



Puréed Menu

IDDSI level **4**

apetito

Northumbria Healthcare **NHS**
NHS Foundation Trust

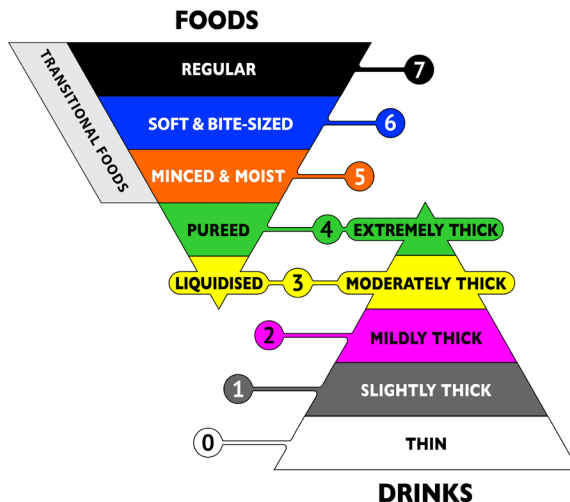


Menu

Dietary information

Dishes suitable for patients following the more common therapeutic diets are coded for ease of identification

GF	Gluten Free	ED	Energy Dense
VE	Vegan	V	Vegetarian
DF	Made without Milk & Milk derivatives		



If you are in any doubt about which level meal you should be eating please contact a member of staff who will be able to assist you.

Lighter Options

Bacon Sandwich

Scrambled Egg on Toast

V

Main Meals

Beef in Gravy

Served with duchess potatoes and peas

GF•ED•DF

Chicken & Vegetable Casserole

Served with sauté potatoes, carrots and swede

GF•ED•DF

Pork in Gravy

Served with duchess potatoes and broccoli

GF•ED

Fish & Chips

Fish in white sauce served with chips and peas

ED

Vegetarian Sausages & Mash

Served with peas

ED•V•VE•DF

Hot Desserts

Apple Pie

Served with custard

V

Bakewell Sponge

Served with custard

V

Lemon Sponge

Served with lemon sauce

V

Rice Pudding

GF•V

Sticky Toffee Pudding

Served with custard

V

Summer fruits

Served with custard

GF•V