

# MINCED & MOIST MENU

## **IDDSI Level 5 Menu**

*Small (4mm) lumps that pass through the prongs of a fork. Does not separate out into pieces and liquid that drips. Used if unable to bite off pieces of food and chew to small enough pieces to swallow safely.*

### APPETISERS

Soup of the day **v**

### MAINS

Lamb & mint casserole,  
creamed potato  
& mushy peas

Beef cottage pie, mushy  
peas & mashed carrots

Corned beef hash,  
mashed swede &  
creamed broccoli

Pork & apple casserole,  
creamed potato &  
mashed swede

Chicken in bbq sauce,  
creamed potato &  
creamed broccoli

Fishermans pie, mashed  
carrots & mushy peas \*

Fish in tomato sauce,  
creamed potato, mashed  
carrot & mashed swede\*

Salmon in cheese  
sauce, creamed potato  
& creamed broccoli

Cheesy pasta bake,  
mashed carrots &  
creamed broccoli **v**

Vegetarian sausage  
hotpot, creamed potato  
& mashed swede **v**

Vegetarian cottage  
pie, creamed sprouts  
& mashed swede **v**



\* This dish is MSC certified

Please note: fish dishes may contain bones

## DESSERTS

Fruit crumble pudding  
& custard **v**

Vanilla sponge pudding  
& custard **v**

Chocolate sponge  
pudding & custard **v**

Rice pudding **v**

Semolina **v**

Cold flavoured  
custard dessert

Smooth yogurt **v**



The Trusts minced & moist menu complies with the International Dysphagia Diet Standardisation Initiative 2016.

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

**V**

**VEGETARIAN**

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