



African-Caribbean Menu

All main dishes on this page are also Halal suitable - a copy of Halal certification is available on request

Starter: See main menu

- **Mutton, stew peas, mixed vegetables & plain rice MWM HC**

Tender, slow cooked mutton pieces with kidney beans in a Caribbean style sauce, with rice and mixed vegetables



- **Roast chicken, mixed vegetables & plain rice MWM HC**



- **Curried chicken, steamed cabbage & plain rice MWM HC**

Succulent chicken pieces in a delicately fragranced Caribbean style curry sauce, with rice and steamed cabbage



- **Jerk chicken, steamed cabbage & plain rice MWM HC**

Chicken cooked in traditional Jamaican Jerk spices, with rice and cabbage



- **Ackee, saltfish, steamed cabbage & plain rice MWM HC**

Saltfish cooked with cabbage in an African style of stew, with rice and steamed cabbage



- **Red stew chicken, steamed cabbage & rice MWM HC**



- **Brown stew chicken, mixed vegetables & rice MWM HC**

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**

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

African-Caribbean Menu



University Hospitals
Bristol and Weston
NHS Foundation Trust



African-Caribbean diets

Typical African-Caribbean meals can include foods such as rice, sweet potato, meat, poultry, fish, green beans, spinach and butternut squash.

In addition to our African-Caribbean menu look out for meals on the **main menu** or **plated menu** which may also tempt.

Don't forget our 'every day' sandwiches, salads and desserts are available from the main menu.

Speak to a member of the nursing team if you require a paper copy of these menus.

Our supplier

Medina are the supplier for the cultural range of meals available at UHBW, which includes our African-Caribbean options. Medina's aim is to satisfy all our customers with an extensive product range that meets the nutritional standards set by the British Dietetic Association whilst also maintaining optimum flavour using the best quality spices and ingredients".

All of the food produced from Medina is Halal certified.

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.

Asian-Vegetarian Menu



Starter: See main menu

- Aubergine, peas, potato, red lentils & plain rice** MWM V VG HC
An aromatic Asian curry with aubergine, peas and potato, with rice and red lentil dal
- Vegetable jalfrezi, red lentils & plain rice** MWM V VG HC
Cabbage, carrots and potato in a medium spiced curry sauce with rice and dal makhani
- Chickpea masala, mixed vegetables & plain rice** MWM V VG HC
Red lentil dal cooked with chickpeas, coriander and cumin, with rice and cumin seasoned potato and peas
- Red lentil, mixed vegetables & plain rice** MWM V VG HC
An aromatic Asian style dal curry flavoured with traditional herbs and spices, with rice and cumin seasoned potato and peas
- Aloo saag, red lentils & plain rice** MWM V VG HC
Leaf spinach cooked in a fragrant spiced tomato and onion curry sauce with clove and nutmeg, with rice and chana dal
- Aloo gobi, peas, red lentils & plain rice** MWM V VG HC
Diced potato and cauliflower florets in a medium spiced curry sauce, with rice and chana dal
- Black eyed bean, mixed vegetables and plain rice** MWM V VG HC



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

Asian-Vegetarian Menu

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Asian-vegetarian diets

Typical Asian-vegetarian meals can include foods such as vegetables, peas/beans/legumes, paneer, potato, rice, chapatti/roti and ghee. Eggs and dairy may or may not be eaten. Food is often cooked with many different strong-tasting herbs and spices.

In addition to our Asian-vegetarian menu we also have a daily vegetarian meal on our **main menu** or **vegan menu** which may also tempt, for example;

- Cauliflower, spinach and lentil curry, Moroccan bean casserole, Vegetable lasagne.

Don't forget our 'every day' sandwiches, salads and desserts are available, listed on the main menu

Please ask staff if you need to see a paper copy of these menus.

Our supplier

Medina are the supplier for the cultural range of meals available at UHBW, which includes our Asian Vegetarian options. Medina's aim is to satisfy all our customers with an extensive product range that meets the nutritional standards set by the British Dietetic Association whilst also maintaining optimum flavour using the best quality spices and ingredients".

All of the food produced from Medina is Halal certified.

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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Halal Menu


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Starter: See main menu


- Chicken dhansak, red lentils & plain rice** ED MWM


- Chicken korma, red lentils & plain rice** ED


Succulent chicken pieces in a delicately fragranced Pakistani style korma sauce, with rice and chana dal


- Chicken masala, red lentils & plain rice** ED MWM


Tender pieces of chicken in a warmly spiced tomato and yoghurt curry sauce infused with coriander and cumin, with rice and red lentil dal


- Mutton karahi, red lentils & plain rice** ED MWM


Succulent, slow cooked mutton pieces in a fragrant spiced tomato and onion sauce with green chilli and cinnamon, with rice and red lentil dal


- Mutton dhansak, red lentils & plain rice** ED MWM


Tender slow cooked mutton pieces in a medium hot tomato sauce, with rice and chana dal



- Mutton masala, red lentils & plain rice** ED MWM


Slow cooked mutton pieces in a warmly spiced tomato curry sauce infused with coriander and turmeric, with rice and red lentil dal



- Keema kidney beans, red lentils & plain rice** ED MWM

Course cut lamb mince with kidney beans in a medium spiced curry sauce, with rice and red lentil dal


- Chicken, spinach (Saag), red lentils and plain rice** ED MWM


- Chicken casserole with parmentier potatoes, cauliflower & green beans** HC MWM
(simply solutions)


- Beef Casserole with new potatoes, sweetcorn and green beans** (Simply solutions) HC
MWM



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Soup, every day sandwiches, salads and desserts are available from the main hospital menu. Meat in our sandwiches and salads is not Halal prepared. All salads and sandwiches will be handled in a kitchen that contains non Halal meat products (April 24).

Halal Menu



Halal foods

Foods typically not eaten by those following halal diets include pork or foods containing ingredients or additives derived from the pig. Any animal meat or other animal products, such as gelatine, must come from/be produced from animals slaughtered in accordance with the Islamic Shariah. A wide range of manufactured foods containing gelatine, animal fats or emulsifiers derived from animal sources will be avoided.

In addition to our halal menu, all meals from the **African-Caribbean and texture modified meal ranges have Halal certification.**

In addition our main menu will feature a daily vegetarian hot option and frequently features fish dishes. You may also find Asian-vegetarian menus /vegan menus provide a tempting alternative.

Don't forget our 'every day' sandwiches, salads and desserts are available from the main menu. However please note the meat in our sandwiches and salads is not Halal prepared. All salads and sandwiches will be handled in a kitchen that contains non Halal meat products (April 24').

Please ask a member of staff for a paper copy of an alternative menu.

Our supplier

Medina are the supplier for the majority of our cultural range of meals available at UHBW. Medina's aim is to satisfy all our customers with an extensive product range that meets the nutritional standards set by the British Dietetic Association whilst also maintaining optimum flavour using the best quality spices and ingredients".

We also use 2 dishes from Simply solutions allergen aware range (chicken and beef casserole) These dishes are made without the 14 legally declarable allergens (this includes gluten), but not tested.

Halal certification from both simply solutions and Medina is available on request.

Feedback

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Mealtimes Matter

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Kosher Menu



Starter: See main menu

- **Roast chicken in gravy MWM ED**
Tender roast chicken breast in a rich warming gravy served with golden parisienne potatoes and a vibrant medley of carrots, green beans, peas and sweetcorn
- **Beef goulash MWM ED**
A riche and tender beef goulash served alongside fluffy mashed potato and a vibrant mix of peas and sweetcorn
- **Tomato omelette MWM V**
A fluffy savoury omelette with juicy tomatoes served with a side of fluffy parisienne potatoes and green beans
- **Fried cod MWM ED**
Tender and flaky haddock coated in a golden batter served with parisienne potatoes and continental cabbage
- **Meat balls in tomato sauce MWM ED**
Served with macaroni & gravy & peas and sweetcorn
- **Chicken schnitzel MWM ED**
With sauté potatoes, sauerkraut & green beans
- **Chicken chasseur MWM ED**
With savoury rice, peppers, peas and corn
- **Sliced beef in gravy MWM ED**
With stuffing, rice and cut beans

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

MWM = made without milk ED = Energy Dense V = vegetarian

Kosher Menu



Kosher foods

Patients of Jewish faith will require Kosher meal provision. Foods typically not eaten by those following kosher diets include pork (which will not be eaten in any form e.g. ham, bacon, sausages), eel and shellfish. Specially prepared meat (e.g., lamb, beef or chicken) and fish with fins and scales (e.g. cod, plaice, salmon or tuna) may be eaten.

Milk and meat must not be eaten together and meat and milk utensils/crockery/cutlery should be kept strictly separate.

In addition to our kosher menu you may wish to make a choice from our vegan menu for a choice of Parev foods.

E.g. butternut squash and butterbean stew, spicy bean casserole, vegan curry.

Don't forget our 'every day' sandwiches, salads and desserts are available from the main menu.

Please ask a member of staff for a paper copy of the vegan/main menu.

Our supplier

Hermolis are the supplier for the kosher range of meals available at UHBW.

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