

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 **E V**

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

müller Thick & Creamy Yoghurt **V GF**

Ambrosia Rice Pudding **V** **GF** Served hot or cold

Ambrosia Devon Custard Pot **V** **GF**

Ambrosia Chocolate Custard Pot **V GF**

Apple Purée **V VEGAN** **GF**

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

Hot Desserts (Level 4)

Spiced Apples & Custard **V**

Jam 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

Desserts

Chocolate Sponge with Custard **V E**

Ambrosia Chocolate Custard Pot **V GF**

müller Thick & Creamy Yoghurt **V GF**

Ambrosia Rice Pudding **V** **GF** Served hot or cold

Ambrosia Devon Custard Pot **V** **GF**

Apple Purée **V VEGAN** **GF**

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



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Feedback Survey



PERFORMANCE WITH HEART

Medirest aims to provide the highest standards of catering and cleaning services in hospitals. We would appreciate a few minutes of your time to give us your views on our service.

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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JBN: 39711 MTSP32

Modified Texture Lunch & Supper Menu

SPRING SUMMER 2026

Please leave this menu for the next patient

Using This Menu

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

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   

Beef Stew & Dumpling 

Puréed

Mains

Roast Lamb & Mint  

Served with potato, peas and swede

Shepherd's Pie

Served with carrots and peas

All Day Breakfast

With sausage, egg and baked beans

Beef Stew & Dumpling

Served with mashed potatoes, carrots and green beans

Cottage Pie

Served with carrots and broccoli

Chicken & Stuffing

Served with potato, carrot and broccoli

Hearty Chicken Casserole

Served with potatoes, peas, swede and parsnip

Fisherman's Pie

Served with carrots and peas

Salmon in Dill Sauce

Served with mashed potato, carrots and peas

Cheesy Macaroni

Served with mashed potato, carrots and broccoli

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

Lentil Bolognese

Served with potato, green beans, swede and parsnip

Baked Beans 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**

 **Devon Custard Pot**

 **Chocolate Custard Pot**

Apple Purée

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

Hot Desserts (Level 4)

Spiced Apples & Custard

Jam Sponge & Custard

Summer Fruits & Vanilla Sauce

Enjoy your meal