

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

V2 Issued April 2024

WEEK 1

*All soup served with white or wholemeal bread

Monday Lunch

APPETISER: Fruit Juice

Beef Bolognese and Pasta **HCMMWM**

Chicken and Veg Casserole
GFHCMMWM

Cauliflower Cheese **GFVEC**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GFVEC**

Sauté Potatoes **GFVVGMMWM**

Peas **GFVVGHCMMWM**

Sweetcorn **GFVVGHCMMWM**

DESSERTS

Apple Crumble **VVGEDCMMWM**

Custard **ECGFV**

Or an **Everyday Dessert**

Monday Supper

APPETISER: Fruit Juice

Butternut Squash Soup* **VVEDC**

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

Corned Beef Hash **GFEDCMMWM**

Vegan Sausage **VVG HC**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GFVEC**

Chips **GFVVGMMWM**

Cauliflower **GFVVGHC EC MWM**

Veg Medley **GFVVGHCMMWM**

DESSERTS

Please choose an **Everyday Dessert**

Tuesday Lunch

APPETISER: Fruit Juice

Chicken Curry **GFHC EC MWM**

Sausages in Onion Gravy **MWM**

Bean Chilli **GFVVGHCMMWM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GFVEC**

White Rice **GFVVGHC EC MWM**

Carrots **GFVVGHC EC MWM**

Broccoli **GFVVGHC EC MWM**

DESSERTS

Jam Sponge **VVEDCMMWM**

Custard **ECGFV**

Or an **Everyday Dessert**

Tuesday Supper

APPETISER: Fruit Juice

Red Lentil Broth* **GFVVG EC MWM**

Minced Beef Hotpot **GFHC EC MWM**

Quiche Lorraine **ED EC**

Penne Pasta in Tomato and Basil
Sauce **VVGHC EC MWM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GFVEC**

Baby Potatoes **GFVVGHC EC MWM**

Mixed Veg **GFVVGHC MWM**

Green Beans **GFVVGHC 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 **GFVEC**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GFVEC**

Baked Potato Wedges **GFVVG MWM**

Sweetcorn **GFVVGHCMMWM**

Baked Beans **GFVVGHC EC MWM**

DESSERTS

Chef's Rice Pudding **GFVEC**

Custard **ECGFV**

Or an **Everyday Dessert**

Wednesday Supper

APPETISER: Fruit Juice

Tomato Soup* **GFVEDC**

Sweet and Sour Chicken **GFHCMMWM**

Cumberland Pie **HC EC**

Cauliflower, Spinach & Lentil Curry
GFVVGHCMMWM

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GFVEC**

Vegetable Rice **GFVVGMMWM**

Carrots **GFVVGHC EC MWM**

Peas **GFVVGHCMMWM**

DESSERTS

Please choose an **Everyday Dessert**

Thursday Lunch

APPETISER: Fruit Juice

Shepherd's Pie **GFEC**

Chicken and Vegetable Pie **EDMWM**

Vegetable Lasagne **VED**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GFVEC**

Sauté Potatoes **GFVVGMMWM**

Broccoli **GFVVGHC EC MWM**

Veg Medley **GFVVGHC MWM**

DESSERTS

Summer Fruits Crumble **VVGEDC**

Custard **ECGFV**

Or an **Everyday Dessert**

Thursday Supper

APPETISER: Fruit Juice

Leek & Potato Soup* **ECEDV**

Beef Bolognese **GFHC EC MWM**

Salmon & Broccoli Bake **HC**

Moroccan Bean Casserole
GFVVGHCMMWM

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GFVEC**

Penne Pasta **VVG MWM**

Green Beans **GFVVGHC MWM**

Carrots **GFVVG EC HC MWM**

DESSERTS

Please choose an **Everyday Dessert**

WEEK 1

*All soup served with white or wholemeal bread

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 ECMWM**

Peas **GF VVG HC MWM**

DESSERTS

Somerset Apple Cake **VED ECMWM**

Custard **ECGFV**

Or an **Everyday Dessert**

Friday Supper

APPETISER: Fruit Juice

Vegetable Soup* **GF VVG ED ECMWM**

Pork and Apple Casserole
GF HCECMWM

Chicken Goujons **EC GF HC**

**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 HCEC**

Chicken Breast in Tomato and Basil
GF HCECMWM

Macaroni Cheese **VEC ED**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GF VEC**

Baked Potato Wedges **GF VVG MWM**

Cauliflower **GF VVG HC ECMWM**

Broccoli **GF VVG HC ECMWM**

DESSERTS

Bakewell Tart **VED EC**

Custard **ECGFV**

Or an **Everyday Dessert**

Saturday Supper

APPETISER: Fruit Juice

Tomato, Red Pepper & Lentil Soup*
GF VVG ED ECMWM

Bacon & Cheese Turnover

Minced Beef Hot Pot **GF HCECMWM**

Vegetarian Cottage Pie **GF VHCEC**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GF VEC**

Croquette Potatoes **GF VVG MWM**

Carrots **GF VVG HCECMWM**

Green Beans **GF VVG HC MWM**

DESSERTS

Please choose an **Everyday Dessert**

WEEK 1

*All soup served with white or wholemeal bread

Sunday Lunch

APPETISER: Fruit Juice

Sliced Chicken in Gravy **GF HCECMWM**

Pork Meatballs in Tomato Sauce
HCEC

Plant Based Shepherds Pie **VVG HC**

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 VHCECMWM**

Sage & Onion Stuffing **VEC MWM**

DESSERTS

Chocolate Chip Sponge **VED EC**

Custard **ECGFV**

Or an **Everyday Dessert**

Sunday Supper

APPETISER: Fruit Juice

Mushroom Soup* **GF ECECV**

Chicken Curry **GF HCECMWM 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 **ECGFHC VVG MWM**

Cauliflower **GF VVG HC ECMWM**

Peas **GF VVG HC MWM**

DESSERTS

Please choose an

Everyday Dessert

Everyday Salads

Served with a bread roll. Optional sides:

coleslaw /pickle

(*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 Grilled Veg & Rice Salad **HC VVG**

Falafel and Houmous Salad **MWM, V, VG, ***

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 V MWM**

Tuna mayonnaise **EC MWM**

Simply ham **MWM**

Ham & salad **MWM**

Corned beef salad **MWM**

Turkey and coleslaw **MWM**

**Vegan Sausage, Onion Bhaji & Sweet Chilli
Chutney** **V VG**

Coronation Chickpea & Cauliflower Wrap

MWM V VG

Everyday Desserts

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

Banana **EC HC MWM VVG**

Full fat yoghurt **ECGFV** **Low fat yoghurt** **ECGFHCV**

Cheese and biscuits **ED V**

Selection of ice creams **ECGFV** **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.