

# Vegan Menu



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, gluten free rice pops
- Fresh fruit: apple, orange or banana
- Alpro dessert pot: chocolate or vanilla

## Between meal snacks:

- Biscuits: rich tea, bourbon, ginger snaps
- Any of the breakfast options listed above

## Main meals:

Each of these dishes is a complete meal, cooked in the oven individually sealed

- Butternut squash and butterbean stew **GF MWM V VG HC**
- Vegan curry **MWM V VG HC**
- Puff pastry topped quorn and mushroom pie **V VG**
- Spicy bean casserole **GF MWM V VG HC** (allergen free range)
- Provancale vegetable bake **GF MWM V VG HC** (allergen free range)
- Aubergine, peas, potato, red lentils & plain rice **MWM V VG HC** (Asian-vegetarian range)
- Vegetable jalfrezi, red lentils & plain rice **MWM V VG HC** (Asian-vegetarian range)
- Chickpea masala, mixed vegetables & plain rice **MWM V VG HC** (Asian-vegetarian range)
- Red lentil, mixed vegetables & plain rice **MWM V VG HC** (Asian-vegetarian range)
- Aloo saag, red lentils & plain rice **MWM V VG HC** (Asian-vegetarian range)
- Aloo gobi, peas, red lentils & plain rice **MWM V VG HC** (Asian-vegetarian range)
- Black eye bean, mixed vegetables & plain rice **MWM V VG HC** (Asian-vegetarian range)

## Sandwiches

- Coronation chickpea and cauliflower wrap **MWM V VG**
- Vegan sausage, onion bhaji and sweet chilli chutney sandwich **V VG** (may contain milk)

## Salads

- Mixed bean, grilled vegetables and rice salad **V VG HC** (may contain milk)
- Sweet potato falafel and houmous salad **MWM V VG** (suitable for people who avoid gluten when requested with gluten free bread)

## Desserts:

### Available every day

- Fresh fruit: apple, orange or banana **MWM V VG HC**
- Alpro soya dessert: chocolate/vanilla **GF V VG**
- Apple crumble **MWM V VG** (can be served with optional warm alpro vanilla pot)

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

**V: Vegetarian**    **VG: Vegan**    **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

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## Vegan diets:

Vegan diets exclude all products derived wholly or partly from animals. Typical vegan meals can include foods such as grains, pulses, legumes, nuts, seeds, fruit, vegetables and other non-animal based foods.

In addition to our vegan menu (which includes dishes from our allergen free and Asian-vegetarian menus), we also have a daily vegetarian option, which may also be vegan suitable on the **main menu, for example;**

- Lentil and vegetable flaky pastry pie, vegan sausages, penne pasta in tomato and basil sauce, plant based shepherds pie, cauliflower and spinach curry, tomato, lentil and sweet potato crumble.

(Please note the vegan meals on our main menu will only be available on certain days.)

**Please ask a member of the nursing team to see a copy of an alternative paper menu.**

## Our supplier:

Apetito and Medina are the supplier for the vegan range of meals available at UHBW.

## Feedback:

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.

## Mealtimes Matter

Lunch is generally served at 12.30, Evening meal 5.45pm.

We ring a bell 10-20minutes before the mealtime to serve as a warning that the mealtime is approaching to allow you time to make yourself comfortable for the mealtime. The bell will be rung again as the meal service begins.

# Gluten Free Menu



**NHS**

**University Hospitals  
Bristol and Weston**  
NHS Foundation Trust

## Breakfast options:

NB: Toaster Pockets available in ward kitchen for GF bread

- **Gluten free bread or toast with butter/margarine and jam/marmalade**
- **Cereals with milk of choice:** gluten free corn flakes or gluten free rice pops
- **Fruit or yoghurt**

## Between meal snacks:

- **Gluten free biscuits**
- **Gluten free cakes**
- **Alpro soya dessert:** chocolate or vanilla
- Any of the breakfast options listed above

## Main meals:

Available at lunch or supper. Each of these dishes is a complete meal, cooked in the oven individually sealed

- **Beef casserole**, served with creamy mash and carrots **GF**
- **Fish in parsley sauce**, served with fried diced potato, carrots and green beans **GF HC**
- **Butternut squash and butterbean stew**, served with garlic and rosemary roast potatoes and peas **GF MWM V VG HC**
- **Chicken curry** served with vegetable rice (mild) **GF MWM ED**
- **Cauliflower cheese** served with diced, fried potatoes and broccoli **GF V ED**
- **Corned beef hash**, served with diced fried potatoes, peas and carrots **GF MWM ED**
- **Sweet and sour chicken**, served with white rice, peas and red peppers **GF MWM**
- **Cheese and tomato omelette** served with fried, diced potato and a medley of mixed vegetables **GF V ED**

Alternatively you may wish to make a choice from our allergen free menu

## Salads, sandwiches and soup:

- Choice of 'everyday salads' and 'everyday sandwiches' from the main menu **with gluten free roll/bread** (on request). These are available for lunch and supper meals. Our salads and sandwiches are made in separate kitchens and care is taken to avoid cross-contamination when preparing gluten free orders. **Please note:** the pickle in our 'cheddar cheese and pickle' sandwich and 'cheese ploughman's' salad is not gluten free.
- **Heinz tomato soup with gluten free bread/roll** (on request) **GF V**

## Hot & cold desserts:

- Rice pudding **GF V** (available at lunchtime only)
- Custard **GF V** (available at lunchtime only)
- Fresh fruit: apple, orange or banana **MWM V VG HC**
- Alpro dessert pot: chocolate or vanilla **GF V VG**
- Full fat yoghurt **GF V**
- Low fat yoghurt **GF V HC**
- Selection of ice creams: chocolate, strawberry or vanilla **GF V**

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# Gluten Free Menu



## Gluten free diets:

Those with diagnosed coeliac disease should exclude all dietary sources of gluten (which is found in cereals wheat, barley and rye), oats are also sometimes excluded.

Coeliac disease requires a strict avoidance of gluten as a result foods made using wheat, barley or rye must be avoided. This includes foods such as bread, breakfast cereals & pasta, cakes, biscuits and crumbles. There could be hidden sources of gluten in dishes such as sausages & casseroles.

Typical gluten free meals can include foods naturally free from gluten and gluten free alternatives such as fruits, vegetables, pulses, nuts, potato, rice, meat, fish, eggs, milk,.

The gravy used across all our sites is gluten free.

In addition to our gluten free menu, all meals on the **allergen free menu** we also have a daily gluten free option on our main menu.

These dishes have been tested and are less than 20ppm gluten. Dishes on the main menu will be served from a hot plate where a gluten containing dish maybe positioned close by. Staff will aim to serve any meal where food allergies are present first.

You will see a '**GF**' symbol next to suitable gluten free options on the main menu.

E.g. fish pie, chicken korma, cauliflower, spinach and lentil curry

**We are legally required to be able to inform patients accurately of the allergen content of all foods and drinks we provide. If you have a food allergy or intolerance please inform a member of staff who will be able to provide further information regarding ingredients and allergens present in our main menu items and inform you which dishes will be suitable.**

## Our supplier:

Apetito are the supplier for the gluten free range of meals available at UHBW.

## Feedback:

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.

## Mealtimes Matter

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# Allergen Free Menu



These meals are free from the main 14 food allergens that we are required to label by UK law.

Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide

- Cottage pie** GF MWM ED

Tender minced beef with carrots in a warming tomato gravy with creamy mashed potato topping served with thyme infused carrots and swede



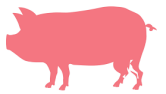
- Spicy bean casserole** GF MWM V VG HC

Mixed beans and peppers in a spicy tomato sauce served with fluffy skin on potato wedges and a vibrant medley of broccoli, peas and sweetcorn



- Pork in gravy** GF MWM

Tender slices of pork shoulder in a rich gravy served with golden roast potatoes and a side of carrots and peas



- Provençale vegetable bake** GF MWM V VG HC

Courgette, haricot beans and peppers in a rich tomato sauce, topped with golden saute potatoes. Served with a medley of green beans, peas and broccoli



- Chicken, bacon & thyme hotpot** GF MWM HC

Chicken and bacon casserole topped with golden sauté potatoes. Served with a medley of broccoli, peas, green beans and a side of mashed carrot and swede



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Soup, every day sandwiches, salads and desserts are available from the main hospital menu.

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## Allergens in foods

In addition to our allergen free menu (which contains meals **free from the main 14 food allergens** pictured above) look out for other options which may be suitable from the **main menu**. On all our hospital menus you will find the **gluten free**, **made without milk**, **vegetarian** and **vegan** options are labelled.

**We are legally required to be able to inform patients accurately of the allergen content of all foods and drinks we provide.**

**If you have a food allergy or intolerance please inform a member of staff who will be able to provide further information regarding ingredients and allergens present in our main menu items and inform you which dishes will be suitable.**

## Our supplier

Apetito are the supplier for the allergen range of meals available at UHBW.

## Feedback

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