



Low Residue Menu




Starter

Clear Soup  




Sandwiches On White Bread




Sliced Egg 

Flaked Tuna 



Main Courses (Choose 1 of the following)

Plain Skinless Chicken Breast  

Poached Cod Fillet (Skinless)   

Poached Salmon Fillet (Skinless)   

Plain Omelette  

Hard Boiled Eggs x2 (Served Cold)  

Flaked Tuna (Served Cold)  

Sides (Choose 2 of the following)

Boiled White Rice  

Boiled White Pasta 

Plain Boiled Potatoes (No Skins)  

Mashed Potatoes   


White Bread & Butter/Sunflower Spread (Thinly Spread)

Desserts (Choose 1 of the following)

Strawberry Mousse   

Raspberry Mousse   

Vanilla Ice Cream   

Plain Scone with Butter 

NB

No fruit, salad or vegetables should be eaten while you are on this diet, dairy products should also be limited to very small amounts.

Important

This menu is for those who have been put on a low residue diet. It is designed to prepare the bowel in readiness for your procedure and is required to be adhered to.

Dietary Coding

-  Healthier Eating
-  Higher Calorie
-  Gluten Free
-  Mildly Spicy
-  Medium Spicy
-  Softer Choice