

# AFRICAN CARIBBEAN MENU

## Lunch Meal

Name:

Ward:

Bed No:

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

### *HOT CHOICE*

		Dietary Coding
1.	<input type="checkbox"/> <b>Ackees &amp; Saltfish and White Rice</b>	↑ GF
2.	<input type="checkbox"/> <b>Jerk Chicken with Rice &amp; Kidney Beans</b>	↑
3.	<input type="checkbox"/> <b>Brown Stew Chicken with Rice &amp; Kidney Beans</b>	↑
4.	<input type="checkbox"/> <b>Brown Lamb Stew with Rice &amp; Kidney Beans</b>	↑
5.	<input type="checkbox"/> <b>Chicken Curry and White Rice</b>	↑
6.	<input type="checkbox"/> <b>Mutton Curry and White Rice</b>	↑
7.	<input type="checkbox"/> <b>Vegetables in a Mild Caribbean Sauce, White Rice and Green Beans</b>	V
8.	<input type="checkbox"/> <b>Steamed Coley Fish and white rice</b>	GF

### *STARTER & DESSERT SELECTION*

Please choose your starter & dessert from the main core menu

**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/>

# AFRICAN CARIBBEAN MENU

## Evening Meal

Name:

Ward:

Bed No:

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

### HOT CHOICE

		Dietary Coding
1.	<input type="checkbox"/> <b>Ackees &amp; Saltfish and White Rice</b>	↑ GF
2.	<input type="checkbox"/> <b>Jerk Chicken with Rice &amp; Kidney Beans</b>	↑
3.	<input type="checkbox"/> <b>Brown Stew Chicken with Rice &amp; Kidney Beans</b>	↑
4.	<input type="checkbox"/> <b>Brown Lamb Stew with Rice &amp; Kidney Beans</b>	↑
5.	<input type="checkbox"/> <b>Chicken Curry and White Rice</b>	↑
6.	<input type="checkbox"/> <b>Mutton Curry and White Rice</b>	↑
7.	<input type="checkbox"/> <b>Vegetables in a Mild Caribbean sauce, White Rice and Green Beans</b>	V
8.	<input type="checkbox"/> <b>Steamed Coley Fish and White Rice</b>	GF

### DESSERT SELECTION

Please choose your 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.

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May 2023