

# Asian Halal Menu



All dietary needs are different. Whether it's influenced by culture, religion or ethical choice, we are pleased to be able to offer an extensive selection of meals that meets patients nutritious requirements.

Ward.....Bay Number.....  
Patient Name.....

PLEASE MARK WITH A ✓ IN THE BOX BELOW WITH YOUR MEAL CHOICE. **TICK ONE BOX ONLY**

↓	Meal Choice (Lunch)	Dietary Information		
	GF= Gluten Free V= Vegetarian ED= Energy Dense	GF	V*vegan	ED
	<b>Asian Halal Meals</b>			
	Chicken Dal & Kadai Vegetables with Saag Pulao	✓		
	Chicken Tikka Masala & Rajasthani Dal w/ Saffron Rice	✓		
	Coconut Fish & Saag Chhole with Pulao Rice	✓		
	Chicken Pepper & Whole Moong Dal with Jeera Rice	✓		
	Keema Chana & Aubergine Poato with Pulao Rice	✓		
	Fish Curry & Split Masoor Dal with Saag Pulao	✓		
	Masala Gosht & Mixed Dahl with Basmati Rice	✓		
	Minced Mutton Cabbage & Split Masoor w/ Saag Pulao	✓		✓
	Methi Paneer & Mixed Dal w/ Basmati Plain Rice	✓	✓	
	Corn Peas, Potato & Chana Dal w/ Basmati Rice	✓	✓*	
	Mixed Capsicum Potato & Whole oog Dal w/ Jeera Rice	✓	✓*	
	Kadai Vegetables & Kala Chana with Saag Pulao	✓	✓	
	Aubergine Peas & Toor Dal with Basmiti Rice	✓	✓*	
	Dudhi Chana & Kadhi with Khichadi	✓	✓*	

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	Keema Chana & Aubergine Poato with Pulao Rice	✓		
	Fish Curry & Split Masoor Dal with Saag Pulao	✓		
	Masala Gosht & Mixed Dahl with Basmati Rice	✓		
	Minced Mutton Cabbage & Split Masoor w/ Saag Pulao	✓		✓
	Methi Paneer & Mixed Dal w/ Basmati Plain Rice	✓	✓	
	Corn Peas, Potato & Chana Dal w/ Basmati Rice	✓	✓*	
	Mixed Capsicum Potato & Whole oog Dal w/ Jeera Rice	✓	✓*	
	Kadai Vegetables & Kala Chana with Saag Pulao	✓	✓	
	Aubergine Peas & Toor Dal with Basmiti Rice	✓	✓*	
	Dudhi Chana & Kadhi with Khichadi	✓	✓*	

# Caribbean & West Indian



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	GF= Gluten Free V= Vegetarian ED= Energy Dense	GF	V	ED
	<b>Caribbean &amp; West Indian Meals</b>			
	Spicy Fried Chicken, Rice & Red Kidney Beans			✓
	Chicken Curry & White Rice			✓
	Brown Stew Chicken, Rice & Red Kidney Beans			
	Brown Stew Lamb, & Red Kidney Beans			✓
	Mutton Curry & White Rice			✓
	Jerk Chicken, Rice & Red Kidney Beans			✓
	Ackees & Saltfish & White Rice	✓		✓
	Callaloo & Saltfish & White Rice	✓		✓
	Fried Hake Fish & White Rice			✓
	Steamed Coley Fish & White Rice	✓		
	Ackees & Saltfish, Yam & Sweet Potato	✓		✓
	Callaloo & Saltfish, Yam & Sweet Potato	✓		✓
	Brown Beef Stew, Yam Banana & Sweet Potato			
	Fried Red Snapper Fish, Yam & Sweet Potato			

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	Chicken Curry & White Rice			✓
	Brown Stew Chicken, Rice & Red Kidney Beans			
	Brown Stew Lamb, & Red Kidney Beans			✓
	Mutton Curry & White Rice			✓
	Jerk Chicken, Rice & Red Kidney Beans			✓
	Ackees & Saltfish & White Rice	✓		✓
	Callaloo & Saltfish & White Rice	✓		✓
	Fried Hake Fish & White Rice			✓
	Steamed Coley Fish & White Rice	✓		
	Ackees & Saltfish, Yam & Sweet Potato	✓		✓
	Callaloo & Saltfish, Yam & Sweet Potato	✓		✓
	Brown Beef Stew, Yam Banana & Sweet Potato			
	Fried Red Snapper Fish, Yam & Sweet Potato			

# Kosher Menu



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	<b>Kosher Meals</b>			
	Roast Chicken in Gravy			
	Chicken Schnitzel			✓
	Sliced Beef in Gravy			✓
	Beef Goulash			✓
	Sliced Lamb Meal			✓
	Shepherds Pie			
	Fried Haddock			
	Fried Cod			
	Grilled Plaice			
	Tomato Omelette		✓	
	Spaghetti Neapolitan		✓	
	Spaghetti Bolognaise			✓

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	Beef Goulash			✓
	Sliced Lamb Meal			✓
	Shepherds Pie			
	Fried Haddock			
	Fried Cod			
	Grilled Plaice			
	Tomato Omelette		✓	
	Spaghetti Neapolitan		✓	
	Spaghetti Bolognaise			✓