

Crown Advantage Renal



Royal Free London
NHS Foundation Trust

Beef

Cottage Pie with Diced Carrots, Diced Parsnip **NGCI EC** (carb 21g)

Lamb

Shepherds Pie served with Peas & Carrots **NGCI EC** (carb 25g)

Chicken

Chicken Tikka Masala served with Basmati Rice **HE NGCI** (carb 67g)

Sweet & Sour Chicken served with Basmati Rice **HY NGCI** (carb 46g)

Fish

Fish In Parsley Sauce served with Steamed Potato, Diced Carrots, Parsnips **NGCI EC** (carb 38g)

Potato Fish Pie with Green Beans, Sliced Carrots **NGCI EC** (carb 34g)

Vegetarian

Cheese Omelette served with Peas & Sweetcorn **V NGCI** (carb 18g)

Vegetable Lasagne **V EC** (carb 37g)

Vegan

Vegetable Bean Chilli served with Long Grain Rice **HY V VG NGCI EC** (carb 77g)

Small Meals Plus

Chicken Korma **HE NGCI** (carb 63g)

Dessert

Apple & Blackberry Crumble **HE V VG EC** (carb 53g)

Apple Crumble **HE V VG EC** (carb 54g)

Chocolate Sponge **V HE EC** (carb 44g)

Rice Pudding with Nutmeg **HY NGCI V EC** (carb 30g)

Key to symbols

- HY** Healthier eating choices are lower in fat, salt and sugar and are suitable choices if you have been advised to follow a healthier diet, for example for diabetes or for your health or if you are trying to lose weight
- HE** Higher energy items are suitable if you have a small appetite or require high energy food due to your illness, weight loss or surgery
- V** Vegetarian items are free from meat, poultry, fish and gelatin
- VG** Suitable for a vegan diet. Does not contain meat, poultry, fish, egg, honey or their products and bi-products.
- NGCI** Non gluten containing ingredients, for those told by a Doctor to follow a gluten free diet. Other gluten free items also available
- EC** Easy Chew, normal everyday foods of soft/tender texture