

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

WEEK 1

Monday Lunch

APPETISER: Fruit Juice

Beef Bolognese 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**

WEEK 1

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**

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

Summer Fruit Crumble **V VG ED EC**

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 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 **V ED ECMWM**

Custard **EC GFV**

Or an **Everyday Dessert**

Friday Supper

APPETISER: Fruit Juice

Vegetable Soup **GF VVG ED ECMWM**

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

Cottage Pie **GF HCEC**

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 ECMWM**

Broccoli **GF VVG HC ECMWM**

DESSERTS

Bakewell Tart **VED EC**

Custard **EC GFV**

Or an **Everyday Dessert**

Saturday Supper

APPETISER: Fruit Juice

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

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

Sunday Lunch

APPETISER: Fruit Juice

Sliced Chicken in Gravy **GF HC MWM**

Pork Meatballs in Tomato Sauce **HC EC**

Plant based Shepherds pie **VVG HC MWM EC**

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 VHC MWM**

Sage & Onion Stuffing **VEC MWM**

DESSERTS

Chocolate Chip Sponge **VED EC**

Custard **EC GFV**

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 hummus **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

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

FOOD ALLERGIES and INTOLERANCES

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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

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****M****WM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GF****VE****C**

Sauté Potatoes **GF****V****VG****HC****M****WM**

Broccoli **GF****V****VG****HC****EC****M****WM**

Sweetcorn **GF****V****VG****HC****M****WM**

DESSERTS

Apple Crumble **V****VG****ED****EC****M****WM**

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****M****WM**

Jacket potato with a choice of:

Coronation chicken **HC****M****WM**

Tuna mayonnaise **EC****M****WM**

Cheese **V**

Cheese & onion **V**

Baked beans **GF****V****VG****EC****HC****M****WM**

Chicken mayonnaise **M****WM**

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**

Vegan Sausages **V****VG****HC****M****WM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GF****VE****C**

Basmati Yellow Rice **GF****V****VG****HC****EC****M****WM**

Cauliflower **GF****V****VG****HC****EC****M****WM**

Veg Medley **GF****V****VG****HC****M****WM**

DESSERTS

Jam Sponge **V****ED****EC****M****WM**

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

Or an **Everyday Dessert**

Tuesday Supper

APPETISER: Fruit Juice

Red Lentil Broth **GF****V****VG****ED****EC****M****WM**

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

Jacket potato with a choice of:

Coronation chicken **HC****M****WM**

Tuna mayonnaise **EC****M****WM**

Cheese **V**

Cheese & onion **V**

Baked beans **GF****V****VG****EC****HC****M****WM**

Chicken mayonnaise **M****WM**

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****M****WM**

Liver & Bacon **GF****HC****M****WM**

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

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GF****VE****C**

Roast Potatoes **GF****V****VG****M****WM**

Cabbage **GF****V****HC****M****WM**

Green Beans **GF****V****VG****HC****M****WM**

Sage & Onion Stuffing **VE****C****M****WM**

DESSERTS

Chef's Rice Pudding **GF****VE****C**

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

Or an **Everyday Dessert**

Wednesday Supper

APPETISER: Fruit Juice

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

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

Jacket potato with a choice of:

Coronation chicken **HC****M****WM**

Tuna mayonnaise **EC****M****WM**

Cheese **V**

Cheese & onion **V**

Baked beans **GF****V****VG****EC****HC****M****WM**

Chicken mayonnaise **M****WM**

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****M****WM**

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

Plant based Shepherds pie **V****VG****HC****M****WM****EC**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

Mashed Potato **GF****VE****C**

White Rice **GF****V****VG****HC****EC****M****WM**

Green Beans **GF****V****VG****HC****M****WM**

Broccoli **GF****V****VG****HC****EC****M****WM**

DESSERTS

Summer Fruit Crumble **V****VG****ED****EC**

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

Or an **Everyday Dessert**

Thursday Supper

APPETISER: Fruit Juice

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

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

Jacket potato with a choice of:

Coronation chicken **HC****M****WM**

Tuna mayonnaise **EC****M****WM**

Cheese **V**

Cheese & onion **V**

Baked beans **GF****V****VG****EC****HC****M****WM**

Chicken mayonnaise **M****WM**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

DESSERTS

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

WEEK 2

Friday Lunch

APPETISER: Fruit Juice

Battered Haddock **HC****M****W****M**

Sausages **M****W****M**

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

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

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

Chips **GF****V****VG****M****W****M**

Baked Beans **GF****V****VG****EC****M****W****M**

Peas **GF****V****VG****HC****M****W****M**

DESSERTS

Somerset Apple Cake **VE****ED****EC****M****W****M**

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

Or an **Everyday Dessert**

Friday Supper

APPETISER: Fruit Juice

Vegetable Soup **GF****V****VG****ED****EC****M****W****M**

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

Jacket potato with a choice of:

Coronation chicken **HC****M****W****M**

Tuna mayonnaise **EC****M****W****M**

Cheese **V**

Cheese & onion **V**

Baked beans **GF****V****VG****EC****HC****M****W****M**

Chicken mayonnaise **M****W****M**

Or an **Everyday Salad**

Or an **Everyday Sandwich**

DESSERTS

Please choose an **Everyday Dessert**

Or an **Evening Dessert**

WEEK 2

Sunday Lunch

APPETISER: Fruit Juice

Roast Pork in Gravy **GF****HC****M****W****M**

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

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

Or an **Everyday Salad**

Or an **Everyday Sandwich**

SIDES

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

Roast Potatoes **GF****V****VG****M****W****M**

Cabbage **GF****V****VG****HC****M****W****M**

Veg Medley **GF****V****VG****HC****M****W****M**

Sage & Onion Stuffing **VE****EC****M****W****M**

DESSERTS

Chocolate Chip Sponge **VE****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****M****W****M**

Jacket potato with a choice of:

Coronation chicken **HC****M****W****M**

Tuna mayonnaise **EC****M****W****M**

Cheese **V**

Cheese & onion **V**

Baked beans **GF****V****VG****EC****HC****M****W****M**

Chicken mayonnaise **M****W****M**

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 **M****W****M**

Hard boiled egg **HC****M****W****M****V**

Turkey **HC****M****W****M**

Tuna mayonnaise **M****W****M**

Falafal, pea, mint & hummus **HC****V****VG**
M**W****M**

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****M****W****M**

Tuna mayonnaise **EC****M****W****M**

Simply ham **M****W****M**

Chicken mayonnaise **M****W****M**

Houmous, carrot & bean **EC****V****VG****HC**

Everyday Desserts

Apple **HC****M****W****M****V****VG**

Orange **HC****M****W****M****V****VG**

Banana **EC****HC****M****W****M****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**

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