



Religious, Cultural and Vegan Lunch & Supper Menu

AUTUMN / WINTER 2022/23

THIS MENU CONTAINS A WIDE SELECTION OF DISHES
FOR RELIGIOUS, CULTURAL AND VEGAN PREFERENCES




This menu is designed to offer you a varied choice of meals with the reassurance that they meet your dietary needs. All main courses include potato/rice/pasta and vegetables.


All dishes are subject to availability which may vary locally from time to time. Occasionally, some meals may not be offered in every hospital. Your ward host/hostess will tell you which ones are available locally to you.


For details of ingredients and allergens in all our dishes, please ask a member of the team. Alternative menus, including Allergy Aware and Texture Modified are available on request.


Nutritional symbols


If you have a special dietary requirement which the dietitian has told you about, look for the relevant symbol on the menu next to each dish.

 **Healthier Choice.** These items have less fat, saturated fat, sugar and salt making them particularly suitable for people with diabetes.

 **Higher Energy and Protein.** These items are higher in calories and protein making them particularly suitable for people who need extra nutritional support.

 **Easy to Chew.** These items are suitable for people requiring IDDSI level 7 easy to chew. These are not designed for people with a swallowing difficulty or those who need supervision whilst eating who will be given a separate menu. Local discretion is advised for specific patients.

 **Vegetarian.** Meals suitable for vegetarians.


 **Gluten Free.** Gluten free meals and desserts and naturally gluten free foods are coded GF. In addition, some of the other main courses on this menu may not have gluten containing ingredients; please ask a member of the catering team for further details.


To Start



Fruit Juice     Vegan


Halal Main Courses


The following dishes do not have any gluten containing ingredients


Chicken Korma, Masoor Dal and Rice 


Chicken Rogan Josh with Mixed Lentils and Vegetable Rice 


Minced Lamb and Peas, Masoor Dal and Rice  

Lamb Biryani, Whole Moong Dal and Rice 

Lamb Korma, Masoor Dal and Rice 

Chicken Masala, Chana Dal and Rice 




Lamb served with Arabic Rice and Vegetables 




Cod served with Arabic Rice and Vegetables 

Additional halal meals can be found under the African/Caribbean section

Vegan Main Courses

Harvester Casserole with Roast Potatoes, Green Beans and Mixed Vegetables    Vegan


Vegetable Chilli, Chickpea Stew and Boiled Rice    Vegan


Savoury Bean Casserole with Roast Potatoes, Mixed Vegetables and Carrots    Vegan


Additional vegan meals can be found on our Lunch & Supper menu as well as within the African and Caribbean and Asian Vegetarian sections below.



African and Caribbean Main Courses



The following dishes do not have any gluten containing ingredients

Jerk Chicken with Spicy Vegetables and Rice halal 

Curried Mutton, Spicy Vegetables and Rice halal 




West African Chicken Stew halal 



West African Jollof Rice with Chicken halal  



Spinach, Cabbage and Okra with Spicy Vegetables and Rice   Vegan



Asian Vegetarian Main Courses



The following dishes do not have any gluten containing ingredients



Aloo Gobi, Whole Moong Dal and Rice    Vegan

Brinjal with Potato, Chana Dal and Rice   Vegan

Green Bean Masala, Urad Dal and Rice   Vegan

Mixed Vegetable Curry, Masoor Dal and Rice   Vegan

Vegetable Jalfrezi, Mixed Lentils and Vegetable Rice   Vegan

Vegetable Korma, Masoor Dal and Rice  

Please choose a suitable dessert from the Lunch & Supper menu and ask about additional soya/vegan options.

Kosher Meals

(Meals are made under Kedassia supervision)

Fish Casserole in a Tomato and Basil Sauce served with Mashed Potatoes and Roasted Vegetables ♥★GF

Grilled Salmon in Dill Sauce served with New Potatoes and Stir-Fried Vegetables E

Chicken Balls with Pasta, Gravy, Mushrooms and Green Beans with Garlic E

Cottage Pie served with Red Cabbage, Peas and Sweetcorn ♥GF

Lamb Provençal served with Mashed Potatoes and a Vegetable Medley GF

Steak & Mushroom Pie served with Mashed Potatoes, Carrots and Green Beans E

Tomato Omelette served with Baked Beans, Sauté Potatoes and a Vegetable Medley E V GF

Veg Schnitzel served with Mashed Potatoes, Celeriac Purée and Ratatouille V Vegan

Kosher soups, desserts and Shabbat meals may also be available on request in some of our hospitals. Please ask your ward host or hostess.

Desserts

Please choose a suitable dessert from the Lunch & Supper menu and ask about additional soya/vegan options.



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