

Monday Lunch

Beef cottage pie **EC EF GF MF SF**

Tuna pasta bake **EC EF SF**

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 **EF GF MF SF V VG**

DESSERTS

Sticky toffee pudding **V**

Custard **V**

Or a **Everyday Dessert**

Monday Supper

Chicken & tomato bake **EF GF SF**

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**

Spicy potato wedges **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 **EF GF MF SF**

Sage & onion stuffing **EF MF SF V**

Chicken korma **EF GF SF**

Macaroni cheese **EC EF SF V**

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**

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 **EF MF SF**

Breaded fish cake **EF SF**

Cheese omelette **EC GF SF 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**

Trio of vegetables **EC EF GF MF SF V VG**

Sweetcorn **EF GF MF SF V VG**

DESSERTS

Please choose an **Everyday Dessert**

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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 **Sandwich** or Jacket Potato

SIDES

Creamed potato **EC EF GF SF V**

Penne pasta **EF MF SF V VG**

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

Sweetcorn **EF GF MF SF V VG**

DESSERTS

Jam & coconut sponge **EC V**

Custard **V**

Or a **Everyday Dessert**

Thursday Supper

Breaded chicken nuggets **EF MF SF**

Jumbo cod fish fingers **EF 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**

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**

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Please choose an **Everyday Dessert**



Friday Lunch

Sliced pork loin **EF GF MF SF**

Turkey cottage pie **EC EF GF MF SF**

Vegetarian sausages **MF 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**

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

DESSERTS

Sticky toffee pudding **V**

Custard **V**

Or a **Everyday Dessert**

Friday Supper

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

Bap **EF MF SF V VG**

Sliced cheese **EF GF SF V**

Chicken breast pieces in gravy **EF GF MF SF**

Sage & onion stuffing **EF MF SF V**

Tomato & herb macaroni bake **EC EF 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**

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

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

DESSERTS

Please choose an **Everyday Dessert**

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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



Childrens Menu

Welcome to Bristol Royal Hospital for Children

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.

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