

## Meals Without Peanuts & Tree Nuts

### To Start

Fruit Juice **V** **VEGAN** **★** **GF**

### Mains

Roast Chicken Meal

Chicken Goujons & Wedges

Chicken Casserole & Dumpling

Chicken Tikka Masala & Rice **GF**

Chicken, Pearl Barley & Vegetable Soup

Italian Chicken **♥**

Cottage Pie **GF** **★**

Beef Pasta Bolognese **★**

Savoury Minced Lamb & Dumpling **★**

Roast Pork Meal **GF**

Sausage & Mash

All Day Breakfast

Fish & Chips

Fish in Parsley Sauce **GF** **★**

Salmon & Potato Bake

Macaroni Cheese **V** **★**

Cheese & Tomato Pasta **V** **★**

Lentil & Vegetable Shepherd's Pie **V** **VEGAN** **GF**

Chickpea & Spinach Curry & Rice **V** **VEGAN** **GF**

Smoky Bean Chilli & Rice **V** **VEGAN** **GF**

Plain Omelette & Potato Wedges **V** **GF**

Cream of Tomato Soup **V** **GF** **★**

Mediterranean Vegetable & Lentil Pasta **V** **VEGAN** **♥**

### Desserts

**Ambrosia** Rice Pudding **V** **GF** **★**

**Ambrosia** Devon Custard **V** **GF** **★**

Fresh or Tinned Fruit **V** **VEGAN** **GF**

Easy to chew **★** options available

**müller** Fruit Yoghurt **V** **GF** **★**

**müller** Low Fat Fruit Yoghurt **V** **GF** **★**

Plain Low Fat Yoghurt **V** **GF** **★**

Jelly **V** **VEGAN** **♥** **GF** **★**

## Meals Without 14 Major Allergens

The following meals do not contain any of the 14 major allergens including cereals containing gluten, milk, egg, soya, fish, crustaceans, molluscs, peanuts, tree nuts, sesame seeds, celery, mustard, lupin or sulphites.

### To Start

Fruit Juice **V** **VEGAN** **★** **GF**

### Mains Special Allergy Range

**Beef Casserole** **GF**

Served with new potatoes, sweetcorn & green beans

**Savoury Minced Beef** **★** **GF**

Served with new potatoes & broccoli

**Chilli Con Carne** **GF**

Served with rice & mixed vegetables

**Chicken Casserole** **GF**

Served with parmentier potatoes, cauliflower & green beans

**Savoury Minced Chicken** **GF**

Served with new potatoes, carrots & peas

**Lamb Casserole** **GF**

Served with parmentier potatoes & broccoli

**Ratatouille** **V** **VEGAN** **GF**

Served with rice & peas

**Harvester Casserole** **V** **VEGAN** **GF**

Served with roast potatoes, sweetcorn & mixed vegetables

**Vegetable Chilli & Chickpea Stew** **V** **VEGAN** **GF**

Served with rice

**Savoury Bean Casserole** **V** **VEGAN** **GF**

Served with roast potatoes, carrots & mixed vegetables

**Mediterranean Vegetable Stew** **V** **VEGAN** **GF**

Served with parmentier potatoes, sweetcorn & cauliflower

### Desserts

**Fresh Fruit** **V** **VEGAN** **GF**

Easy to chew **★** options available

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Did a member of our team make you smile, or do you want us to recognise an individual's efforts?

Please scan the QR code below to access the survey or go to [www.performancewithheart.co.uk](http://www.performancewithheart.co.uk) and choose the hospital you wish to comment on.



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# Allergy Aware Lunch & Supper Menu

SPRING SUMMER 2026

Please leave this menu for the next patient

Enjoy your meal

## Using This Menu

We consider the enjoyment of your meals to be very important and we have planned this allergy menu to include dishes we hope you will like. It is designed to offer you an interesting choice with the reassurance that it meets your dietary restrictions. All reasonable and proportionate steps have been taken to ensure these meals do not contain the allergens stated.

We also have a range of meals made without all 14 major allergens, as well as sections for meals without nuts and the more common allergens, egg, milk and soya.

Meals are served with vegetables and starchy accompaniments where applicable. Ask the ward host for full descriptions.

For details of ingredients and allergens in all our dishes, please ask a member of the team. We have food and drinks available outside of normal mealtimes. If you have missed a meal, please ask a member of the team.

## Meals Without Egg & Milk To Start

Fruit Juice    

## Mains Steamplicity Meals

Roast Chicken Meal

Chicken Goujons & Wedges

Chicken, Pearl Barley & Vegetable Soup

Italian Chicken 

Beef Pasta Bolognese 

Fish & Chips

Roast Pork Meal 

Chickpea & Spinach Curry & Rice   

Smoky Bean Chilli & Rice   

Mediterranean Vegetable & Lentil Pasta   

**Jacket Potato** Also suitable for  when you eat the POTATO ONLY and avoid the SKIN

Plain Jacket Potato    

With Plain Tuna 

With  Baked Beans   

**Salads** Adapted in our diet kitchen and made without egg, milk or gluten containing ingredients

Chicken Salad

Tuna Salad

## Desserts From standard menu

Fresh or Tinned Fruit   

Easy to chew  options available

Jelly     


Alpro Soya Yoghurt or Dessert    


## 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.

 **Vegetarian.**

 **Vegan.**

 **Healthier Choice.** More suitable for people with diabetes and those requiring choices with less fat, saturated fat, sugar and salt.

 **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.

 **Gluten Free.** Gluten free meals and desserts and naturally gluten free foods are coded GF.

## Meals Without Milk To Start

Fruit Juice    

## Mains Steamplicity Meals

Roast Chicken Meal

Chicken Goujons & Wedges

Italian Chicken 

Chicken, Pearl Barley & Vegetable Soup

Beef Pasta Bolognese 

Fish & Chips

Roast Pork Meal 

Chickpea & Spinach Curry & Rice   

Smoky Bean Chilli & Rice   

Mediterranean Vegetable & Lentil Pasta   

**Jacket Potato** Also suitable for  when you eat the POTATO ONLY and avoid the SKIN

Plain Jacket Potato    

With Tuna Mayonnaise 

With Plain Tuna 

With  Baked Beans   

**Salads** Adapted in our diet kitchen and made without milk or gluten containing ingredients

Chicken Salad

Tuna Salad

Egg Salad 

## Desserts From standard menu

Fresh or Tinned Fruit   

Easy to chew  options available

Jelly     

Alpro Soya Yoghurt or Dessert    

## Meals Without Egg To Start

Fruit Juice    

## Mains Steamplicity Meals

Roast Chicken Meal

Chicken Casserole & Dumpling

Chicken Tikka Masala and Rice 

Chicken, Pearl Barley & Vegetable Soup

Chicken Goujons & Wedges

Italian Chicken 

Cottage Pie  

Beef Pasta Bolognese 

Savoury Minced Lamb & Dumpling 

Roast Pork Meal 

Sausages & Mash

Fish in Parsley Sauce  

Fish & Chips

Salmon & Potato Bake

Lentil & Vegetable Shepherd's Pie   

Chickpea & Spinach Curry & Rice   


Smoky Bean Chilli & Rice   

Mediterranean Vegetable & Lentil Pasta   

Macaroni Cheese  

Cheese & Tomato Pasta  

Cream of Tomato Soup   

**Jacket Potato** Also suitable for  when you eat the POTATO ONLY and avoid the SKIN

Plain Jacket Potato    

With Cheddar Cheese  

With Plain Tuna 

With  Baked Beans   

**Salads** Adapted in our diet kitchen and made without egg or gluten containing ingredients

Chicken Salad

Tuna Salad

Cheese Salad 

## Desserts From standard menu

 Rice Pudding   

 Devon Custard Pot   

Fresh or Tinned Fruit   

Easy to chew  options available

 Fruit Yoghurt   

 Low Fat Fruit Yoghurt   

Plain Low Fat Yoghurt   

Jelly     

Vanilla Ice Cream   

Alpro Soya Yoghurt or Dessert    

## Meals Without Soya To Start

Fruit Juice    

## Mains Steamplicity Meals

Roast Chicken Meal

Italian Chicken 

Chicken Tikka Masala & Rice 

Chicken Goujons & Wedges

Chicken, Pearl Barley & Vegetable Soup

Chicken Casserole & Dumpling

Cottage Pie  

Beef Pasta Bolognese 

Roast Pork Meal 

Sausages & Mash

All Day Breakfast

Savoury Minced Lamb & Dumpling 

Fish & Chips

Chickpea & Spinach Curry & Rice   

Smoky Bean Chilli & Rice   

Cheese & Tomato Pasta  

Plain Omelette & Potato Wedges  

Cream of Tomato Soup   

Mediterranean Vegetable & Lentil Pasta   

**Jacket Potato** Also suitable for  when you eat the POTATO ONLY and avoid the SKIN

Plain Jacket Potato    

With Cheddar Cheese  

With Tuna Mayonnaise 

With Plain Tuna 

With  Baked Beans   

**Salads** Adapted in our diet kitchen and made without soya or gluten containing ingredients

Tuna Salad

Cheese Salad 

Egg Salad 

## Desserts From standard menu

 Rice Pudding   

 Devon Custard Pot   

Fresh or Tinned Fruit   

Easy to chew  options available

 Fruit Yoghurt   

 Low Fat Fruit Yoghurt   

Plain Low Fat Yoghurt   

Jelly     

Vanilla Ice Cream   