

# Low lactose Menu choices from adult standard

## menu

May not be nutritionally adequate for all patients. This menu should be used for patients with primary lactase or secondary lactose deficiency, not for patients with milk allergy.

### Starter

Orange, apple or pineapple juice

### Main course

Fish and chips   
 Beef casserole and dumplings   
 Lamb and lentil stew   
 Traditional Roast chicken

### Halal meals

Minced lamb and peas curry   
 Lamb and potato curry   
 Beef curry   
 Chicken biryani   
 Arabic lamb   
 Lamb biryani

### Vegetarian main course

Chickpea and sweet potato curry   
 Vegetable and Bean casserole


### Authentic Asian Vegetarian


Mixed vegetable curry   
 Spinach masala   
 Aloo saag   
 Chickpea masala   
 Aloo gobi   
 Cauliflower and aubergine masala

Pea and potato curry 

### Snack finger foods

Fish fingers and chips 

Chicken goujons and potato wedges 

Vegetarian “meatballs” and roast potatoes 


### Jacket potato – Standard menu

Baked beans 

Tuna mayo 

Plain tuna 


### Salads


Egg 

Ham

Flaked tuna (in brine)

### Dessert

Apple crumble 

Tinned fruit in juice 

Fresh fruit 

Cheese and crackers with butter

### Snacks available from tea trolley

Ready salted crisps

Salt and vinegar crisps

Bourbon cream biscuits

Oat biscuits

Soya yoghurt

Soya milk

**Please note you can also choose any items from the Peanut/ tree nut free menu.**