

5

Minced & Moist

Mains

Lamb Casserole E GF

Served with minted mashed potato, carrot and swede

Beef Stew & Dumplings E

Served with mashed potatoes, carrots and swede

Cottage Pie GF

Served with cauliflower cheese, carrots and swede

Chicken Casserole E GF

Served with mashed potatoes, carrots and swede

Fish in Cheese Sauce E GF

Served with mashed potatoes and mushy peas

Macaroni Cheese V E

Served with mashed potatoes, lentils, carrot and swede

Lentil Bolognese V VEGAN GF

Served with mashed potato and carrot

Vegetable Lasagne V

Served with mashed potatoes and carrots

Cold Desserts

Thick & Creamy Yoghurt V GF

Rice Pudding Pot V Served hot or cold

Custard Pot V GF

Chocolate Custard Pot V GF

Apple Purée V VEGAN GF

Apple purée may not be suitable for some people requiring thickened fluids.

Hot Desserts (Level 4)

Chocolate Sponge & Custard V E

Lemon Sponge & Custard V E

Summer Fruits & Vanilla Sauce V

6

Soft & Bite Sized

Mains

Roast Lamb & Mint GF

Served with diced potatoes and swede

Beef Stew & Dumplings

Served with diced potato in parsley sauce and carrots

Beef Bolognese

Served with diced potato in parsley sauce and carrots

Chicken Casserole GF

Served with diced potato in parsley sauce and carrots

Chicken & Stuffing

Served with diced potatoes & swede

Fish in Cheese Sauce E GF

Served with diced potatoes and mushy peas

Tuna Bake GF

Served with diced potato in cheese sauce and carrot

Macaroni Cheese V E

Served with diced potatoes, carrot and swede

Vegetable Tikka Masala V E GF

Served with Bombay potatoes and lentil daal

Vegetable Cottage Pie V VEGAN GF

Served with carrots and peas

Vegetable Casserole V VEGAN GF

Served with crushed herby potato and carrots

Desserts

Jam Sponge & Custard V

Chocolate Custard Pot V GF

Thick & Creamy Yoghurt V GF

Rice Pudding Pot V Served hot or cold

Custard Pot V GF

Apple Purée V VEGAN GF

Apple purée may not be suitable for some people requiring thickened fluids.



Modified Texture Lunch & Supper Menu

AUTUMN WINTER 2026/27

Please leave this menu for the next patient

Feedback
Survey



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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 and choose the hospital you wish to comment on.



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Using This Menu

This menu has 4 different grades of textures: Level 3 liquidised, Level 4 puréed meals, Level 5 minced and moist and level 6 soft and bite-sized. If you need a Level 7 easy to chew meal, they can be found on our standard menu.

Additional Halal and Kosher Modified Texture Meals are also available in Level 4, 5 and 6 categories.

Please choose from only one section of this menu, as advised by your Speech and Language Therapist, Dietitian, or Nurse.

For nutritional information, including carbohydrate content, or help with opening packaging, please ask a member of the team. If you have missed a meal or are having difficulty finding suitable food, the ward team will be happy to assist.

Allergen Advice

Please alert your nurse or a member of the ward team if you have any food allergies. We offer a Modified Texture Allergy Menu, and detailed allergen and ingredient information is available for all food and drink we serve.



Nutritional Symbols

If you have a special dietary requirement or you have been advised to follow a certain diet by the Dietitian, please look for the relevant symbol on the menu next to each dish.

 **Vegetarian.**

 **Vegan.** Suitable for people following a vegan diet.

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

 **Higher Energy and Protein.** These items are higher in calories and protein making them particularly suitable for people who need extra nutritional support.

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

 **Hot & Spicy.**

 **Halal.**

 Liquidised

Main Courses

Tomato Soup 

Chicken Soup 

Chicken & Potato Pie  

Bean & Vegetable Casserole   

Lancashire Hotpot 

 Puréed

Mains

Lamb & Mint  
Served with mashed potatoes and carrots

All Day Breakfast 
With beef sausage, egg and baked beans

Roast Beef & Yorkshire Pudding 
Served with mustard mashed potatoes, carrots, cauliflower and gravy

Cottage Pie  
Served with mashed potatoes and peas

Chicken & Stuffing 
Served with potato, carrot and broccoli

Hearty Chicken Casserole  
Served with potatoes, peas, swede and parsnip

Fisherman’s Pie  
Served with mashed potatoes and peas

Fish & Chips 
Served with mushy peas

Salmon in Dill Sauce  
Served with mashed potato, carrots and peas

Macaroni Cheese  
Served with mashed potatoes and peas

Vegetable Lasagne  
Served with mashed potato, carrots and green beans

Bean Stew    
Served with potatoes and vegetables

Chickpea Stew    
Served with tomato sauce, potato, root vegetables and peas

Vegetable Chilli  
Served with mashed potatoes, green beans, swede and parsnip

Egg on Toast 

Halal

Lamb Rogan Josh    
Served with Bombay potatoes and lentil daal

Chicken Tikka Masala    
Served with Bombay potatoes and vegetable masala

Beef Curry    
Served with Bombay potatoes and lentil daal

Chicken Curry    
Served with mashed potatoes, cauliflower and peas

Cold Desserts

 **Thick & Creamy Yoghurt**  

Custard Pot   

Chocolate Custard Pot  

Apple Purée    
Apple purée may not be suitable for some people requiring thickened fluids.

Hot Desserts (Level 4)

Chocolate Sponge & Custard  

Lemon Sponge & Custard  

Summer Fruits & Vanilla Sauce 

Enjoy your meal