WEEK 2 WEEK 2 WEEK 2 WEEK 2

Monday Lunch

Beef cottage pie EC EF GF MF SF Tuna pasta bake 📧 🖽 😘

Vegetarian meatballs in tomato sauce EF MF V VG

Or a **Everyday Salad** or **Sandwich or Jacket Potato**

SIDES

Creamed potato EC EF GF SF V

Chips EF GF MF SF V VG Trio of vegetables

EC EF GF MF SF V VG

Sweetcorn F GF MF SF V VG

DESSERTS

Sticky toffee pudding V

Custard V

Or a **Everyday Dessert**

Monday Supper

Chicken & tomato bake 📴 💁 😘

Breaded chicken nuggets **EF MF SF**

Potato & cheese bake EC EF GF SF V

Or a **Everyday Salad** or **Sandwich or Jacket Potato**

SIDES

Creamed potato EC EF GF SF V

EF GF MF SF V VG Mashed carrots

EC EF GF MF SF V VG

Peas EF GF MF SF V VG

DESSERTS

Please choose an **Everyday Dessert**



Tuesday Lunch

Sliced roast pork in gravy FF GF MF SF

Sage & onion stuffing EF MF SF V

Chicken korma 🗉 🗗 돼 Macaroni cheese EC EF SF V

Or a **Everyday Salad** or **Sandwich or Jacket Potato**

SIDES

Creamed potato EC EF GF SF V

Roast potatoes EF GF MF SF V VG

Boiled rice EF GF MF SF V VG Broccoli EC EF GF MF SF V VG

Mixed vegetables EF GF MF SF V VG

DESSERTS

Chocolate Sponge EC SF V Custard V

Or a **Everyday Dessert**

Tuesday Supper

Pork sausages F MF SF Breaded fish cake **EF** SF

Cheese omelette EC GF SF V

Sandwich or Jacket Potato

Or a **Everyday Salad** or

SIDES

Creamed potato EC EF GF SF V Spicy potato wedges

Sauté potatoes EF GF MF SF V VG

Trio of vegetables

EC EF GF MF SF V VG Sweetcorn FF GF MF SF V VG

DESSERTS

Please choose an **Everyday Dessert**

Wednesday Lunch

Chicken casserole F GF MF SF Chilli con carne EC EF GF MF SF Three bean chilli EF GF MF SF V VG

Or a Everyday Salad or **Sandwich or Jacket Potato**

SIDES

Creamed potato EC EF GF SF V Boiled rice EF GF MF SF V VG

Cauliflower EC EF GF MF SF V VG

Sliced carrots EC EF GF MF SF V VG

DESSERTS

Apple & raspberry

Or a Everyday Dessert

Wednesday Supper

Shepherd's pie EC EF GF MF SF

Meatballs in smoky tomato sauce EC EF MF SF

Broccoli & cauliflower burger EF MF SF V VG

Sliced cheese F GF SF V

Bap EF MF SF V VG

Or a **Everyday Salad** or **Sandwich or Jacket Potato**

Creamed potato EC EF GF SF V

Chips EF GF MF SF V VG

Peas EF GF MF SF V VG Mashed carrot & swede EC EF GF MF SF V VG

DESSERTS

Please choose an **Everyday Dessert**

Thursday Lunch

Beef bolognese EC EF GF MF SF Pork sausages in onion gravy EF MF SF

Soya bolognese EC EF GF MF V VG Or a **Everyday Salad** or

SIDES

Creamed potato EC EF GF SF V

Sandwich or Jacket Potato

Jam & coconut sponge 📧 🔻

Or a Everyday Dessert

Penne pasta EF MF SF V VG Broccoli EC EF GF MF SF V VG

DESSERTS

Custard V

Sweetcorn EF GF MF SF V VG

crumble FF MF SF V VG

Custard V

Thursday Supper

Breaded chicken nuggets **EF MF SF**

Jumbo cod fish fingers F MF SF **Quorn & mushroom**

stroganoff EC GF SF V Or a **Everyday Salad** or **Sandwich or Jacket Potato**

SIDES

Creamed potato EC EF GF SF V

Spicy potato wedges EF GF MF SF V VG

Baked beans in tomato

Sauce EC EF GF MF SF V VG

Mixed vegetables EF GF MF SF V VG

DESSERTS

Please choose an **Everyday Dessert**



Friday Lunch

Sliced pork loin FF GF MF SF Turkey cottage pie EC EF GF MF SF

Vegetarian sausages we v Or a **Everyday Salad** or

Sandwich or Jacket Potato

SIDES

Creamed potato EC EF GF SF V

Sauté potatoes EF GF MF SF V VG

Peas EF GF MF SF V VG Baby carrots EF GF MF SF V VG

DESSERTS

Lemon sponge 📧 🔻 Custard V

Or a Everyday Dessert

Friday Supper

Quarter pound beefburger with chargrilled onions **EF ME**

Bap EF MF SF V VG

Sliced cheese F GF SF V Chicken breast pieces in gravy 🗉 🕼 🚾 😘

Sage & onion stuffing EF MF SF V

Tomato & herb macaroni bake EC EF SF V

Or a **Everyday Salad** or **Sandwich or Jacket Potato**

Creamed potato EC EF GF SF V

Chips EF GF MF SF V VG Peas EF GF MF SF V VG

Sweetcorn FF GF MF SF V VG

DESSERTS

Please choose an **Everyday Dessert**

Saturday Lunch

Beef cottage pie EC EF GF MF SF Chicken escalope F MF SF Lentil cottage pie **GF GF V** Or a Everyday Salad or

Sandwich or Jacket Potato

SIDES

Creamed potato EC EF GF SF V Chips EF GF MF SF V VG

Peas EF GF MF SF V VG Cauliflower EC EF GF MF SF V VG

DESSERTS

Sticky toffee pudding V Custard V

Or a Everyday Dessert

Saturday Supper

Pork sausages F MF SF Fish portions in cheese &

chive sauce EC EF GF SF **Tomato & pepper**

pasta bake 📴 💶 🔻

Or a **Everyday Salad** or **Sandwich or Jacket Potato**

SIDES

Creamed potato EC EF GF SF V

Spicy potato wedges EF GF MF SF V VG Mashed carrot & swede

Broccoli EC EF GF MF SF V VG **DESSERTS**

Please choose an **Everyday Dessert**

EC EF GF MF SF V VG



Sunday Lunch

Sliced roast beef in gravy EF GF MF SF

Yorkshire pudding sf v Pasta carbonara EC EF SF

Macaroni cheese EC EF SF V Or a Everyday Salad or

Sandwich or Jacket Potato

SIDES

Creamed potato EC EF GF SF V Roast potatoes EF GF MF SF V VG Sliced carrots

EC EF GF MF SF V VG Cut green beans EF GF MF SF V VG

DESSERTS

Apple crumble FF MF SF V VG Custard V

Or a **Everyday Dessert**

Sunday Supper

Jumbo cod fish fingers F MF SF Chicken korma 🗉 🗗 😘

Cauliflower cheese

EC EF GF SF V Or a **Everyday Salad** or **Sandwich or Jacket Potato**

Creamed potato EC EF GF SF V

Sauté potatoes EF GF MF SF V VG

Boiled rice EF GF MF SF V VG Sweetcorn FF GF MF SF V VG

Broccoli EC EF GF MF SF V VG

DESSERTS

Please choose an **Everyday Dessert**

Service times

Breakfast served until 10.30am Lunch will start at 12pm **Evening meal** will start at 5pm

Cold beverages are available throughout the day.

Two snacks are available to patients per day.

Please refer to the ward nutrition folder for diabetes and other special diets.

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 Adapted cutlery is

available on request

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.

For everyday options please see overleaf





FOOD ALLERGIES and INTOLERANCES

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



A wide range of menus for special diets are also available, ask a member of the ward team.

Issued November 2020

Menu

Hospital for Children

Welcome to Bristol Royal

Please find enclosed your guide to meals.

Sandwich or Jacket Potato Creamed potato EC EF GF SF V Sauté potatoes EF GF MF SF V VG Creamed potato EC EF GF SF V Broccoli EC EF GF MF SF V VG Roast potatoes **EF GF MF SF V VG** Baby carrots F GF MF SF V VG Peas EF GF MF SF V VG **DESSERTS**

Sliced carrots EC EF GF MF SF V VG Chocolate Sponge EC SF V **DESSERTS** Apple & raspberry Or a Everyday Dessert crumble EF MF SF V VG

Custard V **Saturday** Supper

Turkey cottage pie EC EF GF MF SF **Sunday** Supper **Breaded chicken**

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Quarter pound beefburger
Bap EF MF SF V VG
Sliced cheese F GF SF V
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Chicken tikka masala 🗉	GF SF
Quorn & mushroom stroganoff c GF SF V	

Or a **Everyday Salad** or **Sandwich or Jacket Potato**

Creamed potato EC EF GF SF V **Spicy potato wedges** EF GF MF SF V VG

Boiled rice FF GF MF SF V VG Cut green beans II GF MF SF V VG

Cauliflower EC EF GF MF SF V VG

DESSERTS

Please choose an **Everyday Dessert**

Dietary coding and special diets

EC **EASY TO CHEW**

EGG FREE

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

MILK FREE

SOYA FREE

VEGETARIAN Suitable for vegetarians.

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

Family and carers are welcome to help at mealtimes; however

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.

SIDES

Creamed potato EC EF GF SF V Roast potatoes EF GF MF SF V VG Chips EF GF MF SF V VG Sliced carrots EC EF GF MF SF V VG Peas EF GF MF SF V VG

DESSERTS

Bakewell tart ME SF V Custard v

Sandwich or Jacket Potato

Or a Everyday Dessert

Monday Supper

Beef bolognese EC EF GF MF SF Chicken escalope FF MF SF Cauliflower cheese EC EF GF SF V

Or a Everyday Salad or **Sandwich or Jacket Potato**

SIDES

Creamed potato EC EF GF SF V

Spicy potato wedges EF GF MF SF V VG

Penne pasta F MF SF V VG Sweetcorn F GF MF SF V VG

Baked beans in tomato Sauce EC EF GF MF SF V VG

DESSERTS

Please choose an **Everyday Dessert** Or a **Everyday Salad** or Sandwich or Jacket Potato

Creamed potato EC EF GF SF V Sauté potatoes EF GF MF SF V VG Broccoli EC EF GF MF SF V VG Cut green beans FF GF MF SF V VG Cabbage EF GF MF SF V VG

Baked beans in tomato Sauce EC EF GF MF SF V VG

DESSERTS

Lemon sponge EC V Custard V

Or a **Everyday Dessert**

Tuesday Supper

Sliced roast turkey in gravy EC EF GF MF SF Sage & onion stuffing EF MF SF V

Pork sausages in onion gravy **EF MF SF**

Vegetarian sausages we v Or a **Everyday Salad** or

Sandwich or Jacket Potato

SIDES

Creamed potato EC EF GF SF V

Boiled potatoes EC EF GF MF SF V VG

Sweetcorn F GF MF SF V VG

Mashed carrots EC EF GF MF SF V VG

DESSERTS

Please choose an **Everyday Dessert**

SIDES

Creamed potato EC EF GF SF V

Rice Pudding EC EF GF SF V

Wednesday Supper

Turkey cottage pie EC EF GF MF SF

Tuna pasta bake EC EF SF

Vegetarian meatballs in

tomato sauce F MF V VG

Sandwich or Jacket Potato

Creamed potato EC EF GF SF V

Or a **Everyday Salad** or

Sweet potato wedges

Broccoli EC EF GF MF SF V VG

EF GF MF SF V VG

EF GF MF SF V VG

Please choose an

Everyday Dessert

DESSERTS

Mixed vegetables

Or a **Everyday Dessert**

DESSERTS

Creamed potato EC EF GF SF V Roast potatoes FF GF MF SF V VG **Mashed carrots** EC EF GF MF SF V VG Peas EF GF MF SF V VG

DESSERTS

Red cherry pie F MF SF V VG Custard V

Or a **Everyday Dessert**

Thursday Supper

Lamb pie 💷 🚾 Chicken & tomato bake 🗉 🛭 😘

Soya bolognese EC EF GF MF V VG

Or a **Everyday Salad** or Sandwich or Jacket Potato

SIDES

Creamed potato EC EF GF SF V Penne pasta EF MF SF V VG

Trio of vegetables EC EF GF MF SF V VG

Cut green beans EF GF MF SF V VG

DESSERTS

Please choose an **Everyday Dessert**

Creamed potato EC EF GF SF V Roast potatoes EF GF MF SF V VG Peas EF GF MF SF V VG Mashed carrot & swede

DESSERTS

Apple Sponge 🔨 🛂 Custard V

EC EF GF MF SF V VG

Or a Everyday Dessert

Friday Supper

Chicken korma 🖽 🗗 🕏 Pork sausages F MF SF Macaroni cheese EC EF SF V

Or a **Everyday Salad** or **Sandwich or Jacket Potato**

Creamed potato EC EF GF SF V Boiled rice EF GF MF SF V VG Sweetcorn F GF MF SF V VG Broccoli EC EF GF MF SF V VG

DESSERTS

Please choose an **Everyday Dessert**



Or a Everyday Dessert

nuggets **EF MF SF** Cheese & onion quiche sr v

Or a **Everyday Salad** or **Sandwich or Jacket Potato**

SIDES

Custard V

Creamed potato EC EF GF SF V Chips EF GF MF SF V VG

Mixed vegetables EF GF MF SF V VG

Baked beans in tomato Sauce EC EF GF MF SF V VG

DESSERTS

Please choose an **Everyday Dessert**



Everyday Jacket Potatoes

Jacket potato GF MF V VG

Everyday **Salads**

Please choose

Carrot sticks

up to four:

Lettuce

Peppers

Simply

Simply

Vlami2

cheddar

ham 📴

cheese and

cheddar

cheese 📧 💷 🔻

ham 📴 🔤

Please choose

Ham

EF GF MF SF

Grated

cheese

EF GF V

GF MF SF

Egg

EC V

Tuna

mayonnaise

mayonnaise

mavonnaise

Plain tuna

EF GF MF SF

Everyday **Sandwiches**

On wholemeal: On white:

Tuna

Served with either: Baked beans EC GF MF V VG Tuna mayonnaise GF MF SF

Grated cheese F GF V

Tuna EF GF MF SF

Everyday **Desserts**

Selection of ice creams EC GF V Fromage frais 🛍 🗉 🗗 🗸

Yoghurt GF

Jelly pot EC EF GF MF V Fresh fruit w

Cheese and biscuits V

tell you it is nearly mealtime just before service.

we ask that other visitors leave the ward during the meal service to allow you to eat your meal uninterrupted.

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.