

# Level 5 Minced & moist

*This texture can be eaten with a fork or a spoon. It can be scooped and shaped on a plate. It is soft and moist with no separate thin liquid. Small lumps (no bigger than 4mm for adults) are visible within the food – lumps can be squashed with the tongue.*

## Breakfast

Apple juice **V** **VG**

Orange juice **H** **V** **VG**

Weetabix with milk **V**

Ready brek with milk **V**

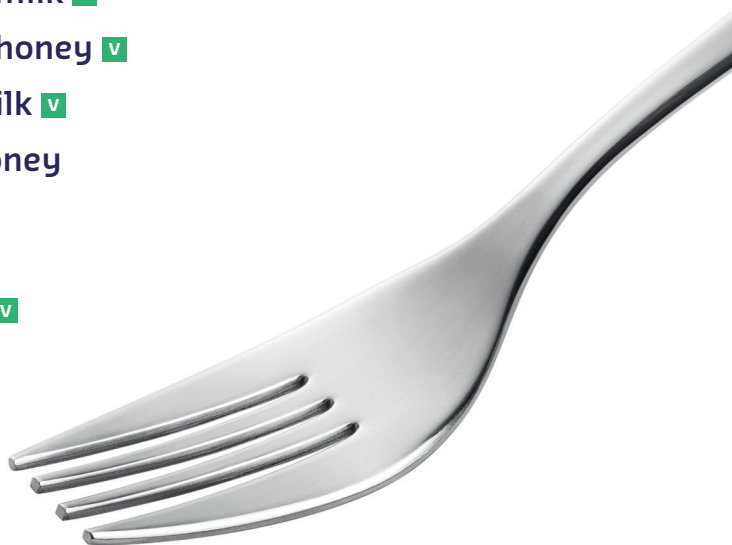
Ready brek with honey **V**

Weetabix with milk **V**

Weetabix with honey

Banana **H** **V** **VG**

Muller thick and  
creamy yoghurt **V**



**H** HEALTHIER EATING

**E** HIGH ENERGY

**V** VEGETARIAN

**VG** VEGAN

## Appetisers

Apple juice **V** **VG**

Orange juice **H** **V** **VG**

Houmous pot **V** **VG**

## Mains

Vegetable lasagne **E**

Vegetable tikka masala

Macaroni cheese

Fish pie

Fish in cheese

Creamed chicken

Chicken curry **E** **V**

Chicken supreme

Lancashire hotpot

Lamb casserole

Roast lamb and mint **E**

Beef bolognese

Savoury beef

Beef stew and dumplings

## Desserts

### Hot desserts

Rice pudding with  
summer fruits **E** **V**

Sticky toffee pudding **E** **V**

Apple sponge **V**

### Cold desserts

Ambrosia custard pot **V**

Muller thick and  
creamy yoghurt **V**

## Snacks

Banana **H** **V** **VG**

Houmous pot **V** **VG**

Ambrosia custard pot **V**

Muller thick and  
creamy yoghurt **V**

