

## DESSERTS

### HOT DESSERTS

Sticky Toffee Pudding & Custard **E GF V R**

Lemon Sponge & Lemon Sauce **E V R**

Summer Fruit Sponge & Custard **V R**

Bakewell Sponge & Custard **E V R**

Rice Pudding **GF V R**

### COLD DESSERTS

Thick & Creamy Yogurt **GF V R**

Chocolate Dessert Pot **V**

Strawberry Mousse **GF V R**

Puree Fruit **H V VG R**

Ice Cream **V R**

Ice Cream for those on normal fluids only. Not suitable for those on Level 1, 2, 3 or 4 thickened fluid

### CODES USED IN THIS MENU

- H** Healthy Options: contain moderate amounts of fat, sugar and salt. Suitable as part of a healthy balanced diet and for patients with diabetes.
- E** Higher Energy: more nourishing than those coded **H** as they contain more calories. Suitable for patients with a reduced appetite.
- GF** Gluten Free: contain 20 parts per million or less of gluten. Suitable for patients with Coeliac Disease
- V** Vegetarian: free from meat, poultry, fish and all products derived from these. Suitable for vegetarians that consume milk, eggs and their products.
- VG** Vegan: Free from all animal products including meat, poultry, fish, milk, eggs and all products derived from these.
- R** Renal Diet: suitable for patients on a low potassium diet.

### ALLERGY INFORMATION

If you have a food allergy or intolerance, please advise your Nurse on admission and always inform your Nurse and Ward Host before you place a meal order. Allergen Free menu available.

### CARBOHYDRATE INFORMATION

Please ask your Ward Host for carbohydrate information if you require it.

INPATIENT  
DINING

# LEVEL 4 PUREED

Please wash your hands or use the wipes provided before each meal.



Salmon in Butter Sauce

serco

**NHS**

South Tees Hospitals  
NHS Foundation Trust



Beef in Gravy

## ABOUT THIS MENU

This menu is suitable for anyone that has been advised to have a Level 4 (Pureed) diet by their Speech and Language Therapist or their Medical Team.

If you have been advised to follow a Level 5 (Minced and Moist) or Level 6 (Soft and Bite-Sized) diet, we have a separate menu for this. Easy Chew options can be found on our standard menu. Please ask your Nurse or Ward Host for assistance.

For lunch and supper, please choose a main meal and a hot or cold dessert. Snacks will be offered throughout the day.

## BREAKFAST

Puree Porridge **V R**

Thick & Creamy Yogurt  
**GF V R**

Puree Fruit **H V VG R**

## SNACKS

Thick & Creamy Yogurt  
**GF V R**

Chocolate Pudding Pot **V**

Custard Pot (Cold) **V R**

Puree Fruit **H V VG R**

## STARTER

Tomato Soup **V**

Mushroom Soup **V**

Only suitable for patients on normal fluids or thickened fluid Levels 1, 2 and 3. NOT suitable for patients on thickened fluid Level 4.

## MAIN MEALS

Vegetable & Bean Casserole  
with sauté potatoes and peas  
**E GF V VG R**

Tomato & Basil Pasta  
with peas **E V R**

Macaroni Cheese  
with mashed potato, carrots  
and broccoli **E V R**

Cheese & Onion Bake  
with duchess potatoes and  
broccoli **E V R**

Chicken & Gravy  
with carrots and sauté potatoes  
**E GF R**

Chicken & Vegetable  
Casserole  
with sauté potatoes, carrots  
and swede **E GF R**

Fish Pie  
with carrots and peas **E R**

Chicken Tikka Masala  
with rice and creamed spinach  
**E GF R**

Beef Chilli  
with rice and peas **E R**

Salmon in Butter Sauce  
with broccoli and sauté  
potatoes **E R**

Shepherd's Pie  
with carrots and peas **E R**

Cottage Pie  
with carrots and broccoli **E R**

Beef & Gravy  
with green beans and sauté  
potatoes **E GF R**