

# Cultural menu options



**University Hospitals  
Bristol and Weston**  
NHS Foundation Trust



**Appetizer:** See main menu

## African Caribbean

Curried Chicken, plain rice & steamed cabbage **H MF**

Curried mutton, plain rice & steamed cabbage **H MF**

Jerk Chicken, plain rice & Mixed vegetables

Mutton with stew peas, plain rice & mixed vegetables

Roast Chicken, plain rice & steam cabbage

Saltfish, cabbage & Callaloo, Plain Rice & Fried plantain **H MF**

Spicy mutton stew, plain rice & fried plantain **H**

Red stew chicken, steamed cabbage & rice **H**

Brown stew chicken, steamed cabbage & rice

## Halal

Chicken dhansak, plain rice & dal makhani **H**

Chicken korma, plain rice & chana dal **H E**

Chicken masala, plain rice & Chana dal **E MF**

Chicken sag, plain rice & chana dal **E MF**

Mutton dhansak, plain rice & chana dal **E MF**

Mutton masala, plain rice & red lentil dal **H E MF**

Mutton vindaloo, plain rice & red lentil dal **E MF**

Keema & kidney beans, plain rice & red lentil dal **E MF**

## Non Spicy Halal

Shepherds pie, oven chips & mixed vegetables **E**

Chicken & mushroom pie & Mixed vegetables **E**

## Asian Vegetarian

Aubergine, peas & potato, plain rice & red lentil dal  
**V VG MF E**

Cabbage, carrots & potato, plain rice & dal makhani  
**V E**

Chana dal with chickpeas, plain rice & aloo zeera mutter **V VG MF E**

Gobi aloo, plain rice & chana dal **V VG MF E**

Sag, plain rice & chana dal  
**V VG MF E**

Sweetcorn & potato, plain rice & dal makhani **V E**

Red lentil dal, plain rice & aloo zeera mutter  
**V VG MF E**

Red kidney bean dal, plain rice and aloo zeera mutter  
**V VG MF E**



Soup, every day sandwiches, salads and desserts are available from the main hospital menu

**PLEASE LEAVE MENU FOR NEXT PATIENT** (March2021)

## Kosher

Roast chicken in gravy with roasted potatoes & keyan beans, carrots, shallots & mushrooms

MF

Vegetable schnitzel with

parisienne potatoes & continental cabbage MF

Meatballs in tomato sauce with macaroni, peas & sweetcorn MF E

Meat lasagne with mixed vegetables & spinach

MF E

Fried cod with parisienne potatoes & continental cabbage MF E

Tomato omelette in mushroom sauce with parisienne potatoes & green beans MF

Vegetable lasagne with spinach peas & carrots MF V

Beef Goulash with pasta, carrots & peas MF E

Shepherds pie with peas, carrots & sauerkraut

MF E



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**GF: Gluten free** suitable for people with coeliac disease or gluten intolerance

**V: Vegetarian**

**VG: Vegan**

**MF: Milk Free**

**E: High Energy**– good choices for people with a poor appetite

**H: Healthy Choice** – dishes low in fat, sugar and salt for people advised to eat a ‘healthy’ diet e.g. people with diabetes

We are legally required to be able to inform patients accurately of the allergen content of all foods and drinks we provide. It is the duty of all staff to provide this information accurately.

If you have a food allergy or intolerance please inform a member of staff who will be able to inform you which dishes will be suitable .

# Vegan menu options

**Breakfast options:** Choice of cereals with soya milk

Toast with sunflower spread, choice of preserves

**Between meal snacks:** Ginger biscuits, Fruit

Toast and dairy free spread (sunflower spread) and jam/marmalade



## Hot meals:

- Lentil cottage pie, topped with mashed potato, served with baby carrots and peas **GF H EC V VG**
- Chickpea & spinach curry served with boiled rice & Bombay potatoes **GF E V VG**
- Lentil stew served with potatoes roasted with garlic & rosemary & peas **GF V VG**
- Soya chilli served with boiled rice & peas **GF H V VG**
- Caribbean curry served with boiled rice & kidney beans & peas **GF H E V VG**
- Aubergine, peas and potato, plain rice and lentil daal **E V VG**
- Chana dal with chickpeas, plain rice, and all zeera mutter **E V VG**
- Gobi aloo, plain rice and chana dal **E V VG**
- Red kidney bean dal, plain rice and aloo zeera mutter **E V VG**
- Sag, plain rice and chana dal **E V VG**
- Red lentil dal, plain rice and aloo zeera mutter **E V VG**

**Vegan entrees from the main menu:** please choose side dishes to accompany

- Soya mince pie **E MF V VG**
- Vegetarian meatballs in tomato sauce **H MF V VG**
- Vegetable goulash with herb dumplings **E MF V VG**

**We also have a small selection of Vegan meals on the main hospital menu. Please ask to see a copy.**

## Salads and sandwiches:

Houmous & carrot sandwich on white or wholemeal bread. **EC V VG**

Mixed bean salad **H VG**

**Desserts:** a hot dessert from the main menu (lunch time only) listed below

Summer fruits pie, Apple Crumble, Rhubarb crumble Red cherry Pie **E MF V VG**

Fresh fruit: Apple, Orange or Banana **GF H MF V VG**

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**EC: easy to chew**

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# Alternative Gluten Free options

You will find a 'GF' symbol next to suitable GF options on the main menus. If those dishes are not to your liking then we have this range of alternative gluten free meals available at lunch or supper.

**Each of these dishes is a complete meal, cooked in the oven individually sealed.**

Chicken tikka masala with rice and diced, mixed peppers **GF E**

Chicken breast in gravy with roasted and creamed potatoes, cut green beans, carrots and peas **GF H**

Shepherds pie with mashed potato and broccoli **GF EC H MF**

Lentil cottage pie, topped with mashed potato, served with baby carrots and peas **GF EC H MF V VG**

Cheese omelette, sauté potatoes and baked beans **GF EC E V**

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

Sweet potato and lentil curry, served with boiled rice and peas **GF E V**

Chickpea curry with yellow rice and Bombay potatoes **GF E**

**Hot desserts (available at lunchtime only):** Rice pudding **EC GF V**

**Cold desserts:** Fresh fruit: apple, banana, orange **GF H MF V VG**

Full fat yoghurt **EC GF V**

Low fat yoghurt **EC GF V H**

Selection of ice creams: chocolate, strawberry or vanilla **EC GF V**



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