

# No Gluten / Dairy Free Menu

No gluten containing ingredients / No dairy

## Appetisers

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- Fruit juice **V**
- Tomato soup **V**
- Vegetable soup **V**

## Mains

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- Fish in soya parsley sauce\*
- Roast beef in gravy
- Roast turkey in gravy
- Roast pork in gravy
- Chicken in gravy
- Soya chilli con carne **V**
- Jacket potato & beans **V**
- Jacket potato & tuna
- Ham salad
- Egg salad **V**

## Sides

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- Mashed potato **V**
- Chipped potatoes **V**
- New potatoes **V**
- Boiled rice **V**
- Side salad **V**
- Vegetable of the day **V**



\* This dish is MSC certified  
Please note: fish dishes  
may contain bones

patientdining

by *sodexo*

# Sandwiches

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Available on white or wholemeal bread

Ham

Egg **V**

Tuna

Beef

Information on the allergen content of our foods can be obtained from the catering department.

# Desserts

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Soya rice pudding **V**

Fruit crumble & soya custard **V**

Carrot cake & soya custard **V**

Warm fruit compote **V**

Raspberry jelly

Piece of fresh fruit **V**

Chocolate cake slice **V**

Frozen fruit smoothie **V**



**VEGETARIAN** Suitable for lacto-ovo vegetarians, who eat both eggs and dairy products, but exclude all meat, poultry, seafood and products derived from these (e.g. gelatine and rennet).

CERTIFIED  
SUSTAINABLE  
SEAFOOD  
**MSC**  
www.msc.org



Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery