

# PLATED MENU



University Hospitals  
Bristol and Weston  
NHS Foundation Trust

## APPETISERS

### Lunch Service

Fruit Juice

### Evening Service

Vegetarian Soup of the Day

Please ask a member of staff if you need a Vegan, Gluten-free, Afro Caribbean, Halal, Asian Vegetarian, Kosher or texture modified menu. Sandwiches, Salads and cold desserts are available at each mealtime

**If you have a food allergy please ask staff for information about the allergens in our food when making your order**

## MAINS

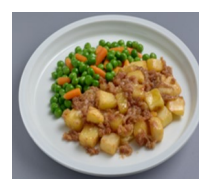
### Chilli Con Carne GF MWM

A spicy traditional chilli con carne served with white rice, peas and sweetcorn



### Corned Beef Hash ED GF MWM

Succulent corned beef hash with fried potatoes, served with peas and carrots



### Beef Casserole EC GF

Casserole of tender pieces of beef with carrots, chestnut mushrooms & onion in a rich beef gravy, served with baton carrots & mashed potato



### Sweet & Sour Chicken GF HC MWM

Tender chicken pieces in a Chinese sweet and sour sauce, served with white rice and red pepper



### Chicken Curry ED GF MWM

Full-flavoured chicken curry with apple and mango, seasoned with traditional Indian spices



### Sausage & Mash

Pork sausages in gravy, served with mashed potato and peas



### Meatballs & Pasta EC ED MWM

Penne pasta with pork meatballs in a tomato, garlic and basil sauce



### Fish Goujons HC MWM

Crispy white fish goujons with chips and minted mushy peas



### Fish in Parsley Sauce HC GF

Pieces of white fish in a creamy parsley sauce, served with fried diced potato, carrots and green beans



### Cheese & Tomato Omelette V ED GF

A tasty Cheddar cheese and tomato omelette, served with fried diced potatoes and mixed vegetables



### Macaroni Cheese V

Penne pasta in a Cheddar cheese sauce, served with broccoli, peas, carrots and sweetcorn



### Vegetarian Curry HC V VG MWM

Soya pieces, mushroom, chickpeas and peas in a spiced tomato sauce, served with yellow basmati rice and a bhaji of spiced onion with gram flour and coriander



### Cauliflower Cheese EC GF ED V

Cauliflower in a rich cheese sauce, served with fried diced potato seasoned with parsley, and broccoli



### Butternut Squash & Butterbean Stew V HC GF VG MWM

Butternut squash & butterbeans with lentils & vegetables in a tomato sauce served with peas & fried potatoes



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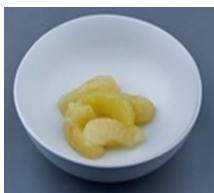


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## DESSERTS

### Stewed Apple & Custard **V EC GF**

Sweetened stewed apples and custard



### Apple Crumble **V VG MWM**

A warming portion of Bramley apple filling, topped with golden crumble



### Jam Sponge & Custard **EC V ED**

Vanilla flavoured sponge with a raspberry, plum and apple jam, served with sweet custard



### Sticky Toffee Pudding & Custard **ED V EC**

Sticky toffee pudding with dates and sweet toffee sauce, served with custard



### Rice Pudding **V EC GF**

A simple, classic rice pudding



### Bakewell Tart & Custard **V ED EC**

A pastry base topped with raspberry, plum and apple jam layered in sponge and served with custard



Everyday **salads**, **sandwiches** and **desserts** are available at every mealtime, please see overleaf for a full list of options

## DIETARY INFORMATION

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

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.

A list of ingredients for our menu items are available on request.

## Everyday Sandwiches

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

Simply cheddar cheese **HC ECV**

Cheddar cheese & salad **HC V**

Cheddar cheese & pickle **HC ECV**

Egg mayonnaise **EC VMWM**

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 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 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**



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## 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.