

FOOD ALLERGIES and INTOLERANCES

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



Week 1 Menu

Welcome to University Hospitals Bristol
and Weston NHS Foundation Trust

Please ask if you need to see our Vegan, Gluten Free, Halal, Afro Caribbean, Asian Vegetarian, Kosher, Modified Texture or Allergy menus. If you have a special diet requirement and need further assistance in making your choice please speak to a member of the ward team.

Everyday **salads**, **sandwiches** and **desserts**
are listed overleaf

V1 Issued July 2023

WEEK 1

*All soup served with white or wholemeal bread

Monday Lunch

APPETISER: Fruit Juice

Beef Bolognaise and Pasta **HC MWM**

Chicken and Veg Casserole
GF HC MWM

Cauliflower Cheese **GF VEC**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GF VEC**

Sauté Potatoes **GF VVG MWM**

Peas **GF VVG HC MWM**

Sweetcorn **GF VVG HC MWM**

DESSERTS

Apple Crumble **VVG ED EC MWM**

Custard **EC GF V**

Or an **Everyday Dessert**

Monday Supper

APPETISER: Fruit Juice

Butternut Squash Soup* **VED EC**

Pork Meatballs in Tomato & Herb
Sauce **HC EC**

Corned Beef Hash **GF ED EC MWM**

Vegetable Gratin **VVG HC MWM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GF VEC**

Chips **GF VVG MWM**

Cauliflower **GF VVG HC EC MWM**

Veg Medley **GF VVG HC MWM**

DESSERTS

Please choose an **Everyday Dessert**

Tuesday Lunch

APPETISER: Fruit Juice

Chicken Curry **GF HC EC MWM**

Sausages in Onion Gravy **MWM**

Bean Chilli **GF VVG HC MWM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GF VEC**

White Rice **GF VVG HC EC MWM**

Carrots **GF VVG HC EC MWM**

Broccoli **GF VVG HC EC MWM**

DESSERTS

Jam Sponge **VED EC MWM**

Custard **EC GF V**

Or an **Everyday Dessert**

Tuesday Supper

APPETISER: Fruit Juice

Red Lentil Broth* **GF VVG ED EC MWM**

Minced Beef Hotpot **GF HC EC MWM**

Quiche Lorraine **ED EC**

Penne Pasta in Tomato and Basil
Sauce **VVG HC EC MWM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GF VEC**

Baby Potatoes **GF VVG HC EC MWM**

Mixed Veg **GF VVG HC MWM**

Green Beans **GF VVG HC MWM**

DESSERTS

Please choose an **Everyday Dessert**

WEEK 1

*All soup served with white or wholemeal bread

Wednesday Lunch

APPETISER: Fruit Juice

Beef Lasagne **ED EC**

Smoked Haddock & Spinach
Crumble **ED EC**

Plain Omelette **GF VEC**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GF VEC**

Baked Potato Wedges **GF VVG MWM**

Sweetcorn **GF VVG HC MWM**

Baked Beans **GF VVG HC EC MWM**

DESSERTS

Chef's Rice Pudding **GF VEC**

Custard **EC GF V**

Or an **Everyday Dessert**

Wednesday Supper

APPETISER: Fruit Juice

Tomato Soup* **GF VED EC**

Sweet and Sour Chicken **GF HC MWM**

Cumberland Pie **HC EC**

Cauliflower, Spinach & Lentil Curry
GF VVG HC MWM

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GF VEC**

Vegetable Rice **GF VVG MWM**

Carrots **GF VVG HC EC MWM**

Peas **GF VVG HC MWM**

DESSERTS

Please choose an **Everyday Dessert**

Thursday Lunch

APPETISER: Fruit Juice

Shepherd's Pie **GF EC**

Chicken and Vegetable Pie **ED MWM**

Vegetable Lasagne **VED**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GF VEC**

Sauté Potatoes **GF VVG MWM**

Broccoli **GF VVG HC EC MWM**

Veg Medley **GF VVG HC MWM**

DESSERTS

Pineapple Sponge **VED**

Custard **EC GF V**

Or an **Everyday Dessert**

Thursday Supper

APPETISER: Fruit Juice

Leek & Potato Soup* **EC ED V**

Beef Bolognaise **GF HC EC MWM**

Salmon & Broccoli Bake **HC**

Moroccan Bean Casserole
GF VVG HC MWM

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GF VEC**

Penne Pasta **VVG MWM**

Green Beans **GF VVG HC MWM**

Carrots **GF VVG EC HC MWM**

DESSERTS

Please choose an **Everyday Dessert**

Friday Lunch

APPETISER: Fruit Juice

Battered Haddock **HC****MWM**

Sausages **MWM**

Cheese & Tomato Omelette **GF****VEC**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GF****VEC**

Chips **GF****VVG****MWM**

Baked Beans **GF****VVG****HC****EC****MWM**

Peas **GF****VVG****HC****MWM**

DESSERTS

Somerset Apple Cake **V****ED****EC****MWM**

Custard **EC****GF****V**

Or an **Everyday Dessert**

Friday Supper

APPETISER: Fruit Juice

Vegetable Soup* **GF****VVG****ED****EC****MWM**

Pork and Apple Casserole
GF**HC****EC****MWM**

Chicken Kiev

Tomato, Lentil & Sweet Potato
Crumble **VVG****ED****MWM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GF****VEC**

Sauté Potatoes **GF****VVG****MWM**

Mixed Veg **GF****VVG****HC****MWM**

Sweetcorn **GF****VVG****HC****MWM**

DESSERTS

Please choose an **Everyday Dessert**

Saturday Lunch

APPETISER: Fruit Juice

Cottage Pie **GF****HC****EC**

Chicken Breast in Tomato and Basil
GF**HC****MWM**

Macaroni Cheese **VEC**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GF****VEC**

Baked Potato Wedges **GF****VVG****MWM**

Cauliflower **GF****VVG****HC****EC****MWM**

Broccoli **GF****VVG****HC****EC****MWM**

DESSERTS

Bakewell Tart **V****ED****EC**

Custard **EC****GF****V**

Or an **Everyday Dessert**

Saturday Supper

APPETISER: Fruit Juice

Tomato, Red Pepper & Lentil Soup*
GF**VVG****ED****EC****MWM**

Bacon & Cheese Turnover

Minced Beef Hot Pot **GF****HC****EC****MWM**

Vegetarian Cottage Pie **GF****V****HC****EC**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GF****VEC**

Croquette Potatoes **GF****VVG****MWM**

Carrots **GF****VVG****HC****EC****MWM**

Green Beans **GF****VVG****HC****MWM**

DESSERTS

Please choose an **Everyday Dessert**

Sunday Lunch

APPETISER: Fruit Juice

Sliced Chicken in Gravy **GF****HC****MWM**

Pork Meatballs in Tomato Sauce
HC**EC**

Vegetable Gratin **VVG****HC****MWM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GF****VEC**

Roast Potatoes **GF****VVG****MWM**

Mixed Veg **GF****VVG****HC****MWM**

Cabbage **GF****V****HC****MWM**

Sage & Onion Stuffing **V****EC****MWM**

DESSERTS

Chocolate Chip Sponge **V****ED****EC**

Custard **EC****GF****V**

Or an **Everyday Dessert**

Sunday Supper

APPETISER: Fruit Juice

Mushroom Soup* **GF****EC****ED****V**

Chicken Curry **GF****HC****MWM****EC**

Salmon Crumble **ED**

Bean Chilli **GF****VVG****HC****MWM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GF****VEC**

White Rice **EC****GF****HC****VVG****MWM**

Cauliflower **GF****VVG****HC****EC****MWM**

Peas **GF****VVG****HC****MWM**

DESSERTS

Please choose an **Everyday Dessert**

Everyday Salads

Served with a bread roll.

(all salads, except cheese ploughman's, are suitable for people who avoid gluten when requested with GF bread.)

Cheese ploughman's **V**

Ham **MWM**

Hard boiled egg **HC****MWM****V**

Corned beef **MWM**

Turkey **HC****MWM**

Tuna mayonnaise **MWM**

Smoked mackerel **MWM**

Mixed bean **HC****VVG****MWM**

Optional sides: coleslaw /pickle

Everyday Sandwiches

All available on white or wholemeal bread.

(Gluten free available on request)

Simply cheddar cheese **HC****EC****V**

Cheddar cheese & salad **HC****V**

Cheddar cheese & pickle **HC****EC****V**

Egg mayonnaise **EC****V****MWM**

Tuna mayonnaise **EC****MWM**

Simply ham **MWM**

Ham & salad **MWM**

Corned beef salad **MWM**

Turkey and coleslaw **MWM**

Chicken & salad **HC****MWM**

Houmous and carrot **EC****VVG****HC****MWM**

Everyday Desserts

Apple **HC****MWM****VVG**

Orange **HC****MWM****VVG**

Banana **EC****HC****MWM****VVG**

Low fat yoghurt **EC****GF****HC****V**

Full fat yoghurt **EC****GF****V**

Cheese and biscuits **ED****V**

Selection of ice creams **EC****GF****V**

Chocolate muffin **ED****V**

Dietary coding and special diets

GF	Gluten Free	Suitable for people with coeliac disease or gluten intolerance
V	Vegetarian	Suitable for vegetarians
VG	Vegan	Suitable for vegans
MWM	Made Without Milk	These dishes are made without milk
EC	Easy Chew	Everyday foods that are soft and tender
ED	Energy Dense	Good choices for people with a poor appetite
HC	Healthy Choice	Dishes low in fat, sugar and salt for people advised to eat a 'healthy' diet e.g. people with diabetes

Food allergens

Information regarding allergens present in meals is available on request. Please ask a member of the nursing team. A list of ingredients for our menu items are available on request.

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 Bringing Food into Hospital guidelines available on each ward.

Your feedback is important to us

If you have any comment 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.

FOOD ALLERGIES and INTOLERANCES

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



Week 2 Menu

Welcome to University Hospitals Bristol
and Weston NHS Foundation Trust

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Everyday **salads**, **sandwiches** and **desserts**
are listed overleaf

V1 Issued July 2023

WEEK 2

*All soup served with white or wholemeal bread

Monday Lunch

APPETISER: Fruit Juice

Fish Pie **HC****EC****GF**

Pasta Carbonara **ED**

Lentil and Vegetable Flaky Pastry
Pie **VVG****ED****HC****MWM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GF****V****EC**

Sauté Potatoes **GF****VVG****MWM**

Broccoli **GF****VVG****HC****EC****MWM**

Sweetcorn **GF****VVG****HC****MWM**

DESSERTS

Apple Crumble **VVG****ED****EC****MWM**

Custard **EC****GF****V**

Or an **Everyday Dessert**

Monday Supper

APPETISER: Fruit Juice

Butternut Squash Soup* **VE****ED****EC**

Beef Stew and Dumplings **MWM**

Chicken Goujons **MWM**

Cauliflower Cheese **GF****V****EC**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GF****V****EC**

Potato Wedges **GF****VVG****MWM**

Green Beans **GF****VVG****HC****MWM**

Carrots **GF****VVG****HC****EC****MWM**

DESSERTS

Please choose an **Everyday
Dessert**

Tuesday Lunch

APPETISER: Fruit Juice

Cumberland Pie **HC****EC**

Chicken Korma **GF**

Chana Masala **GF****VVG****HC****MWM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GF****V****EC**

Basmati Yellow Rice **GF****VVG****HC****EC**
MWM

Cauliflower **GF****VVG****HC****EC****MWM**

Veg Medley **GF****VVG****HC****MWM**

DESSERTS

Jam Sponge **VE****ED****EC****MWM**

Custard **EC****GF****V**

Or an **Everyday Dessert**

Tuesday Supper

APPETISER: Fruit Juice

Red Lentil Broth* **GF****VVG****ED****EC****MWM**

Lancashire Hot Pot **GF****MWM**

Potato Topped Chicken Pie
GF**ED****EC**

Macaroni Cheese **VE****C**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GF****V****EC**

Croquette Potatoes **GF****VVG****HC****EC****MWM**

Baked Beans **GF****VVG****EC****MWM**

Peas **GF****VVG****HC****MWM**

DESSERTS

Please choose an **Everyday
Dessert**

WEEK 2

*All soup served with white or wholemeal bread

Wednesday Lunch

APPETISER: Fruit Juice

Sliced Turkey in Gravy **HC****GF****MWM**

Liver & Bacon **GF****HC****MWM**

Penne Pasta in Tomato & Basil
Sauce **VVG****HC****EC****MWM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GF****V****EC**

Roast Potatoes **GF****VVG****MWM**

Cabbage **GF****V****HC****MWM**

Green Beans **GF****VVG****HC****MWM**

Sage & Onion Stuffing **VE****C****MWM**

DESSERTS

Chef's Rice Pudding **GF****V****EC**

Custard **EC****GF****V**

Or an **Everyday Dessert**

Wednesday Supper

APPETISER: Fruit Juice

Tomato Soup* **GF****VE****ED****EC**

Tuna Pasta Bake **HC**

Corned Beef Hash **GF****ED****EC****MWM**

Tomato, Lentil & Sweet Potato
Crumble **VVG****ED****MWM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GF****V****EC**

Baby Potatoes **GF****VVG****HC****EC****MWM**

Carrots **GF****VVG****HC****EC****MWM**

Sweetcorn **GF****VVG****HC****MWM**

DESSERTS

Please choose an **Everyday
Dessert**

Thursday Lunch

APPETISER: Fruit Juice

Sweet & Sour Chicken **GF****HC****MWM**

Quiche Lorraine **ED****EC**

Cauliflower, Spinach & Lentil
Curry **GF****VVG****HC****MWM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GF****V****EC**

White Rice **GF****VVG****HC****EC****MWM**

Green Beans **GF****VVG****HC****MWM**

Broccoli **GF****VVG****HC****EC****MWM**

DESSERTS

Pineapple sponge **VE****D**

Custard **EC****GF****V**

Or an **Everyday Dessert**

Thursday Supper

APPETISER: Fruit Juice

Leek & Potato Soup* **VE****ED****EC**

Cottage Pie **GF****HC****EC**

Smoked Haddock and Spinach
Crumble **ED****EC**

Chana Masala **GF****VVG****HC****MWM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GF****V****EC**

Vegetable Rice **GF****VVG****MWM**

Peas **GF****VVG****HC****MWM**

Mixed Veg **GF****VVG****HC****MWM**

DESSERTS

Please choose an **Everyday
Dessert**

Friday Lunch

APPETISER: Fruit Juice

Battered Haddock HCMWM

Sausages MWM

Cheese & Tomato Omelette
GFVEC

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato GFVEC

Chips GFVVGMWM

Baked Beans GFVVGECMWM

Sweetcorn GFVVG HCMWM

DESSERTS

Somerset Apple Cake VEDECMWM

Custard ECGFV

Or an **Everyday Dessert**

Friday Supper

APPETISER: Fruit Juice

Vegetable Soup* GFVVGEDECMWM

Chicken & Pasta with Tomato & Herbs HCMWM

Chilli Con Carne GFHCMWM

Cheese & Onion Pie VEDEC

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato GFVEC

White Rice GFVVG HCEC MWM

Cauliflower GFVVG HCECMWM

Green Beans GFVVG HCMWM

DESSERTS

Please choose an **Everyday Dessert**

Saturday Lunch

APPETISER: Fruit Juice

Shepherd's Pie GFEC

Premium Sausage Roll MWM

Moroccan Bean Casserole
GFVVGHCMWM

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato GFVEC

Baked Potato Wedges GFVVGMWM

Carrots GFVVG HCECMWM

Peas GFVVG HCMWM

DESSERTS

Bakewell Tart VEDEC

Custard ECGFV

Or an **Everyday Dessert**

Saturday Supper

APPETISER: Fruit Juice

Tomato, Red Pepper & Lentil Soup*
GFVG ED EC MWM

Vienna Steaks in Sauce EDECMWM

Fish Goujons HCMWM

Plain Omelette GFV EC

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato GFVEC

Croquette Potatoes GFVVG MWM

Broccoli GFVVG HCECMWM

Sweetcorn GFV VG HCMWM

DESSERTS

Please choose an **Everyday Dessert**

Sunday Lunch

APPETISER: Fruit Juice

Roast Pork in Gravy GFHCMWM

Fish in Cheese Sauce GFHCEC

Vegetarian Cottage Pie GFVHCEC

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato GFVEC

Roast Potatoes GFVVG MWM

Cabbage GFVVG HCMWM

Veg Medley GFVVG HCMWM

Sage & Onion Stuffing VECMWM

DESSERTS

Chocolate Chip Sponge VEDEC

Custard ECGFV

Or an **Everyday Dessert**

Sunday Supper

APPETISER: Fruit Juice

Mushroom Soup* GFECEDV

Coronation Chicken GFHCECMWM

Sausage Casserole EDMWM

Vegetable Lasagne VED

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato GFVEC

Sauté Potatoes GFVVG MWM

Green Beans GFVVG HCMWM

Broccoli GFVVG HCECMWM

DESSERTS

Please choose an **Everyday Dessert**

Everyday Salads

Served with a bread roll.

(all salads, except cheese ploughman's, are suitable for people who avoid gluten when requested with GF bread.)

Cheese ploughman's V

Ham MWM

Hard boiled egg HCMWM V

Corned beef MWM

Turkey HCMWM

Tuna mayonnaise MWM

Smoked mackerel MWM

Mixed bean HC VVG MWM

Optional sides coleslaw/pickle

Everyday Sandwiches

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

Simply cheddar cheese HC EC V

Cheddar cheese & salad HC V

Cheddar cheese & pickle HC EC V

Egg mayonnaise EC V MWM

Tuna mayonnaise ECMWM

Simply ham MWM

Ham & salad MWM

Corned beef salad MWM

Turkey and coleslaw MWM

Chicken & salad HCMWM

Houmous and carrot ECVVG HCMWM

Everyday Desserts

Apple HCMWM VVG

Orange HCMWM VVG

Banana ECHCMWM VVG

Low fat yoghurt ECGFHCV

Full fat yoghurt ECGFV

Cheese and biscuits EDV

Selection of ice creams ECGFV

Chocolate muffin EDV

Dietary coding and special diets

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