



DAIRY FREE DIET

Suitable cooked meals from the Menu

The following list indicates main courses, accompaniments and hot puddings on the Hospital Menu that are FREE FROM: DAIRY and MILK Products.

This should be used in conjunction with the 'Guide to ordering a Dairy Free Diet'.

Please consider if other menu items contains DAIRY and MILK Products

Main Meals

Roast Beef in Gravy Baked Minced Steak & Potato Pie Pork & Apple Casserole Roast pork in gravy Cooked Sausages in onion gravy	Roast Chicken Breast in Gravy Sliced Turkey in Gravy Sweet & Sour Chicken Chicken Chasseur Baked Chicken & Vegetable Pie Chicken Curry	Lamb Casserole Breaded Cod Salmon in Provencale Sauce
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Carbohydrates

Vegetables

Baked Desserts

Boiled Potatoes Oven Chips Croquette Potatoes White Rice Roast Potatoes	Broccoli Peas Cabbage Cauliflower Brussel Sprouts Baby Carrots Cut Green Beans Mixed Vegetables Sliced Carrots Mashed Swede Sweetcorn Mashed Root Vegetables	Apple Crumble Rhubarb Crumble Apple Sponge Chocolate Chip Sponge Cherry Pie Syrup Sponge Lemon Sponge Somerset Apple Cake Jam Sponge Bakewell Tart Apple Pie
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