

## Adult Low Fibre - Menu & Product Listings

Product Description
<b>Breakfast</b>
Corn Flakes
Rice Krispies
Coco Pops
Whole Milk
Semi-Skimmed Milk
Alpro Soya Milk
Mullerlight Fruit Yogurt
Muller Thick and Creamy Fruit Yogurt
Alpro Soya Yoghurt
White Toast
Butter
Sunflower Spread
Jam
Marmalade
Philadelphia
Marmite
<b>Starter</b>
Cream of Tomato Soup - HEINZ
Cream of Chicken Soup - HEINZ
Cream of Mushroom Soup - HEINZ
Orange Juice
Pineapple Juice
Apple Juice
Bread Roll
Butter Portion
Sunflower Spread
<b>Light Bites</b>
White Cheese Sandwich
White Egg Mayonaise
White Ham
White Tuna Mayo
White Chicken Mayonnaise
White Corned Beef
<b>Or</b>
Jacket Potato
Cheese
Plain Tuna
Tuna Mayonnaise
Egg Mayonnaise
Cottage Cheese

Or
Plain Omelette
Cheese Omelette
Main Meal
Plain White Fish
Tinned Tuna
Roasted Chicken
Roast Chicken
Sliced Ham
Cold Hard Boiled Egg x 2
Boiled Rice
Spaghetti Hoops in Tomato Sauce (200g Portion)
Swede & Carrot Mash
Gravy
Or
Chicken Tikka Masala
Sweet and Sour Chicken
Desserts
Muller Yoghurt Thick & Creamy
Mullerlight Fruit Yogurt
Ambrosia Rice Pudding
Ambrosia Custard Pot
Creme Caramel
Strawberry Mousse
Strawberry Jelly
Strawberry Jelly
Alpro Soya Yoghurt
Fruit Cocktail
Cheese & Biscuits
Butter Portion
Sunflower Spread
Chocolate Sponge
Raspberry Jam Sponge
Custard
Snacks
Baked Crisps Cheese & Onion
Baked Crisps Salt & Vinegar
Baked Crisps Ready Salted
Quavers
Wotsits
Pom Bear
Skips
Plain Sponge Cake
Strawberry Sponge Cake
Chocolate Sponge Cake

