

Guide to Ordering a DAIRY FREE DIET

People intolerant to cows' milk need to avoid all dairy produce - milk, butter and other dairy spreads, yoghurt, cream, cheese, ice-cream and all manufactured foods containing milk products.

For patients at home refer to the 'Milk-Free' advice leaflet for further information.

The ward staff should write **dairy free diet** in the additional information box at the bottom of the page on MenuMate (electronic meal ordering system).

Below is a basic guide to helping you choose a dairy free diet:

Breakfast:

Juice
Rice Krispies/Cornflakes
Bread
Dairy-free spread
Jam or Marmite

The ward staff will order soya milk for cereals and drinks and a suitable dairy-free spread for bread each day. This will be sent on the breakfast trolley.

Lunch and Supper:

Starter

Soup – ward staff should write dairy free soup in the additional information box on MenuMate

Freshly Baked Roll
Dairy-free spread
Fruit juice

Main

Choose meals that do not have milk, cheese or cream in them.

Beef Casserole / Chicken Noodles / Chickpea and Sweet Potato Curry
Boiled potatoes
Any vegetables

Jacket potato with Baked Beans

Bread sandwich with dairy-free spread – **no cheese / mayonnaise**

If no suitable option is provided ward staff can contact catering to arrange a suitable alternative i.e. plain fish, chicken, lamb, plain rice or potatoes and vegetables

Dessert

Jelly

Fruit

Soya Yoghurt

Ward staff can order soya yoghurts if requested. This will be sent on the lunch trolley where possible.

Snacks:

If you are having snacks or family members are bringing in snacks for you please refer to the 'milk-free' diet sheet which can be obtained from the dietitian.

Drinks:

Soya milk / squash / orange juice / tea / coffee

IF ITEMS ORDERED ARE NOT RECEIVED, PLEASE INFORM CATERING OR DIETITIAN.

Catering: 01935 384218

Dietitian: 01935 384250

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