

# Pureed Diet - Level 4

This menu is for patients who have difficulty in swallowing or need smooth foods for other reasons. Please check notice above the patient's bed to identify what type of meal choice they should be offered.

Breakfast choices offered daily - Porridge / Ready Brek / Weetabix

## Main Course Choices

### Chicken Casserole

Tender chicken and root vegetables in a rich gravy served with creamy mashed potato, pureed peas and a mixed puree of swede and parsnip.

### Fisherman's Pie

White and smoked fish in a silky cream sauce with pureed peas, carrots and creamy mashed potato.

### Lancashire Hotpot

Slow cooked lamb casserole with potatoes, served with pureed peas, carrots and creamy mashed potato.

### Beef Stew & Dumplings

Traditional beef in a rich gravy with dumplings, served with pureed green beans, carrots and creamy mashed potato.

### Salmon in Dill Sauce

Poached Salmon in a rich cream and dill sauce served with pureed carrots, peas and creamy mashed potato.

### Cottage Pie

Traditional minced beef dish topped with creamy mashed potato, served with pureed carrots and broccoli.

### Roast Lamb with Mint

Minted lamb in gravy, served with peas, mixed puree of swede and parsnip and creamy mashed potato.

### Vegetable Chilli (V)

Pureed vegetables in a chilli sauce, with tomatoes and herbs, accompanied with green beans and a mixed puree of swede and parsnip. Served with creamy mashed potato.

### Chicken Tikka Masala

Authentic and aromatic chicken curry in a masala sauce served with pureed cauliflower, peas and potato.

### Cheesy Macaroni Cheese (V)

Pureed macaroni in a rich cheese sauce, served with pureed carrot, broccoli and creamy mashed potato.

### All Day Breakfast

Scrambled egg served with sausage, beans and tomato sauce.

## Desserts (Pureed consistency)

### Jam Sponge & Custard

Madeira sponge with jam and served with custard.

### Chocolate Sponge & Custard

A rich chocolate sponge dessert, served with custard.

### Sticky Toffee Pudding

A sticky, syrupy sponge pudding, served with custard.

### Rice Pudding

Traditional milk pudding with rice and cream.

### Spiced Apple & Custard

Pureed apple lightly spiced with cinnamon and served with custard.

### Thick & Creamy Yoghurts

Please ask for today's flavour range.

### Chilled Mousse

Please ask for today's flavour range.

# Soft and Bite Sized Diet - Level 6

## Incorporating minced and moist - Level 5

This menu is for patients who have difficulty in swallowing or need soft foods for other reasons. Please check notice above the patient's bed to identify what type of meal choice they should be offered.

Breakfast choices offered daily - Porridge / Ready Brek / Weetabix

### Main Course Choices

#### Cottage Pie 5

Minced beef cooked in a rich gravy with softened onions and diced carrots, topped with creamy mashed potato and finished with cheese. Served with your choice of pureed vegetables.

#### Roast Beef 6

Beef in rich gravy, served with mustard mash and cauliflower cheese.

#### Cheese and Potato Pie (V) 5

Fresh potatoes cooked with cheese and softened onions to form a delicious pie, baked in the oven until golden brown and served with your choice of pureed vegetables.

#### Vegetable Tikka Masala (V) 6

Authentic and aromatic vegetable curry in a masala sauce with cauliflower, peas and potatoes.

#### Corned Beef Hash 5

Corned beef, softened onions and creamed potato, topped with cheese and baked. Served with your choice of pureed vegetables.

#### Poached Fish in Parsley Sauce 6

White fish, poached and served with a traditional creamy parsley sauce, finished with a hint of lemon and served with your choice of pureed vegetables.

#### Minced Lamb in Gravy 5

Prime minced lamb, braised with softened onions and carrots in a rich lamb gravy. Served with creamy mashed potato and your choice of pureed vegetables.

#### Vegetarian Cottage Pie (V) 6

Minced Quorn and softened vegetables cooked in a delicious gravy, finished with tomatoes. Topped with creamy mashed potato, cheese and served with your choice of pureed vegetables.

#### Chicken Keema Tikka Masala 6

Fresh minced chicken breast and thigh meat, cooked in a medium spiced tomato sauce and finished with cream and coriander. Served with your choice of pureed vegetables and creamy mashed potatoes.

#### Fish Pie 6

White fish, poached and bound in a parsley cream sauce with a hint of lemon and topped with creamy mashed potato. Served with your choice of pureed vegetables.

#### Beef Stew & Dumplings 6

Traditional beef stew in a rich gravy with dumplings, served with softened green beans, carrots and mashed potato.

#### Chicken Supreme 6

Fresh minced chicken breast and thigh meat, cooked in a cream sauce with mushrooms and spinach. Served with your choice of pureed vegetables and creamy mashed potatoes.

#### Jacket Potato & Cheese 6

Baked jacket potato served with Cheddar cheese.

### Desserts

#### Rice Pudding 5

Traditional milk pudding with rice and cream.

#### Jam Sponge & Custard 6

A light sponge with jam, served with custard.

#### Chocolate Sponge & Custard 6

A rich chocolate sponge, served with custard.

#### Spiced Apple & Custard 5

Pureed apple lightly spiced with cinnamon and served with custard.

#### Thick & Creamy Yoghurts

Please ask for today's flavour range.

#### Chilled Mousse

Please ask for today's flavour range.

In addition to the above meals, we are able to offer the following;

#### Pureed vegetables

Carrots / Swede / Mushy peas / Broccoli.