

Vegan Menu (VG)



University Hospitals
Bristol and Weston
NHS Foundation Trust

Breakfast options

- **Toast** with sunflower spread, choice of jam/marmalade/marmite
- **Choice of cereals with soya milk:**
Weetabix, Ready Brek, Gluten-free Corn Flakes, Quaker rolled oats
- **Fresh fruit:** Apple, Orange or Banana
- **Alpro dessert pot:** chocolate or vanilla (order via catering)

Anytime snacks

- Biscuits: bourbon, ginger biscuits
- Fresh fruit
- Alpro dessert pot
- Toast with choice of spreads (see breakfast options)
- Heinz vegetable soup
- Crusha milkshake *made with soya milk*

Main Meals

We have a selection of vegan meals coded **VG** on the main menu.

These are a range of additional vegan dishes available at lunch and dinner

- Chana dal with chickpeas, plain rice, and aloo zeera mutter **ED V VG MWM**
- Gobi aloo, plain rice **ED V VG MWM**
- Vegan Sausages with chips and beans **V VG MWM**
- Vegan Hot Pot **HC V VG MWM**
- Vegetable Curry **HC V VG MWM**
- Lentil & vegetable flaky pastry pie **HC V VG ED MWM**
- Penne pasta in tomato and basil sauce **EC HC V VG MWM**
- Moroccan Bean Casserole **HC V VG GF MWM**
- Bean Chilli **HC V VG GF MWM**
- Plant based Shepherds pie **HC V VG MWM**
- Puff pastry topped Quorn & Mushroom **ED V VG MWM**
- **Aubergine, peas. Potato & rice with red lentil Daal** **ED V VG MWM**

Salads, Sandwiches & Jacket Potatoes

- Houmous & Carrot sandwich on white or wholemeal bread. **EC V VG MWM**
- Vegan Sausage sandwich **EC V VG MWM**
- Falafel Pea and Mint & hummus salad **HC V VG MWM**
- Jacket Potato with Baked Beans **GF V VG MWM**

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Desserts

- Hot dessert from the main (lunch time) menu coded **VG MWM**
- Fresh fruit: Apple, Orange or Banana **GF HC V VG MWM**
- Alpro Soya Dessert: Vanilla **GF EC V VG MWM**
- Fruit puree pot **EC GF HC V VG MWM**
- Apple OR Summer fruit crumble **V VG MWM**

GF: Gluten free suitable for people with coeliac disease or gluten intolerance **MWM:** made without milk

V: Vegetarian **VG:** Vegan **EC:** easy to chew **ED:** Energy Dense – good option for a poor appetite

HC: Healthy Choice – low in fat, sugar & salt for people advised to eat a 'healthy' diet

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