="checkbox"/> Toffee Thick & Creamy Yogurt	EC V GF
29.	<input type="checkbox"/> Fromage Frais	EC V GF

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/>

Children's SUPPER Alternative Menu

Please also ask to see the Core Menu which has different choices daily

Name:

Bed Number:

Please select one starter, one main course with 2 side dishes and a dessert by placing a tick (✓) in the appropriate box. All dishes are subject to availability.

STARTERS

		Dietary Coding
1.	<input type="checkbox"/> Orange Juice (thickened by ward staff if thickened fluids required)	♥ Vg GF
2.	<input type="checkbox"/> Apple Juice (thickened by ward staff if thickened fluids required)	♥ Vg GF
3.	<input type="checkbox"/> Salad Sticks & Houmous Dip – sticks of peppers, cucumber, celery & carrot	♥ Vg GF

MAIN COURSE - HOT SELECTIONS

4.	<input type="checkbox"/> Macaroni Cheese	EC V
5.	<input type="checkbox"/> Four Cheese Deep Pan 4" Pizza	↑ V
6.	<input type="checkbox"/> Chicken Tikka Masala	♥ GF
7.	<input type="checkbox"/> Tuna Pasta Bake	♥
8.	<input type="checkbox"/> Penne Pasta in Tomato & Basil Sauce	♥ EC Vg
9.	<input type="checkbox"/> Fish Fingers x 3	
10.	<input type="checkbox"/> Fish Fingers x 5 (please ask your ward housekeeper if you would like sliced bread to make a fish finger sandwich)	
11.	<input type="checkbox"/> Chicken Nuggets x 3	
12.	<input type="checkbox"/> Chicken Nuggets x 5	
13.	<input type="checkbox"/> Plain Omelette	EC V GF
14.	<input type="checkbox"/> Please add Gravy to my meal (NB thickened by ward staff if thickened fluids required)	V

SIDE DISHES - Please select up to two dishes from the following:

15.	<input type="checkbox"/> Oven Chips	↑ Vg GF
16.	<input type="checkbox"/> Mashed Potato	↑ EC V GF
17.	<input type="checkbox"/> Sliced Carrots	♥ Vg GF
18.	<input type="checkbox"/> Garden Peas	♥ Vg GF
19.	<input type="checkbox"/> Boiled Rice	♥ Vg GF
20.	<input type="checkbox"/> Baked Beans	♥ EC Vg GF
21.	<input type="checkbox"/> Garlic Bread	V

DESSERTS - Please select one of the following:

22.	<input type="checkbox"/> Syrup Sponge	↑ EC V
23.	<input type="checkbox"/> With Hot Custard (thickened by ward staff if thickened fluids required)	V GF
24.	<input type="checkbox"/> Satsuma	♥ Vg GF
25.	<input type="checkbox"/> Hot Rice Pudding	♥ EC V GF
26.	<input type="checkbox"/> Vanilla Ice Cream	V GF
27.	<input type="checkbox"/> Strawberry Thick & creamy Yogurt	EC V GF
28.	<input type="checkbox"/> Toffee Thick & Creamy Yogurt	EC V GF
29.	<input type="checkbox"/> Fromage Frais	EC V GF

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 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.