

KOSHER Menu

'Kosher meals under the Kedassia Supervision'



Royal Free London
NHS Foundation Trust

PLEASE TURN OVER FOR DIABETIC, PUREE AND LIGHT MEAL OPTIONS

Monday

Soup and Dessert of the Day
Asparagus Soup

OR

Apple and Pineapple Puree

Lunch

Chicken Schnitzel with Vegetables

Fisherman's Pie with Vegetables

Vegetable Casserole

Supper

Shepherds Pie with Vegetables

Grilled Salmon with Vegetables

Vegetarian Sausage

Tuesday

Soup and Dessert of the Day
Barley Soup

OR

Chocolate Cake

Lunch

Spaghetti with Bolognese Sauce and Vegetables

Fried Cod with Vegetables

Vegetarian Lasagne

Supper

Stuffed Chicken with New Potatoes and Beans

Fisherman's Pie with Vegetables

Omelette

Wednesday

Soup and Dessert of the Day
Chicken Soup

OR

Bread Pudding with Vanilla Sauce

Lunch

Shepherds Pie with Vegetables

Tuna Pasta Bake with Vegetables

Vegetarian Frittata

Supper

Spaghetti with Bolognese Sauce and Vegetables

Fried Cod with Vegetables

Penne Pasta in Neapolitan Sauce

Thursday

Soup and Dessert of the Day
Mushroom Soup

OR

Apple Crumble with Apricot Coulis

Lunch

Lamb Provencale and Vegetables

Grilled Salmon with Vegetables

Vegetarian Schnitzel

Supper

Stuffed Chicken with New Potatoes and Beans

Tuna Pasta Bake with Vegetables

Vegetable Casserole

Friday

Soup and Dessert of the Day
Pea Soup

OR

Fruit Danish Pastry

Lunch

Spaghetti with Bolognese Sauce and Vegetables

Fried Cod with Vegetables

Vegetarian Sausage

Supper

Chicken Schnitzel with Vegetables

Fish Bake with Herb Crust and Vegetables

Vegetarian Lasagne

Saturday

Soup and Dessert of the Day
Tomato Soup

OR

Apple and Plum Lattice with Peach Halves

Lunch

Stuffed Chicken with New Potatoes and Beans

Fish Bake with Herb Crust and Vegetables

Omelette

Supper

Lamb Provencale and Vegetables

Grilled Salmon with Vegetables

Vegetarian Schnitzel

Sunday

Soup and Dessert of the Day
Vegetable Soup

OR

Summer Fruit Slice with Pear Half

Lunch

Shepherds Pie with Vegetables

Grilled Salmon with Vegetables

Penne Pasta in Neapolitan Sauce

Supper

Chicken and Mushroom Pie, Roast Potato and Vegetables

Fried Cod with Vegetables

Vegetarian Frittata

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DIABETIC, PUREE AND LIGHT MEAL OPTIONS

Monday

Diabetic Option

Lunch
Poached Beef
with Vegetables

Supper
Poached Cod
with Vegetables

Pureed Option

Lunch
Beef with
Vegetables

Supper
Cod with
Vegetables

Tuesday

Diabetic Option

Lunch
Poached Chicken
with Vegetables

Supper
Poached Plaice
with Vegetables

Pureed Option

Lunch
Chicken with
Vegetables

Supper
Lamb with
Vegetables

Wednesday

Diabetic Option

Lunch
Poached Lamb
with Vegetable

Supper
Poached Beef
with Vegetables

Pureed Option

Lunch
Lamb with
Vegetables

Supper
Plaice with
Vegetables

Thursday

Diabetic Option

Lunch
Poached Turkey
with Vegetables

Supper
Poached Chicken
with Vegetables

Pureed Option

Lunch
Turkey with
Vegetables

Supper
Beef with
Vegetables

Friday

Diabetic Option

Lunch
Poached Cod
with Vegetables

Supper
Poached Lamb
with Vegetables

Pureed Option

Lunch
Cod with
Vegetables

Supper
Chicken with
Vegetables

Saturday

Diabetic Option

Lunch
Poached Plaice
with Vegetables

Supper
Poached Turkey
with Vegetables

Pureed Option

Lunch
Chicken with
Vegetables

Supper
Cod with
Vegetables

Sunday

Diabetic Option

Lunch
Poached Chicken
with Vegetables

Supper
Poached Lamb
with Vegetables

Pureed Option

Lunch
Plaice with
Vegetables

Supper
Turkey with
Vegetables

Kosher Light Meal Menu

Soup and Dessert of the day

PLUS

One of the following sandwiches; Egg & Cress, Cheese Mix & Tomato, Tuna Mayo with Cucumber or Grilled Vegetables with Hummus on Sundried Tomato Bread