

# Red Tray Higher Energy Snack Menu Afternoon

*This Menu is for those patients who have been identified as needing additional nutritional supplements to their diet. These patients may also require a Red Tray at meal times.*

**Name:**

**Ward:**

**Bed Number:**

*Please choose one higher energy item from the list below to have in the afternoon by placing a tick (✓) in the appropriate box*

**Dietary Codes**

SNACKS			Dietary Codes
1.	<input type="checkbox"/>	<b>Cheese and Crackers</b>	V, LP
2.	<input type="checkbox"/>	<b>Cake of the Day</b>	
3.	<input type="checkbox"/>	<b>Giant Coconut Macaroon</b>	GF, V
4.	<input type="checkbox"/>	<b>Rice Pudding Pot</b>	GF, V, EC
5.	<input type="checkbox"/>	<b>Thick and Creamy Yogurt</b>	GF, V, EC
6.	<input type="checkbox"/>	<b>Flapjack</b>	V, LP

*All items are subject to availability.*

### Dietary Codes:

**V** = Vegetarian

**GF** = Gluten Free, if you follow a gluten free diet

**EC** = Foods which are softer and **easier to chew** (suitable for those on level 7 textured diet)

**LP** = Suitable for Low Potassium Diet

If you wish to discuss suitable snack options please ask to see the Dietitian

# Red Tray Higher Energy Snack Menu Evening

*This Menu is for those patients who have been identified as needing additional nutritional supplements to their diet. These patients may also require a Red Tray at meal times.*

**Name:**

**Ward:**

**Bed Number:**

**Please choose one snack to have with evening drink at 8pm by placing a tick (✓) in the appropriate box.**

**Dietary Codes**

SNACKS			Dietary Codes
1.	<input type="checkbox"/>	<b>Cheese and Crackers</b>	V, LP
2.	<input type="checkbox"/>	<b>Cake of the Day</b>	
3.	<input type="checkbox"/>	<b>Giant Coconut Macaroon</b>	GF, V
4.	<input type="checkbox"/>	<b>Rice Pudding Pot</b>	GF, V, EC
5.	<input type="checkbox"/>	<b>Vanilla Custard Pot</b>	GF, V, EC
6.	<input type="checkbox"/>	<b>Flapjack</b>	V, LP

*All items are subject to availability.*

## **If you have diabetes and are at risk of hypos:**

In the evening or night, please request one of the following options from ward staff - Toast, cereal, milk and biscuits or order a rice pudding pot.

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/>

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