

Minced & Moist 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

Pork & apple casserole,
creamed potato &
mashed swede

Beef goulash, creamed
potato & diced carrot

Corned beef hash, mashed
swede & creamed broccoli

Beef cottage pie, mushy
peas & mashed carrots

Chicken tarragon, creamed
potato & mashed carrots

Hunters chicken, creamed
potato & creamed broccoli

Minted lamb casserole,
creamed potato &
mushy peas

Fishermans pie, mashed
carrots & mushy peas*

Fish in butter sauce,
creamed potato, mashed
carrot & mashed swede*

Salmon in cheese sauce
sauce, creamed potato
& creamed broccoli

Quorn & vegetable
curry, creamed potato
& creamed broccoli **V**

Vegetable gratin,
creamed potato &
creamed broccoli **V**

Cauliflower & broccoli
bake, creamed potato
& mashed carrots **V**

Vegetable goulash,
creamed potato &
mashed swede **V**

Quorn sausage hotpot,
creamed potato &
mashed swede **V**

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



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

5

patientdining

by *sodexo*

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

Vanilla ice cream **V**

Smooth thick & creamy yogurt **V**

The Trust's pureed 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.



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