

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

Monday Lunch

APPETISER: Fruit Juice

Beef Bolognaise and Pasta **HC MWM**

Chicken and Veg Casserole
GF HC MWM

Cauliflower Cheese **GF V EC**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GF V EC**

Sauté Potatoes **GF V VG HC MWM**

Peas **GF V VG HC MWM**

Sweetcorn **GF V VG HC MWM**

DESSERTS

Apple Crumble **V VG ED EC MWM**

Custard **EC GF V**

Or an **Everyday Dessert**

Monday Supper

APPETISER: Fruit Juice

Butternut Squash Soup **V ED EC**

White or wholemeal roll (Gluten
free available) **V VG MWM**

Jacket potato with a choice of:

Coronation chicken **HC MWM**

Tuna mayonnaise **EC MWM**

Cheese **V**

Cheese & onion **V**

Baked beans **GF V VG EC HC MWM**

Chicken mayonnaise **MWM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

DESSERTS

Please choose an **Everyday Dessert**

Or an **Evening Dessert**

Tuesday Lunch

APPETISER: Fruit Juice

Chicken Curry **GF HC EC MWM**

Sausages in Onion Gravy **MWM**

Bean Chilli **GF V VG HC MWM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GF V EC**

White Rice **GF V VG HC EC MWM**

Carrots **GF V VG HC EC MWM**

Broccoli **GF V VG 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 V VG ED EC MWM**

White or wholemeal roll (Gluten
free available) **V VG MWM**

Jacket potato with a choice of:

Coronation chicken **HC MWM**

Tuna mayonnaise **EC MWM**

Cheese **V**

Cheese & onion **V**

Baked beans **GF V VG EC HC MWM**

Chicken mayonnaise **MWM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

DESSERTS

Please choose an **Everyday Dessert**

Or an **Evening Dessert**

WEEK 1

Wednesday Lunch

APPETISER: Fruit Juice

Beef Lasagne **ED EC**

Smoked Haddock & Spinach
Crumble **ED EC**

Plain Omelette **GF V EC**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GF V EC**

Baked Potato Wedges **GF V VG MWM**

Sweetcorn **GF V VG HC MWM**

Baked Beans **GF V VG HC EC 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 V ED EC**

White or wholemeal roll (Gluten
free available) **V VG MWM**

Jacket potato with a choice of:

Coronation chicken **HC MWM**

Tuna mayonnaise **EC MWM**

Cheese **V**

Cheese & onion **V**

Baked beans **GF V VG EC HC MWM**

Chicken mayonnaise **MWM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

DESSERTS

Please choose an **Everyday Dessert**

Or an **Evening 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 V EC**

Sauté Potatoes **GF V VG MWM**

Broccoli **GF V VG HC EC MWM**

Veg Medley **GF V VG 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**

White or wholemeal roll (Gluten
free available) **V VG MWM**

Jacket potato with a choice of:

Coronation chicken **HC MWM**

Tuna mayonnaise **EC MWM**

Cheese **V**

Cheese & onion **V**

Baked beans **GF V VG EC HC MWM**

Chicken mayonnaise **MWM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

DESSERTS

Please choose an **Everyday Dessert**

Or an **Evening Dessert**

WEEK 1

Friday Lunch

APPETISER: Fruit Juice

Battered Haddock HC MWM

Sausages MWM

Cheese & Tomato Omelette GF V EC

Or an Everyday Salad

Or an Everyday Sandwich

SIDES

Mashed Potato GF V EC

Chips GF V VG MWM

Baked Beans GF V VG HC EC MWM

Peas GF V VG 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 V VG EC MWM

White or wholemeal roll (Gluten free available) V VG MWM

Jacket potato with a choice of:

Coronation chicken HC MWM

Tuna mayonnaise EC MWM

Cheese V

Cheese & onion V

Baked beans GF V VG EC HC MWM

Chicken mayonnaise MWM

Or an Everyday Salad

Or an Everyday Sandwich

DESSERTS

Please choose an Everyday Dessert

Or an Evening Dessert

WEEK 1

Saturday Lunch

APPETISER: Fruit Juice

Cottage Pie GF HC EC

Chicken Breast in Tomato and Basil GF HC MWM

Macaroni Cheese V EC

Or an Everyday Salad

Or an Everyday Sandwich

SIDES

Mashed Potato GF V EC

Baked Potato Wedges GF V VG MWM

Cauliflower GF V VG HC EC MWM

Broccoli GF V VG 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 V VG ED EC MWM

White or wholemeal roll (Gluten free available) V VG MWM

Jacket potato with a choice of:

Coronation chicken HC MWM

Tuna mayonnaise EC MWM

Cheese V

Cheese & onion V

Baked beans GF V VG EC HC MWM

Chicken mayonnaise MWM

Or an Everyday Salad

Or an Everyday Sandwich

DESSERTS

Please choose an Everyday Dessert

Or an Evening Dessert

Sunday Lunch

APPETISER: Fruit Juice

Sliced Chicken in Gravy GF HC MWM

Pork Meatballs in Tomato Sauce HC EC

Vegetable Gratin V VG HC MWM

Or an Everyday Salad

Or an Everyday Sandwich

SIDES

Mashed Potato GF V EC

Roast Potatoes GF V VG MWM

Mixed Veg GF V VG 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

White or wholemeal roll (Gluten free available) V VG MWM

Jacket potato with a choice of:

Coronation chicken HC MWM

Tuna mayonnaise EC MWM

Cheese V

Cheese & onion V

Baked beans GF V VG EC HC MWM

Chicken mayonnaise MWM

Or an Everyday Salad

Or an Everyday Sandwich

DESSERTS

Please choose an Everyday Dessert

Or an Evening 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

Turkey HC MWM

Tuna mayonnaise MWM

Falafal, pea & mint HC V VG MWM

Optional sides: coleslaw

Everyday Sandwiches

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

Simply cheddar cheese HC EC V

Cheddar cheese & onion V

Cheddar cheese & pickle HC EC V

Egg mayonnaise EC V MWM

Tuna mayonnaise EC MWM

Simply ham MWM

Chicken mayonnaise MWM

Houmous, carrot & bean EC V VG HC

Everyday Desserts

Apple HC MWM V VG

Orange HC MWM V VG

Banana EC HC MWM V VG

Low fat yoghurt EC GF HC V

Full fat yoghurt EC GF V

Cheese and biscuits ED V

Evening Desserts

Strawberry Trifle EC V

Strawberry Cheesecake EC V

Dairy Fruit Salad Trifle EC V

Banoffee pie 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.

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If you have any comment about the food in hospital please do tell a member of staff and we will aim to come and

FOOD ALLERGIES and INTOLERANCES

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Week 2 Menu

Welcome to University Hospitals Bristol
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V1 Issued July 2023

WEEK 2

Monday Lunch

APPETISER: Fruit Juice

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

Pasta Carbonara **ED**

Lentil and Vegetable Flaky Pastry
Pie **V** **VG** **ED** **HC** **MWM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

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

Sauté Potatoes **GF** **V** **VG** **HC** **MWM**

Broccoli **GF** **V** **VG** **HC** **EC** **MWM**

Sweetcorn **GF** **V** **VG** **HC** **MWM**

DESSERTS

Apple Crumble **V** **VG** **ED** **EC** **MWM**

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

Or an **Everyday Dessert**

Monday Supper

APPETISER: Fruit Juice

Butternut Squash Soup **V** **ED** **EC**

White or wholemeal roll (Gluten
free available) **V** **VG** **MWM**

Jacket potato with a choice of:

Coronation chicken **HC** **MWM**

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

Cheese **V**

Cheese & onion **V**

Baked beans **GF** **V** **VG** **EC** **HC** **MWM**

Chicken mayonnaise **MWM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

DESSERTS

Please choose an **Everyday
Dessert** Or an **Evening Dessert**

Tuesday Lunch

APPETISER: Fruit Juice

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

Chicken Korma **GF**

Chana Masala **GF** **V** **VG** **HC** **MWM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

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

Basmati Yellow Rice **GF** **V** **VG** **HC** **EC**
MWM

Cauliflower **GF** **V** **VG** **HC** **EC** **MWM**

Veg Medley **GF** **V** **VG** **HC** **MWM**

DESSERTS

Jam Sponge **V** **ED** **EC** **MWM**

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

Or an **Everyday Dessert**

Tuesday Supper

APPETISER: Fruit Juice

Red Lentil Broth **GF** **V** **VG** **ED** **EC** **MWM**

White or wholemeal roll (Gluten
free available) **V** **VG** **MWM**

Jacket potato with a choice of:

Coronation chicken **HC** **MWM**

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

Cheese **V**

Cheese & onion **V**

Baked beans **GF** **V** **VG** **EC** **HC** **MWM**

Chicken mayonnaise **MWM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

DESSERTS

Please choose an **Everyday
Dessert** Or an **Evening Dessert**

WEEK 2

Wednesday Lunch

APPETISER: Fruit Juice

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

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

Penne Pasta in Tomato & Basil
Sauce **V** **VG** **HC** **EC** **MWM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

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

Roast Potatoes **GF** **V** **VG** **MWM**

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

Green Beans **GF** **V** **VG** **HC** **MWM**

Sage & Onion Stuffing **V** **EC** **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** **V** **ED** **EC**

White or wholemeal roll (Gluten
free available) **V** **VG** **MWM**

Jacket potato with a choice of:

Coronation chicken **HC** **MWM**

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

Cheese **V**

Cheese & onion **V**

Baked beans **GF** **V** **VG** **EC** **HC** **MWM**

Chicken mayonnaise **MWM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

DESSERTS

Please choose an **Everyday
Dessert** Or an **Evening Dessert**

Thursday Lunch

APPETISER: Fruit Juice

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

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

Cauliflower, Spinach & Lentil
Curry **GF** **V** **VG** **HC** **MWM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

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

White Rice **GF** **V** **VG** **HC** **EC** **MWM**

Green Beans **GF** **V** **VG** **HC** **MWM**

Broccoli **GF** **V** **VG** **HC** **EC** **MWM**

DESSERTS

Pineapple sponge **V** **ED**

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

Or an **Everyday Dessert**

Thursday Supper

APPETISER: Fruit Juice

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

White or wholemeal roll (Gluten
free available) **V** **VG** **MWM**

Jacket potato with a choice of:

Coronation chicken **HC** **MWM**

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

Cheese **V**

Cheese & onion **V**

Baked beans **GF** **V** **VG** **EC** **HC** **MWM**

Chicken mayonnaise **MWM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

DESSERTS

Please choose an **Everyday
Dessert** Or an **Evening Dessert**

WEEK 2

WEEK 2

Friday Lunch

APPETISER: Fruit Juice

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

Sausages **MWM**

Cheese & Tomato Omelette
GF**V****EC**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

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

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

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

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

DESSERTS

Somerset Apple Cake **VED****EC****MWM**

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

Or an **Everyday Dessert**

Friday Supper

APPETISER: Fruit Juice

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

White or wholemeal roll (Gluten
free available) **V** **VG** **MWM**

Jacket potato with a choice of:

Coronation chicken **HC** **MWM**

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

Cheese **V**

Cheese & onion **V**

Baked beans **GF** **V** **VG** **EC** **HC** **MWM**

Chicken mayonnaise **MWM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

DESSERTS

Please choose an **Everyday Dessert**

Or an **Evening Dessert**

Saturday Lunch

APPETISER: Fruit Juice

Shepherd's Pie **GF****EC**

Premium Sausage Roll **MWM**

Moroccan Bean Casserole
GF**VVG****HC****MWM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

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

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

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

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

DESSERTS

Bakewell Tart **VED****EC**

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

Or an **Everyday Dessert**

Saturday Supper

APPETISER: Fruit Juice

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

White or wholemeal roll (Gluten
free available) **V** **VG** **MWM**

Jacket potato with a choice of:

Coronation chicken **HC** **MWM**

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

Cheese **V**

Cheese & onion **V**

Baked beans **GF** **V** **VG** **EC** **HC** **MWM**

Chicken mayonnaise **MWM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

DESSERTS

Please choose an **Everyday Dessert**

Or an **Evening Dessert**

Sunday Lunch

APPETISER: Fruit Juice

Roast Pork in Gravy **GF****HC****MWM**

Fish in Cheese Sauce **GF****HC****EC**

Vegetarian Cottage Pie **GF****VH****CEC**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

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

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

Cabbage **GF****VVG****HC****MWM**

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

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

DESSERTS

Chocolate Chip Sponge **VED****EC**

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

Or an **Everyday Dessert**

Sunday Supper

APPETISER: Fruit Juice

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

White or wholemeal roll (Gluten
free available) **V** **VG** **MWM**

Jacket potato with a choice of:

Coronation chicken **HC** **MWM**

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

Cheese **V**

Cheese & onion **V**

Baked beans **GF** **V** **VG** **EC** **HC** **MWM**

Chicken mayonnaise **MWM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

DESSERTS

Please choose an **Everyday Dessert**

Or an **Evening 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**

Turkey **HC****MWM**

Tuna mayonnaise **MWM**

Falafal, pea & mint **HC** **VVG****MWM**

Optional sides: coleslaw

Everyday Sandwiches

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

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

Cheddar cheese & onion **V**

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

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

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

Simply ham **MWM**

Chicken mayonnaise **MWM**

Houmous, carrot & bean **EC****VVG****HC**

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**

Evening Desserts

Strawberry Trifle **EC** **V**

Strawberry Cheesecake **EC** **V**

Dairy Fruit Salad Trifle **EC** **V**

Banoffee pie **V**

Dietary coding and special diets

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