

Dysphagia Ward Menu: As recommended by a speech and language therapist



Royal Free London
NHS Foundation Trust

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Puree (Level 4)

LUNCH
Vegetable & Lentils
V HE HY CNGCI NAS
Chicken Casserole
HE HY CNGCI NAS
Fish & Potato
HE HY CNGCI NAS

LUNCH
Creamy Cauliflower Florets
V HE HY CNGCI NAS
Beef in Bolognese Sauce
HE HY NAS
Tuna & Cod Pasta
HE HY NAS

LUNCH
Mixed Vegetable Casserole
V HE HY CNGCI NAS
Lamb and Vegetable Stew
HY CNGCI NAS
Creamy Fish
HE HY CNGCI NAS

LUNCH
Lentil Bolognese
V HE HY CNGCI NAS
Chicken Casserole
HE HY CNGCI NAS
Fish & Potato
HE HY CNGCI NAS

LUNCH
Vegetable & Lentils
V HE HY CNGCI NAS
Chilli Con Carne
HE HY CNGCI NAS
Tuna & Cod Pasta
HE HY NAS

LUNCH
Creamy Cauliflower Florets
V HE HY CNGCI NAS
Shepherds Pie
HE HY CNGCI NAS
Fish & Potato
HE HY CNGCI NAS

LUNCH
Mixed Vegetable Casserole
V HE HY CNGCI NAS
Chicken Masala
HE HY CNGCI NAS
Fish & Potato
HE HY CNGCI NAS

SUPPER
Lentil Bolognese
V HE HY CNGCI NAS
Chicken Casserole
HE HY CNGCI NAS
Fish & Potato
HE HY CNGCI NAS

SUPPER
Mixed Vegetable Casserole
V HE HY CNGCI NAS
Chicken Masala
HE HY CNGCI NAS
Fish & Potato
HE HY CNGCI NAS

SUPPER
Vegetable & Lentils
V HE HY CNGCI NAS
Chilli Con Carne
HE HY CNGCI NAS
Tuna & Cod Pasta
HE HY NAS

SUPPER
Creamy Cauliflower Florets
V HE HY CNGCI NAS
Shepherds Pie
HE HY CNGCI NAS
Fish & Potato
HE HY CNGCI NAS

SUPPER
Mixed Vegetable Casserole
V HE HY CNGCI NAS
Lamb and Vegetable Stew
HY CNGCI NAS
Creamy Fish
HE HY CNGCI NAS

SUPPER
Vegetable & Lentils
V HE HY CNGCI NAS
Chicken Casserole
HE HY CNGCI NAS
Fish & Potato
HE HY CNGCI NAS

SUPPER
Creamy Cauliflower Florets
V HE HY CNGCI NAS
Beef in Bolognese Sauce
HE HY NAS
Tuna & Cod Pasta
HE HY NAS

DESSERT
Apple spiced custard
V HY NAS
Chocolate sponge
V HE NAS

DESSERT
Lemon sponge
V HY NAS
Chocolate sponge
V HE NAS

DESSERTS
Apple spiced custard
V HY NAS
Chocolate sponge
V HE NAS

DESSERT
Lemon sponge
V HY NAS
Chocolate sponge
V HE NAS

DESSERT
Apple spiced custard
V HY NAS
Chocolate sponge
V HE NAS

DESSERT
Lemon sponge
V HY NAS
Chocolate sponge
V HE NAS

DESSERT
Apple spiced custard
V HY NAS
Chocolate sponge
V HE NAS

KEY

S Soft
V Vegetarian

F High fibre
NAS No added salt

HE High energy
HY Healthier eating

CNGCI Gluten free

Dysphagia Ward Menu: As recommended by a speech and language therapist



Royal Free London
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Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Minced and Moist (Level 5)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|---|--|--|--|
| LUNCH Lentil Bolognaise V HE HY CNGCI NAS Sweet & Sour Chicken HE HY CNGCI NAS Creamy Fish HE HY CNGCI | LUNCH Veggie Kofta V HE HY CNGCI NAS Shepherds Pie HE HY CNGCI NAS Fish & Potato HY CNGCI NAS | LUNCH Mixed Vegetable Curry V HE HY CNGCI NAS Chicken Korma HE HY CNGCI Tuna & Cod Pasta HE HY NAS | LUNCH Vegetable Ragù V HY CNGCI NAS Shepherds Pie HE HY CNGCI NAS Creamy Fish HE HY CNGCI | LUNCH Lentil Bolognaise V HE HY CNGCI NAS Sweet & Sour Chicken HE HY CNGCI NASS Fish & Potato HE HY CNGCI | LUNCH Veggie Kofta V HE HY CNGCI NAS Chicken Korma HE HY CNGCI Tuna & Cod Pasta HE HY NAS | LUNCH Mixed Vegetable Curry V HE HY CNGCI NAS Chicken Masala HE HY CNGCI NAS Fish & Potato HY CNGCI NAS |
| SUPPER Mixed Vegetable Curry V HE HY CNGCI NAS Chicken Korma HE HY CNGCI Tuna & Cod Pasta HE HY NAS | SUPPER Vegetable Ragù V HY CNGCI NAS Shepherds Pie HE HY CNGCI NAS Creamy Fish HE HY CNGCI | SUPPER Lentil Bolognaise V HE HY CNGCI NAS Sweet & Sour Chicken HE HY CNGCI NAS Creamy Fish HE HY CNGCI | SUPPER Veggie Kofta V HE HY CNGCI NAS Shepherds Pie HE HY CNGCI NAS Fish & Potato HY CNGCI NAS | SUPPER Mixed Vegetable Curry V HE HY CNGCI NAS Chicken Korma HE HY CNGCI Tuna & Cod Pasta HE HY NAS | SUPPER Lentil Bolognaise V HY CNGCI NAS Sweet & Sour Chicken HE HY CNGCI NASS Fish & Potato HE HY CNGCI | SUPPER Vegetable Ragù V HY CNGCI NAS Shepherds Pie HE HY CNGCI NAS Creamy Fish HE HY CNGCI |

DESSERT - Lemon sponge V HY NAS or Chocolate sponge V HE NAS

Soft & Bite-sized (Level 6)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|--|---|---|---|
| LUNCH Creamy Cauliflower V HE NAS Chicken & Vegetables HE HY CNGCI NAS Tuna & Cod Pasta HE HY NAS | LUNCH Lentil Bolognaise V HE HY CNGCI NAS Savoury Minced Beef HE HY NAS Creamy Fish HY CNGCI NAS | LUNCH Vegetable Ragù V HE HY CNGCI NAS Lamb And Vegetable Stew HY CNGCI NAS Fish & Potato HE HY CNGCI NAS | LUNCH Creamy Cauliflower V HE NAS Chicken & Vegetables HE HY CNGCI NAS Tuna & Cod Pasta HE HY NAS | LUNCH Lentil Bolognaise V HY CNGCI NAS Savoury Minced Beef HE HY NAS Fish & Potato HE HY CNGCI NAS | LUNCH Vegetable Ragù V HE HY CNGCI NAS Lamb and Vegetable Stew HY CNGCI NAS Tuna & Cod Pasta HE HY NAS | LUNCH Lentil Bolognaise V HY CNGCI NAS Chicken Masala HE HY CNGCI Fish & Potato HE HY CNGCI NAS |
| SUPPER Vegetable Ragù V HY CNGCI NAS Lamb And Vegetable Stew HY CNGCI NAS Fish & Potato HE HY CNGCI NAS | SUPPER Creamy Cauliflower V HE NAS Chicken & Vegetables HE HY CNGCI NAS Tuna & Cod Pasta HE HY NAS | SUPPER Lentil Bolognaise V HY CNGCI NAS Savoury Minced Beef HE HY NAS Creamy Fish HE HY CNGCI | SUPPER Vegetable Ragù V HE HY CNGCI NAS Lamb and Vegetable Stew HY CNGCI NAS Tuna & Cod Pasta HE HY NAS | SUPPER Creamy Cauliflower V HE NAS Chicken & Vegetables HE HY CNGCI NAS Tuna & Cod Pasta HE HY NAS | SUPPER Lentil Bolognaise V HY CNGCI NAS Savoury Minced Beef HE HY NAS Creamy Fish HE HY CNGCI | SUPPER Vegetable Ragù V HE HY CNGCI NAS Lamb and Vegetable Stew HY CNGCI NAS Fish & Potato HE HY CNGCI |

DESSERT - Lemon sponge V HY NAS or Chocolate sponge V HE NAS

| KEY | S | F | HE | CNGCI |
|-----|------------|---------------|------------------|-------------|
| | Soft | High fibre | High energy | Gluten free |
| | Vegetarian | No added salt | Healthier eating | |