

VEGAN LUNCH MENU

Name:

Ward:

Bed No:

This menu only includes items which are Vegan. However, all our menus are also coded for Vegan suitable items, you may be able to make a suitable choice from the main menus.

Please choose a starter, one main course & one dessert by placing a tick (✓) in the appropriate box.

**Dietary
Coding**

STARTER SELECTION - please select your starter from the Core menu

1.	<input type="checkbox"/>	Apple Juice (NB thickened by ward staff if thickened fluids required)	♥ Vg GF
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MAIN COURSE SELECTION

2.	<input type="checkbox"/>	Baked Beans on 2 Toast with sunflower spread	Vg
3.	<input type="checkbox"/>	Spicy Bean Casserole	♥ Vg GF
4.	<input type="checkbox"/>	Provençale Vegetable Bake	♥ Vg GF
5.	<input type="checkbox"/>	Vegan Cottage Pie	♥ EC Vg GF
6.	<input type="checkbox"/>	Okra Masala with Toor Dal & Basmati Rice	Vg GF
7.	<input type="checkbox"/>	Black Eye Beans with Mixed Veg & Basmati Rice	Vg GF
8.	<input type="checkbox"/>	Jacket Potato with Baked Beans , Beetroot Salad & Side Salad	♥ Vg GF
9.	<input type="checkbox"/>	Ratatouille with Rice and Peas	♥ Vg GF
10.	<input type="checkbox"/>	Hot Falafel & Houmous Salad	Vg GF
11.	<input type="checkbox"/>	Houmous Sandwich on White Bread	Vg

DESSERT SELECTIONS

You can also choose a GF indicated dessert on the Core Menu

12.	<input type="checkbox"/>	Stewed Apple & Cinnamon	♥ Vg GF
13.	<input type="checkbox"/>	Mandarins in Juice	♥ Vg GF
14.	<input type="checkbox"/>	Peach & Pear in Juice	♥ Vg GF
15.	<input type="checkbox"/>	Pineapple in Juice	♥ Vg 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/>

VEGAN EVENING MENU

Name:

Ward:

Bed No:

Please choose one main course & one dessert by placing a tick (✓) in the appropriate box. All dishes are subject to availability.

MAIN COURSE SELECTION			Dietary Coding
1.	<input type="checkbox"/>	Baked Beans on 2 Toast with sunflower spread	Vg
2.	<input type="checkbox"/>	Spicy Bean Casserole	♥ Vg GF
3.	<input type="checkbox"/>	Provençale Vegetable Bake	♥ Vg GF
5.	<input type="checkbox"/>	Vegan Cottage Pie	♥ EC Vg GF
6.	<input type="checkbox"/>	Okra Masala with Toor Dal & Basmati Rice	Vg GF
7.	<input type="checkbox"/>	Black Eye Beans with Mixed Veg & Basmati Rice	Vg GF
8.	<input type="checkbox"/>	Jacket Potato with Baked Beans , Beetroot Salad & Side Salad	♥ Vg GF
9.	<input type="checkbox"/>	Ratatouille with Rice and Peas	♥ Vg GF
10.	<input type="checkbox"/>	Hot Falafel & Houmous Salad	Vg GF
11.	<input type="checkbox"/>	Houmous Sandwich on White Bread	Vg

DESSERT SELECTIONS			
You can also choose a GF indicated dessert on the Core Menu			
12.	<input type="checkbox"/>	Stewed Apple & Cinnamon	♥ Vg GF
13.	<input type="checkbox"/>	Mandarins in Juice	♥ Vg GF
14.	<input type="checkbox"/>	Peach & Pear in Juice	♥ Vg GF
15.	<input type="checkbox"/>	Pineapple in Juice	♥ Vg 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.

May 2023