

Halal menu



Queen Mary's Hospital

All main course dishes are Halal certified complete meals.

Breakfast

Orange juice **EC H V VG**

Rice krispies with semi skimmed milk **V**

Weetabix with milk **V**

Ready brek with milk **V**

Branflakes with semi skimmed milk **V**

Cornflakes with semi skimmed milk **EC V**

Quaker gluten free original porridge oats with milk **EC V**

Wholemeal sliced bread **V VG**

White sliced bread **V VG**

Margarine **V VG**

Butter **V**

Honey **V**

Jam **V VG**

Marmalade **V VG**

Marmite **V VG**

Banana **EC H V VG**

Easy peel orange **H V VG**

Red apple **H V VG**

Conference pear **H V VG**

Muller thick and creamy yoghurt **V**

Strawberry healthy balance yoghurt **EC H V**

EC

EASY TO CHEW

H

HEALTHIER EATING

E

HIGH ENERGY

V

VEGETARIAN

VG

VEGAN

Appetisers

Orange juice **EC H V VG**

Please select vegetarian or vegan soup from standard menu

+ White / malted wheat petit pain roll **V**

Served with butter **V**
or margarine **V VG**



Mains

Mixed vegetable curry
lentil daal and rice **H V VG**

Aloo gobi peas moong
daal and rice **H V VG**

Chick pea daal toor
daal and rice **H V VG**

Lentil bolognese and
pasta or vegetables **V VG**

Cauliflower and
aubergine with
masoor daal **H V VG**

Chicken tikka masala
channa and rice

Chicken and gravy with
roast potatoes and
mixed vegetables **H**

Chicken biryani moong
daal and rice **H**

Chicken sweet and
sour with rice **H**

Breaded fish served
with chips **E**

Fish masala and
masoor daal **H**

Keema and peas with
vegetable masala **H**

Lamb casserole with
vegetables **H**

Lamb biryani and
moong daal with
vegetable masala **H**

Jacket potatoes

*Served with one filling,
butter and side salad*

Baked beans **H V VG**

Grated cheddar **E V**

Coleslaw **V**

Tuna **H**

Salads

Grated cheddar **E V**

Egg **V**

Tuna

Falafel houmous **E**

+ Wholemeal or white
bread roll **V VG**

*Served with butter **V**
or margarine **V VG***

Sandwiches

*Served with Seabrook
sea salted crisps **V VG**
and side salad **H V VG***

Mature cheddar
on white **E V**

Mature cheddar on
wholemeal **V**

Chunky egg mayonnaise
on white **E V**

Chunky egg mayonnaise
on wholemeal **V**

Tuna mayonnaise
on white **H**

Tuna mayonnaise
on wholemeal **H**



Desserts

Hot dessert

Please select vegetarian or vegan dessert from standard menu

Custard EC V available on request

Cold dessert

Cheese and crackers and butter V

Ambrosia custard pot EC V

Muller thick and creamy yoghurt EC V

Banana EC H V VG

Easy peel orange H V VG

Red apple H V VG

Conference pear H V VG

Snacks

Cheese and crackers and butter V

Muller thick and creamy yoghurt EC V

Gluten free Madeira cake slice EC V

Gluten free chocolate cake slice V

Mini pack biscuits V

Banana EC H V VG

Easy peel orange H V VG

Red apple H V VG

Conference pear H V VG

