

## Dietary coding and special diets

**EC** EASY TO CHEW

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

**H** **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.

**E** **HIGHER ENERGY** These are good choices for people with a poor appetite.

**MF** **MILK FREE**

**V** **VEGETARIAN** Suitable for vegetarians.

**VG** **VEGAN** Suitable for vegans.

## 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.

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.

## 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.

**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

## Appetisers

Available lunch only

Fruit juice

Available evenings only

Vegetarian soup of the day

## Mains

All day breakfast **E**



Baked beans in tomato sauce, pork sausages, omelette and mini hash browns

Sweet & sour pork **H E MF**



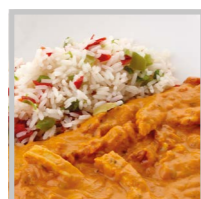
Diced pork with peppers, onions, sliced mushrooms and pineapple pieces in a tangy sweet & sour sauce with boiled rice and peas

Fish & chips **E**



Breaded pollock portion with chips and mushy peas (may contain small bones)

Chicken tikka masala **GF E**



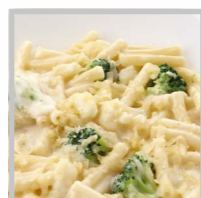
Strips of chicken breast in a creamy, lightly spiced tikka-style curry sauce, served with boiled rice and red & green peppers

Chicken breast in gravy **GF H**



Inner fillet of chicken in gravy served with creamed potato, sliced carrots, cut green beans & peas and roast potatoes

Macaroni cheese **EC E V**



Macaroni in a cheese sauce with broccoli and cauliflower

Potato & cheese bake **EC V**



Potato pieces with chives in cheesy sauce with baby carrots and broccoli

Shepherds pie **EC GF H MF**



Minced lamb with onions and diced carrot topped with mashed potato served with broccoli

Sausages & mashed potato **E**



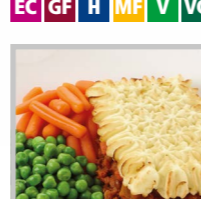
Minced pork sausages in red onion gravy served with creamed potato, baby carrots & peas

Pork & butternut squash meatballs in tomato sauce **E**



Small meatballs of minced pork & butternut squash with penne pasta in tomato sauce, topped with grated cheddar cheese

Lentil cottage pie **EC GF H MF V VG**



Lentils, carrots, onions & tomato in a rich gravy topped with mashed potato, with baby carrots and peas

Cheese omelette **EC GF E V**



Folded egg omelette filled with cheddar cheese with baked beans in tomato sauce and saute potatoes

Jacket potato with cheese and beans **GF V**



Baked, quartered jacket potato served with baked beans in tomato sauce and cheese

Sweet potato & lentil curry **GF E V**



Sweet potato, red lentils and red & green peppers in a mild curry sauce served with boiled rice and peas

Beef bolognese **EC H**



Minced beef in a rich sauce of tomatoes, carrot, garlic and herbs, mixed with fusilli pasta and diced mixed peppers

Salmon pasta bake **EC E**



Flaked salmon with penne pasta in a cheese & herb sauce with broccoli florets

## 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 **EC V**

Egg mayonnaise **EC H V**

Tuna mayonnaise **EC**

Simply ham **H**

Ham & salad **H**

Corned beef salad

Turkey and coleslaw

Pink salmon **EC H**

Chicken & salad **H**

Houmous and carrot **EC VG**

## Everyday Salads

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

Cheese ploughman's **V**

Ham farmhouse **H MF**

Hard boiled egg **H MF V**

Corned beef **MF**

Turkey **MF**

Tuna mayonnaise **H**

Pink salmon **MF**

Smoked mackerel **MF**

Mixed bean **H VG**

Coleslaw can be requested as a side

## Hot desserts

Available lunch time only

Sticky toffee pudding with toffee sauce **V**

Sponge with dried dates and toffee sauce

Apple & blackberry crumble with custard **H V**

Apple & pureed blackberries in syrup with an oaty crumbly topping with custard sweetened with sugar

Rice pudding **EC GF V**

Cooked rice in a sweet milk sauce

## Everyday Cold desserts

Apple **H MF V VG**

Orange **H MF V VG**

Banana **EC H V VG**

Low fat fruit yogurt **EC GF H**

Full fat fruit yogurt **EC GF**

Cheese and biscuits **E V**

Selection of ice creams **EC GF V**



Please ask if you need information about allergens in our dishes