meatballs in smoky tomato sauce EC ME Or an Everyday Salad Or an Everyday Sandwich Boiled rice GF H MF V VG **Baked beans in tomato**

Or an **Everyday Dessert Monday** Supper

Macaroni cheese EC E V

Or an Everyday Sandwich

Creamed potato EC GF V

Boiled rice GF H MF V VG

Peas GF H MF V VG

DESSERTS

Custard **E V**

Baby carrots GF H MF V VG

Red cherry pie E MF V VG

Or an Everyday Salad

APPETISER: Fruit juice or **Cream of tomato** soup* GF E V

Beef & onion pie E ME Fish pie EC GF H Chickpea & spinach curry GF E V

Or an Everyday Salad Or an Everyday Sandwich

Creamed potato EC GF V

Boiled potatoes EC GF H MF V VG Boiled rice GF H MF V VG

Cauliflower EC GF H MF V VG

Cut green beans GF H MF V VG

DESSERTS Please choose an

please see overleaf

Everyday Dessert For **everyday options**

Pork & butternut squash

Cheese & onion pasty **E V**

Creamed potato EC GF V

sauce ec GF MF V VG

Broccoli EC GF H MF V VG

DESSERTS

Rhubarb crumble E MF V VG Custard **E V**

Or an **Everyday Dessert**

Tuesday Supper

APPETISER: Fruit juice or **Cream of mushroom** soup* GF E V

Lamb's liver & bacon hotpot GF H M

Salmon & spinach bake **E**

Soya bolognese EC GF H MF V VG

Or an Everyday Salad Or an Everyday Sandwich

SIDES

Creamed potato EC GF V

Sweet potato wedges GF MF V VG

Sweetcorn GF H MF V VG

Mashed carrot & swede EC GF H MF V VG

DESSERTS

Please choose an **Everyday Dessert**

Wednesday Lunch

APPETISER: Fruit juice

WEEK 2

Sliced roast turkey in gravy EC GF H MF Sage & onion stuffing we v Creamy bacon, cheese

& potato bake GF E Vegetarian sausages H MF V

Or an Everyday Salad Or an Everyday Sandwich

Creamed potato EC GF V Roast potatoes GF E MF V VG Cabbage GF H MF V VG

Mashed swede EC GF H MF V VG

DESSERTS

SIDES

Lemon sponge EC E V Custard E V

Or an Everyday Dessert

Wednesday Supper

APPETISER: Fruit juice or **Creamy vegetable** soup* GF E V

Chicken & mushroom pie **E** Fish portion in parsley

sauce EC GF H Three bean chilli GF H MF V VG

Or an Everyday Salad Or an Everyday Sandwich

Creamed potato EC GF V

Boiled rice GF H MF V VG Baby carrots GF H MF V VG

Bouquetiere of vegetables EC GF H MF V VG Carrot, cauliflower, broccoli

DESSERTS

Please choose an **Everyday Dessert**

Thursday Lunch

*All soup served with white or wholemeal bread

WEEK 2

Friday Lunch

APPETISER: Fruit iuice

Breaded haddock fillet H MI

Chicken & broccoli bake **[**

Cheese omelette EC GF V

Or an Everyday Sandwich

Creamed potato EC GF V

Mushy peas EC GF MF V VG

Apple crumble E MF V VG

Or an Everyday Dessert

Friday Supper

Cream of potato

Minced lamb in

gravy EC GF H MF

SIDES

DESSERTS

Please choose an

Everyday Dessert

& leek soup* GF E V

Chicken a la king GF

Or an Everyday Salad

Soya mince pie E MF V VG

Or an Everyday Sandwich

Creamed potato EC GF V

Broccoli EC GF H MF V VG

Sweetcorn GF H MF V VG

Boiled potatoes EC GF H MF V VG

APPETISER: Fruit juice or

Sliced carrots EC GF H MF V VG

Chips GF E MF V VG

DESSERTS

Custard **E V**

Or an Everyday Salad

APPETISER: Fruit iuice

Chicken casserole GF H MF Faggots in onion gravy EC E M

Vegetable moussaka GF V Or an Everyday Salad Or an Everyday Sandwich

SIDES

Creamed potato EC GF V Skin on boiled potatoes GF H MF V VG

Cut green beans GF H MF V VG Mashed carrots EC GF H MF V VG

DESSERTS

Summer fruits pie E MF V VG Custard **E V**

Or an Everyday Dessert

Thursday Supper

APPETISER: Fruit juice or Lentil soup* GF E V

Beef goulash & dumplings H M

Beef sausage roll ME Potato & cheese bake EC GF E V

Or an Everyday Salad Or an Everyday Sandwich

SIDES

Creamed potato EC GF V

Spicy potato wedges GF MF V VG

Baked beans in tomato sauce EC GF MF V VG Cauliflower EC GF H MF V VG

DESSERTS

Please choose an **Everyday Dessert**

Saturday Lunch

*All soup served with white or wholemeal bread

APPETISER: Fruit iuice

Breaded chicken nuggets H Beef cottage pie EC GF H MF

Roasted vegetable tart **E V**

Or an Everyday Salad Or an Everyday Sandwich

SIDES

Creamed potato EC GF V

Sweet potato wedges GF MF V VG

Baked beans in tomato sauce EC GF MF V VG

Mixed vegetables GF H MF V VG Carrot, peas, cauliflower, cut green beans, sweetcorn

DESSERTS

Chocolate chip muffin loaf EC E V

Custard **E V**

Or an Everyday Dessert

Saturday Supper

APPETISER: Fruit juice or Minted pea soup* GF E V

Turkey & ham pie Mi Pork sausages E MF **Quorn & mushroom**

stroganoff EC GF H V Or an Everyday Salad Or an Everyday Sandwich

SIDES

Creamed potato EC GF V

Skin on boiled potatoes GF H MF V VG

Baby carrots GF H MF V VG Mashed swede EC GF H MF V VG

DESSERTS Please choose an **Everyday Dessert**

Sunday Lunch

WEEK 2

APPETISER: Fruit juice

Sliced roast pork in gravy GF H MF Sage & onion stuffing WE V

Beef casserole GF H M Potato & cheese bake EC GF E V

Or an Everyday Salad Or an Everyday Sandwich

Creamed potato EC GF V

Roast potatoes GF E MF V VG Brussels sprouts GF H MF V VG Mashed carrot & swede

DESSERTS

EC GF H MF V VG

Baked lemon tart E MF V

Custard E V Or an Everyday Dessert

Sunday Supper

APPETISER: Fruit juice or

Creamy vegetable soup* GF E V

Lamb pie 🗉 🔤 Tuna pasta bake **E**

Or an Everyday Salad Or an Everyday Sandwich

Tomato omelette EC GF H V

Creamed potato EC GF V

Boiled potatoes EC GF H MF V VG **Baked beans in tomato**

Bouquetiere of vegetables EC GF H MF V VG Carrot, cauliflower, broccoli

DESSERTS

Please choose an **Everyday Dessert**

sauce EC GF MF V VG

Service times

Breakfast service will commence between 7.30am and 8.30am **Lunch service** will commence between 12.00pm and 1.30pm **Evening meal service** will commence between 5.30pm and 6.30pm

A selection of hot and cold beverages will be served throughout the day.

Biscuits are available to accompany your mid-morning drink, and a choice of biscuit or cake mid-afternoon.

Need extra help at mealtimes?

All staff are committed to ensuring your stay is as comfortable and trouble free as possible. If at any time you need extra help please let a member of the nursing staff know, for example:

- Assistance choosing a suitable meal for your dietary requirements
- Help cutting up your food • Extra support or assistance

with feeding

Clean hands policy

We encourage all patients to wash their hands before eating Please ask a member of staff if you need any assistance. A hand wipe will also be provided on your meal tray.

If you have a special dietary requirement and your needs have not been met from this menu, please speak to a member of staff who will show you our alternative menus, including gluten free, vegan, Halal, Asian vegetarian, Afro Caribbean, Kosher and modified texture meals.

University Hospitals Bristol and Weston

FOOD ALLERGIES and INTOLERANCES

Please speak to our staff about the ingredients in your meal, when making your order



Menu

Welcome to University Hospitals Bristol and Weston NHS Foundation Trust

> Please find enclosed your guide to meals. A wide range of menus for special diets are also available, ask a member of the ward team.

> > **Issued November 2020**

Peas GF H MF V VG Sweetcorn GF H MF V VG

DESSERTS Cherry chocolate sponge E V

Custard E V

Or an Everyday Dessert

Monday Supper

APPETISER: Fruit juice or Parsnip soup* GF E V

Turkey cottage pie EC GF H M Beef pasty **E**

Tomato & pepper pasta bake V

Or an Everyday Salad Or an Everyday Sandwich

SIDES

Creamed potato EC GF V

Chips GF E MF V VG Mixed vegetables GF H MF V VG

Carrot, peas, cauliflower, cut green beans, sweetcorn

Baked beans in tomato sauce ec GF MF V VG

DESSERTS

Please choose an **Everyday Dessert**

Shepherd's pie H EC GF MF

Or an Everyday Sandwich

Cut green beans GF H MF V VG Mashed carrots EC GF H MF V VG

DESSERTS

Apple pie E MF V VG Custard **E V**

Or an **Everyday Dessert**

Tuesday Supper

APPETISER: Fruit juice or Lentil soup* GF E V

Pork sausages in onion gravy **E** ME

Beef bolognese EC GF H M

Vegetarian meatballs in tomato sauce H MF V VG

Or an Everyday Salad Or an Everyday Sandwich

Creamed potato EC GF V

Penne pasta MF V VG

Bouquetiere of vegetables EC GF H MF V VG Carrot, cauliflower, broccoli

Sliced carrots EC GF H MF V VG

DESSERTS

Please choose an **Everyday Dessert**

Wednesday Lunch

APPETISER: Fruit juice

WEEK 1

Sliced roast beef in gravy GF H MI Yorkshire pudding V Fish pie EC GF H

Cheese & onion pasty **E V** Or an Everyday Salad

SIDES

Creamed potato EC GF V

Or an Everyday Sandwich

Roast potatoes GF E MF V VG Brussels sprouts GF H MF V VG Mashed carrot & swede

DESSERTS

EC GF H MF V VG

Plum crumble E MF V VG Custard E V

Or an Everyday Dessert

Wednesday Supper

APPETISER: Fruit juice or

Cream of potato & leek soup* GF E V

Chicken & leek pie **E** Pork & butternut squash

meatballs in smoky tomato sauce EC ME

Ouorn & vegetable tagine GF H MF V

Or an Everyday Salad Or an Everyday Sandwich

Creamed potato EC GF V

Couscous MF V VG

Broccoli EC GF H MF V VG

Mixed vegetables GF H MF V VG Carrot, peas, cauliflower, cut green beans, sweetcorn

DESSERTS

Please choose an **Everyday Dessert**

Thursday Lunch

APPETISER: Fruit juice

*All soup served with white or wholemeal bread

Chicken rendang GF E MF Sliced pork loin GF MF

Tomato & herb macaroni bake EC H V

Or an Everyday Salad Or an Everyday Sandwich

SIDES

Creamed potato EC GF V Boiled rice GF H MF V VG **Baked beans in tomato**

sauce EC GF MF V VG Cauliflower GF H MF V VG

DESSERTS

Jam & coconut sponge EC E V Custard **E V**

Or an Everyday Dessert

Thursday Supper

APPETISER: Fruit juice or Cheese & broccoli

soup* GF E V

Beef cottage pie EC GF H ME Pork & apple casserole H M Sweet potato, spinach

& lentil curry GF H E MF V VG Or an Everyday Salad Or an Everyday Sandwich

SIDES

Creamed potato EC GF V Skin on boiled potatoes

GF H MF V VG

Boiled rice GF H MF V VG Baby carrots GF H MF V VG

Bouquetiere of vegetables EC GF H MF V VG Carrot, cauliflower, broccoli

DESSERTS

Please choose an **Everyday Dessert**

*All soup served with white or wholemeal bread

APPETISER: Fruit iuice

Breaded haddock fillet H MF Minced beef in gravy EC GF H ME

Vegetable goulash with herb dumplings E MF V VG

Or an Everyday Salad Or an Everyday Sandwich

WEEK 1

Friday Lunch

Creamed potato EC GF V Chips GF E MF V VG

Mushy peas GF H MF V VG Sweetcorn GF H MF V VG

DESSERTS Bakewell tart E MF V

Custard **E V**

Or an Everyday Dessert

Friday Supper

APPETISER: Fruit juice or Minted pea soup* GF E V

Lancashire hotpot H ME Chicken tikka masala GF E

Cauliflower cheese c GF V Or an Everyday Salad Or an Everyday Sandwich

SIDES

Creamed potato EC GF V Boiled rice GF H MF V VG Mashed carrot & swede

Peas GF H MF V VG **DESSERTS**

EC GF H MF V VG

Please choose an **Everyday Dessert**

Saturday Lunch

APPETISER: Fruit juice

Chicken escalope H ME Beef lasagne EC E Lentil cottage pie GF H V

Or an Everyday Salad Or an Everyday Sandwich

SIDES

Creamed potato EC GF V Sauté potatoes GF E MF V VG

Cut green beans GF H MF V VG Sliced carrots GF H MF V VG

DESSERTS

soup* GF E V

Apple & raspberry crumble E MF V VG Custard E V

Or an Everyday Dessert

Saturday Supper

APPETISER: Fruit juice or **Creamy vegetable**

Steak & kidney pie **E** ME

Potato & tuna bake c GF Vegetarian meatballs in Chilli con carne EC GF MI tomato sauce H MF V VG

Or an Everyday Salad Or an Everyday Sandwich

SIDES

Creamed potato EC GF V Boiled potatoes EC GF H MF V VG

Broccoli EC GF H MF V VG Mixed vegetables GF H MF V VG Carrot, peas, cauliflower, cut

green beans, sweetcorn **DESSERTS** Please choose an

Everyday Dessert

Sunday Lunch

WEEK 1

APPETISER: Fruit juice

Sliced roast turkey In gravy EC GF H MF Sage & onion stuffing MF V Salmon fish cake M

Cheese & onion quiche E V Or an Everyday Salad Or an Everyday Sandwich

Creamed potato EC GF V Roast potatoes GF E MF V VG

Cabbage GF H MF V VG Mashed carrots EC GF H MF V VG

DESSERTS

Syrup sponge EC E V Custard **E V**

Or an Everyday Dessert

Sunday Supper

Carrot & coriander

APPETISER: Fruit juice or

soup* GF E V Pork grillsteaks in gravy **E W**

Cheesy vegetable pasta H V Or an Everyday Salad

Creamed potato EC GF V Boiled rice GF H MF V VG

Or an Everyday Sandwich

Bouquetiere of vegetables EC GF H MF V VG Carrot, cauliflower, broccoli

Sweetcorn GF H MF V VG

DESSERTS

Please choose an **Everyday Dessert**

Everyday Salads

Served with a bread roll. (Gluten free available on request)

Cheese ploughman's V Ham H ME

Corned beef I

Tuna mayonnaise H

Pink salmon

Smoked mackerel ME Mixed bean H vg

A daily choice of sides e.g. coleslaw or potatoes from the days menu are also available.

Everyday Sandwiches

All available on white or wholemeal bread. (Gluten free available on request)

Simply cheddar cheese **EC V**

Cheddar cheese & salad V Cheddar cheese & pickle K Egg mayonnaise EC H V

Tuna mayonnaise **E**C Simply ham H

Ham & salad H

Corned beef salad Turkey and coleslaw

> Pink salmon EC H Chicken & salad H

Houmous and carrot **EC**

Everyday **Desserts**

Apple H MF V VG Orange H MF V VG

Banana EC H MF V VG

Low fat yoghurt EC GF H V Full fat yoghurt EC GF V

Cheese and biscuits E V

Selection of ice creams EC GF V

Hard boiled egg H MF V

Turkey ME

MILK FREE

VEGAN Suitable for vegans.

EC

Food allergens

Information regarding allergens present in meals is available on request. Please ask a member of the nursing team.

Mealtimes matter

Meal timings vary between wards. To let you know a mealtime is coming we will ring a bell or come and tell you it is nearly mealtime just before service.

Dietary coding and special diets

GLUTEN FREE These dishes are gluten free and suitable for people with coeliac disease or gluten intolerance.

HEALTHIER EATING These dishes are low in fat,

sugar and salt suitable for people advised to eat

a 'healthy' diet e.g. people with diabetes.

HIGHER ENERGY These are good choices

VEGETARIAN Suitable for vegetarians.

for people with a poor appetite.

EASY TO CHEW

Family and carers are welcome to help at mealtimes; however we ask that other visitors leave the ward during the meal service to allow you to eat your meal uninterrupted

Bringing food into hospital

Patient safety is our primary concern, some foods may not be suitable and their introduction into the hospital may do more harm than good. Information about which snacks or extras would be safe to bring in please refer to the trust policy available on each ward.

Your feedback is important to us

If you have any comments about the food in hospital please do tell a member of staff and we will aim to come and speak to you about your concerns.