MENU SUNDAY WEEK 1 BREAKFAST

WARD:	BAY/ROOM	NUMBER	
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NAME: .....

Please ✓ choice of cereal

1	Porridge	
2	Cornflakes	
3	Weetabix	
4	Branflakes	

#### Please ✓ if required

13	Toasted White Bread
14	Toasted Wholemeal Bread
15	White Bread
16	Wholemeal Bread
17	Cheese Portion
18	Butter Portion
19	Sunflower Spread
20	Preserves
21	Fruit Juice
22	Banana

- ♥ This symbol indicates the healthier option
- V Indicates Vegetarian main meal and vegetarian soup

Information on food allergens is available on request

#### **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

MENU SUNDAY WEEK 1 LUNCH

WARD:	BAY/ROOM NUMBER
-------	-----------------

NAME: .....

#### **To start** Please ✓ if required

	10 Start	ricase - ii requirea	
1	Fruit Juice ♥		
2	Chicken Soup		

#### Please ✓ if you require bread

3	Wholemeal Bread ♥	4	White Bread
5	Sunflower Spread ♥	6	Butter

#### Main meals and lighter choices

Please ✓ one choice

8 Roast Pork, Apple Sauce & Stuffing ▼

9 Fish with Parsley Sauce

11 Jacket Potato with Tuna Mayonnaise▼

12 Cheddar Cheese Ploughman's ▼

13 Egg Mayonnaise Sandwich W/M Bread ▼

14 Corned Beef &Tomato Sandwich White Bread

#### Please ✓ choices to accompany your meal

16	Gravy	
18	Roast Potatoes	
19	Mashed Potatoes	
20	Jacket Potato ♥	
23	Cabbage ♥	
24	Carrots ♥	
25	Side Salad ♥	
26	Butter portion for vegetables	

#### **Desserts please** ✓ choice

27	Apple & Blackberry Crumble	
28	Cheese & Biscuits	
29	Banana ♥	
30	Low Fat Yoghurt ♥	
31	Thick & Creamy Yoghurt	

### Please ✓ choice to accompany your dessert

33	Custara
24	T C

34 Ice Cream

Information on food allergens is available on request

#### **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

MENU SUNDAY WEEK 1 EVENING MEAL

WARD: ..... BAY/ROOM NUMBER

NAME: .....

9 | Eich Eingere

#### **To start** Please ✓ if required

1	Fruit Juice ♥	
2	Mushroom Soup <b>V</b>	

#### Please ✓ if you require bread

3	Wholemeal Bread ♥	4	White Bread
5	Sunflower Spread ♥	6	Butter

#### Main meals and lighter choices

Please ✓ one choice

0	FISH FINGERS	
9	Macaroni Cheese & Garlic Bread V	
10	Jacket Potato with Baked Beans ♥ V	
11	Cold Roast Chicken Portion ♥	
1 2	Egg Mayonnaico Candwich White Broad V	

## 12 Egg Mayonnaise Sandwich White Bread **V**13 Corned Beef & Tomato Sandwich W/M Bread

#### Please ✓ choices to accompany your meal

16	Sauté Potatoes	
19	Baked Beans ♥	
20	Jacket Potato ♥	
21	Side Salad ♥	
22	Butter portion for vegetables	

#### Desserts please ✓ choice

23	Syrup Sponge	
24	Fruit Cocktail in Natural Juice ♥	
25	Low Fat Yoghurt ♥	
26	Thick & Creamy Yoghurt	

#### Please ✓ choice to accompany your dessert

	rease energe to accompany year t	
28	Custard	
29	Ice Cream	

MENU MONDAY WEEK 1 BREAKFAST

WARD:	BAY/ROOM NUMBER
NAME:	

Please ✓ choice of cereal

1	Porridge	
2	Cornflakes	
3	Weetabix	
4	Branflakes	

#### Please ✓ if required

13	Toasted White Bread
14	Toasted Wholemeal Bread
15	White Bread
16	Wholemeal Bread
17	Cheese Portion
18	Butter Portion
19	Sunflower Spread
20	Preserves
21	Fruit Juice
22	Banana

- ♥ This symbol indicates the healthier option
- V Indicates Vegetarian main meal and vegetarian soup

Information on food allergens is available on request

#### **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

MENU MONDAY WEEK 1 LUNCH

WARD:	BAY/ROOM NUMBER
NAME:	

To start Please ✓ if required

_		10 start Flease • Il required	
ſ	1	Fruit Juice♥	
Γ	2	Leek & Potato Soup V	

Please ✓ if you require bread

3	Wholemeal Bread♥	4	White Bread
5	Sunflower Spread♥	6	Butter

Main meals and lighter choices

	Please ✓ one choice		
8	Steak & Kidney Pie		
9	Plain Omelette ♥ V		
10	Jacket Potato with Cottage Cheese & Chives ♥V		
7	Cold Gammon Ham♥		
12	Tuna Mayonnaise Sand W/M Bread		
13	Cheese & Pickle Sandwich White Bread V		

Please ✓ choices to accompany your meal

15	Gravy	
17	Boiled Potatoes♥	
19	Mashed Potato	
21	Mixed Vegetables♥	
22	Broccoli♥	
23	Side Salad <b>♥</b>	
24	Butter portion for vegetables	

**Desserts please ✓ choice** 

26	Chocolate Sponge Pudding	
27	Melon♥	
29	Low Fat Yoghurt♥	
30	Thick & Creamy Yoghurt	

Please ✓ choice to accompany your dessert

_ •	icase i choice to accompany you	i acsscit
32	Custard	
33	Ice Cream	

Information on food allergens is available on request

#### ANEURIN BEVAN UNIVERSITY HEALTH BOARD

MENU MONDAY WEEK 1 EVENING MEAL

W	ARD: BAY/ROOM NUMBER
N.	AME:
1	Fruit Juice ♥
2	Tomato Soup V

Please ✓ if you require bread

	1 10000 11 )	,
3	Wholemeal Bread ♥	4 White Bread
5	Sunflower Spread♥	6 Butter

Main meals and lighter choices

	Please v one choice	
8	Cauliflower Cheese V	
9	Chicken & Pasta Arrabiata♥	
10	Jacket Potato & Egg Mayonnaise ♥ V	
11	Cold Roast Pork♥	
12	Tuna Mayonnaise Sand White Bread	
13	Cheese & Pickle Sandwich W/M Bread V	

Please ✓ choices to accompany your meal

16	Croquette Potatoes	
17	Jacket Potato ♥	
18	Peas♥	
19	Side Salad♥	
20	Butter portion for vegetables	

**Desserts please** ✓ choice

22	Rice Pudding & Jam Portion	
23	Peaches in Natural Juice ♥	
24	Low Fat Yoghurt ♥	
25	Thick & Creamy Yoghurt	

Please ✓ choice to accompany your dessert

27	Custard	
28	Ice Cream	

#### ANEURIN BEVAN UNIVERSITY HEALTH BOARD ANEURIN BEVAN UNIVERSITY HEALTH BOARD **ANEURIN BEVAN UNIVERSITY HEALTH BOARD** MENU TUESDAY WEEK 1 BREAKFAST MENU TUESDAY WEEK 1 LUNCH MENU TUESDAY WEEK 1 EVENING MEAL WARD: ..... BAY/ROOM NUMBER .... WARD: ..... BAY/ROOM NUMBER .... WARD: ..... BAY/ROOM NUMBER...... NAME: ..... NAME: ..... NAME: ..... **To start** Please ✓ if required **To start** Please ✓ if required 1 Fruit Juice♥ 1 Fruit Juice ♥ Please ✓ choice of cereal 2 Carrot & Coriander Soup V 2 Chicken Soup 1 Porridge 2 Cornflakes Please ✓ if you require bread Please ✓ if you require bread 3 Weetabix 3 Wholemeal Bread ♥ 4 White Bread 4 White Bread 3 Wholemeal Bread ♥ 4 Branflakes 5 Sunflower Spread ♥ 6 Butter 3 Sunflower Spread ♥ 6 Butter Main meals and lighter choices Main meals and lighter choices Please ✓ if required Please ✓ one choice Please ✓ one choice 8 Faggots in Onion Gravy Creamy Chicken Korma 13 Toasted White Bread 9 Vegetable Lasagne **V** Vegetarian Cottage Pie **▼V** 14 Toasted Wholemeal Bread 10 Jacket Potato with Grated Cheese V 10 Jacket Potato with Tuna Mayonnaise ♥ 15 White Bread 11 Cold Smoked Mackerel ♥ 11 Cold Corned Beef ♥ 16 Wholemeal Bread 17 Cheese Portion 12 Pork & Stuffing Sandwich W/M Bread 12 Pork & Stuffing Sandwich White Bread 18 Butter Portion 13 Egg Mayo Sandwich White Bread V 13 Egg Mayo Sandwich W/M Bread V 19 Sunflower Spread 20 Preserves Please ✓ choices to accompany your meal Please ✓ choices to accompany your meal 21 Fruit Juice 15 Gravy 16 Jacket Potato ♥ 22 Banana 19 Mashed Potato 17 Boiled White Rice ♥ 20 Jacket Potato♥ 18 Naan Bread 21 Garlic Bread 19 Carrots ♥ 22 Mushy Peas♥ 20 Vegetarian Gravy♥ 23 Diced Swede♥ 21 Side Salad ♥ ▼ This symbol indicates the healthier option 24 Side Salad ♥ 22 Butter portion for vegetables V Indicates Vegetarian main meal and vegetarian soup 25 Butter portion for vegetables **Desserts please** ✓ choice **Desserts please** ✓ choice 24 Sultana Sponge Pudding Bread & Butter Pudding 25 Apricots in Natural Juice ♥ 26 Low Fat Yoghurt ♥

Information on food allergens is available on request

# 27 Bread & Butter Pudding 28 29 Fresh Apple♥ 30 Low Fat Yoghurt♥ 31 Thick & Creamy Yoghurt

Please ✓ choice to accompany your dessert

	Ficase	choice to accompany	your	uessei t
33	Custard			
34	Ice Cream			

Information on food allergens is available on request

Please ✓ choice to accompany your dessert

27 Thick & Creamy Yoghurt

29 Custard

30 Ice Cream

#### ANEURIN BEVAN UNIVERSITY HEALTH BOARD ANEURIN BEVAN UNIVERSITY HEALTH BOARD **ANEURIN BEVAN UNIVERSITY HEALTH BOARD** MENU WEDNESDAY WEEK 1 BREAKFAST MENU WEDNESDAY WEEK 1 LUNCH MENU WEDNESDAY WEEK 1 EVENING MEAL WARD: ..... BAY/ROOM NUMBER ..... WARD: ..... BAY/ROOM NUMBER ...... WARD: ..... BAY/ROOM NUMBER ....... NAME: ..... NAME: ..... NAME: ..... Please ✓ choice of cereal **To start** Please ✓ if required 1 Fruit Juice ♥ **To start** Please ✓ if required 2 Mushroom Soup **V** 1 Fruit Juice ♥ Porridae 2 Leek & Potato Soup V Cornflakes Weetabix Please ✓ if you require bread 4 Branflakes 3 Wholemeal Bread ♥ 4 White Bread 5 Sunflower Spread ♥ 6 Butter Please ✓ if you require bread 3 Wholemeal Bread ♥ 4 White Bread 5 Sunflower Spread ♥ 6 Butter Main meals and lighter choices Please ✓ one choice Main meals and lighter choices 8 Roast Chicken & Stuffing ♥ Please ✓ if required Please ✓ one choice 9 Spanish Quiche **V** 8 Fish in Cheese Sauce 10 Jacket Potato, Cottage Cheese & Chives **V** ▼ Vegan pasta Bolognaise **V** ♥ 13 Toasted White Bread 10 Jacket Potato with Baked Beans **V** ▼ 14 Toasted Wholemeal Bread 11 Cold Turkey Breast ♥ 15 White Bread 11 Cold Roast Beef ♥ 16 Wholemeal Bread 12 Ham & Mustard Mayonnaise Sandwich 17 Cheese Portion Wholemeal Bread 12 Ham & Mustard Mayonnaise Sandwich White 18 Butter Portion 13 Cheese & Tomato Sandwich White Bread V Bread 19 Sunflower Spread 13 Cheese & Tomato Sandwich W/Meal Bread V 20 Preserves Please ✓ choices to accompany your meal 21 Fruit Juice Please ✓ choices to accompany your meal 15 Gravy 22 Banana 16 Mashed Potato Roast Potatoes 17 Jacket Potato ♥ 18 Mashed Potato 19 Jacket Potato ♥ 19 Peas♥ 20 Side Salad ♥ 21 Broccoli ♥ 21 Butter portion for vegetables 22 Carrots ♥ ▼ This symbol indicates the healthier option 23 Side Salad ♥ V Indicates Vegetarian main meal and vegetarian soup **Desserts please** ✓ choice 24 Butter portion for vegetables 22 Jam & Coconut Sponge 23 Banana ♥ **Desserts please** ✓ choice 24 Low Fat Yoghurt ♥ 25 Apple Tart Information on food allergens is available 26 Fruit Cocktail in Natural Juice ♥ 25 Thick & Creamy Yoghurt on request 27 Raspberry Jelly Please ✓ choice to accompany your dessert 28 Low Fat Yoghurt ♥ 29 Thick & Creamy Yoghurt 27 Custard 28 Ice Cream Please ✓ choice to accompany your dessert 31 Custard Information on food allergens is available 32 Ice Cream

Information on food allergens is available

on request

on request

#### ANEURIN BEVAN UNIVERSITY HEALTH BOARD ANEURIN BEVAN UNIVERSITY HEALTH BOARD **ANEURIN BEVAN UNIVERSITY HEALTH BOARD** MENU THURSDAY WEEK 1 BREAKFAST MENU THURSDAY WEEK 1 LUNCH MENU THURSDAY WEEK 1 EVENING MEAL WARD: ..... BAY/ROOM NUMBER ....... WARD: ..... BAY/ROOM NUMBER ....... WARD: ..... BAY/ROOM NUMBER ..... NAME: ..... NAME: ..... NAME: ..... Please ✓ choice of cereal **To start** Please ✓ if required 1 Fruit Juice ♥ **To start** Please ✓ if required 1 Fruit Juice ♥ 1 Porridae 2 Tomato Soup **V** 2 Carrot & Coriander Soup V Cornflakes Weetabix Please ✓ if you require bread Please ✓ if you require bread 3 Wholemeal Bread ♥ 4 Branflakes 4 White Bread 3 Wholemeal Bread ♥ 4 White Bread 5 Sunflower Spread ♥ 6 Butter 5 Sunflower Spread ♥ 6 Butter Main meals and lighter choices Main meals and lighter choices Please ✓ one choice Please ✓ if required Beef Casserole ♥ Please ✓ one choice Chilli Con Carne & Pitta Bread Broccoli in Cheese Sauce V Toasted White Bread Plain Omelette **V** ♥ 10 Cold Sardines in Tomato Sauce ♥ Toasted Wholemeal Bread 11 Jacket Potato with Cajun Chicken 10 Jacket Potato with Tuna Mayonnaise ♥ 15 White Bread 12 Chicken Mayonnaise Sandwich W/M 11 Cold Roast Chicken Portion ♥ 16 Wholemeal Bread Bread 17 Cheese Portion 12 Chicken Mayonnaise Sandwich White 13 Cheese Sandwich White Bread V 18 Butter Portion Bread 19 Sunflower Spread 13 Cheese Sandwich W/M Bread V Please ✓ choices to accompany your meal 20 Preserves Gravy Please ✓ choices to accompany your meal 21 Fruit Juice 18 Mashed Potato 16 Jacket Potato ♥ 22<sup>'</sup> Banana 19 Jacket Potato ♥ 17 Boiled White Rice ♥ 21 Cabbage ♥ 20 Sliced Green Beans ♥ Mixed Vegetables ♥ 23 Side Salad ♥ 21 Side Salad ♥ ▼ This symbol indicates the healthier option Butter portion for vegetables 22 Butter portion for vegetables V Indicates Vegetarian main meal and vegetarian soup **Desserts please** ✓ choice **Desserts please** ✓ choice 23 Sticky Toffee Pudding Lemon Cake 26 Egg Custard Tart Information on food allergens is available 24 Pears in Natural Juice ♥ 27 Fresh Grapes ♥ on reauest 25 Low Fat Yoghurt ♥ 28 Low Fat Yoghurt ♥ 26 Thick & Creamy Yoghurt 29 Thick & Creamy Yoghurt Please ✓ choice to accompany your dessert Please ✓ choice to accompany your dessert 28 Custard

Information on food allergens is available

on request

31 Custard

32 Ice Cream

Information on food allergens is available on request

29 Ice Cream

#### ANEURIN BEVAN UNIVERSITY HEALTH BOARD ANEURIN BEVAN UNIVERSITY HEALTH BOARD ANEURIN BEVAN UNIVERSITY HEALTH BOARD MENU FRIDAY WEEK 1 BREAKFAST MENU FRIDAY WEEK 1 EVENING MEAL MENU FRIDAY WEEK 1 LUNCH WARD: ..... BAY/ROOM NUMBER .... WARD: ..... BAY/ROOM NUMBER ...... NAME: ..... WARD: ..... BAY/ROOM NUMBER .... NAME: ..... Please ✓ choice of cereal NAME: ..... **To start** Please ✓ if required **To start** Please ✓ if required 1 Fruit Juice ♥ Porridae Cornflakes 1 Fruit Juice ♥ 2 Mushroom Soup V 2 Chicken Soup 3 Weetabix 4 Branflakes Please ✓ if you require bread Please ✓ if you require bread 3 Wholemeal Bread ♥ 4 White Bread 3 Wholemeal Bread ♥ 4 White Bread 5 Sunflower Spread ♥ 6 Butter 5 Sunflower Spread♥ 6 Butter Please ✓ choices to accompany your meal 8 | Sausages in Onion Gravy Main meals and lighter choices Please ✓ if required Cheese & Tomato Pizza V ♥ Please ✓ one choice 8 Vegetable Curry **V** ♥ 10 Jacket Potato with Cajun Chicken 13 Toasted White Bread 9 Battered Cod with Lemon Slice 11 Sliced Corned Beef ♥ 14 Toasted Wholemeal Bread 10 Jacket Potato, Cottage Cheese &Chives **V** ▼ 15 White Bread 11 Cold Sliced Ham ♥ 12 Corned Beef & Tomato Sandwich White 16 Wholemeal Bread 17 Cheese Portion 12 Corned Beef & Tomato Sandwich W/M Bread 13 Egg Mayonnaise Sandwich W/M Bread **V** 18 Butter Portion 13 Egg Mayonnaise Sandwich White Bread **V** 19 Sunflower Spread Please ✓ choices to accompany your meal 20 Preserves 15 Boiled Potatoes ♥ Please ✓ choices to accompany your meal 21 Fruit Juice 15 Chipped Potatoes 16 Mashed Potato 22<sup>l</sup> Banana 16 Mashed Potato 17 Jacket potato ♥ 17 Jacket Potato ♥ 19 Carrot & Swede Mash ♥ 18 Boiled White Rice ♥ 20 Side Salad ♥ 19 Naan Bread 21 Butter portion for vegetables ▼ This symbol indicates the healthier option 21 Peas ♥ V Indicates Vegetarian main meal and vegetarian soup Carrots ♥ **Desserts please** ✓ choice Side Salad ♥ 22 Rice Pudding with jam portion 24 Butter portion for vegetables 23 Melon Slice ♥ 24 Low Fat Yoghurt ♥ **Desserts please** ✓ choice 25 Thick & Creamy Yoghurt Bakewell Tart 26 Pineapples in Natural Juice ♥ Please ✓ choice to accompany your dessert

27 Cheese & Biscuits

28 Low Fat Yoghurt ♥
29 Thick & Creamy Yoghurt

31 Custard

32 Ice Cream

Please ✓ choice to accompany your dessert

Information on food allergens is available on request

Information on food allergens is available on request

28 Ice Cream

#### ANEURIN BEVAN UNIVERSITY HEALTH BOARD ANEURIN BEVAN UNIVERSITY HEALTH BOARD **ANEURIN BEVAN UNIVERSITY HEALTH BOARD** MENU SATURDAY WEEK 1 BREAKFAST MENU SATURDAY WEEK 1 LUNCH MENU SATURDAY WEEK 1 EVENING MEAL WARD: ..... BAY/ROOM NUMBER...... WARD: ..... BAY/ROOM NUMBER ..... WARD: ..... BAY/ROOM NUMBER...... NAME: ..... NAME: ..... .NAME: ..... Please ✓ choice of cereal **To start** Please ✓ if required **To start** Please ✓ if required 1 Fruit Juice ♥ 1 Fruit Juice ♥ 2 Tomato Soup V 1 Porridae 2 Leek & Potato Soup V Cornflakes Weetabix Please ✓ if you require bread Please ✓ if you require bread 4 White Bread 4 Branflakes 3 Wholemeal Bread ♥ 4 White Bread 3 Wholemeal Bread 5 Sunflower Spread 5 Sunflower Spread 6 Butter 6 Butter Main meals and lighter choices Main meals and lighter choices Please ✓ if required Please ✓ one choice Please ✓ one choice 8 Chicken Casserole & Dumplings 8 | Beef Lasagne & Garlic Bread 9 Vegan Chilli **V** ▼ 13 Toasted White Bread 9 Cheese & Potato Pie V 14 Toasted Wholemeal Bread 10 Jacket Potato with Grated Cheese V 10 Jacket Potato & Baked Beans V ♥ 15 White Bread 11 Cold Chicken Tikka Bites ♥ 11 Cold Tinned Salmon ♥ 16 Wholemeal Bread 17 Cheese Portion 12 Tuna Mayo Sandwich White Bread 12 Tuna Mayo Sandwich W/M Bread 18 Butter Portion 13 Cheese & Spring Onion Sandwich White 13 Cheese & Spring Onion Sandwich W/M 19 Sunflower Spread Bread V Bread **V** 20 Preserves 21 Fruit Juice Please ✓ choices to accompany your meal Please ✓ choices to accompany your meal 22<sup>l</sup> Banana 15 Boiled Rice ♥ 16 Sauté Potatoes 18 Jacket Potato♥ 16 Mashed Potatoes Jacket Potato ♥ 19 Baked Beans ♥ 19 Peas ♥ 20 Mixed Vegetables ♥ ▼ This symbol indicates the healthier option 21 Side Salad ♥ 20 Side Salad ♥ V Indicates Vegetarian main meal and vegetarian soup 21 Butter portion for vegetables 22 Butter portion for vegetables Desserts please ✓ choice **Desserts please** ✓ choice 22 Chocolate Sponge Pudding 23 Red Fruit Crumble 23 Peaches in Natural Juice ♥ 24 Mandarin Cheesecake 24 Low Fat Yoghurt ♥ 25 Fresh Apple ♥ 26 Low Fat Yoghurt ♥ 25 Thick & Creamy Yoghurt Information on food allergens is available 27 Thick & Creamy Yoghurt

on request

## Please ✓ choice to accompany your dessert 29 Custard 30 Ice Cream

Information on food allergens is available on request

Please ✓ choice to accompany your dessert

27 Custard

28 Ice Cream

MENU SUNDAY WEEK 2 BREAKFAST

WARD:	BAY/ROOM NUMBER
NAME:	

#### Please ✓ choice of cereal

1	Porridge	
2	Cornflakes	
3	Weetabix	
4	Branflakes	

#### Please ✓ if required

13	Toasted White Bread
14	Toasted Wholemeal Bread
15	White Bread
16	Wholemeal Bread
17	Cheese Portion
18	Butter Portion
19	Sunflower Spread
20	Preserves
21	Fruit Juice
22 <sup>l</sup>	Banana

▼ This symbol indicates the healthier optionV Indicates Vegetarian main meal and vegetarian soup

Information on food allergens is available on request

#### **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

MENU SUNDAY WEEK 2 LUNCH

WARD:	BAY/ROOM NUMBER
NAMF:	

#### **To start** Please ✓ if required

	10 Start Ticase 7 ii required	
2	Fruit Juice ♥	
1	Carrot & Coriander Soup <b>V</b>	

#### Please ✓ if you require bread

1 10000 11 700		,	94	
	3	Wholemeal Bread ♥	4	White Bread
ſ	5	Sunflower Spread ♥	6	Butter

#### Main meals and lighter choices

	Please ✓ one choice		
8	Roast Beef & Yorkshire Pudding ♥		
9	Cauliflower and Broccoli Cheese V		
10 Ch	Jacket Potato with Cottage Cheese & nives <b>v V</b>		
11	1 Egg Mayonnaise <b>V</b>		
12			
13	Cheese & Pickle Sandwich White Bread <b>V</b>		

#### Please ✓ choices to accompany your meal

15	Gravy	
17	Roast Potatoes	
18	Mashed Potato	
20	Jacket Potato ♥	
22	Cabbage ♥	
23	Carrots ♥	
24	Side Salad ♥	
25	Butter portion for vegetables	

#### **Desserts please ✓ choice**

26	Rice Pudding with jam portion	
27	Strawberry Gateau	
28	Banana ♥	
29	Low Fat Yoghurt ♥	
30	Thick & Creamy Yoghurt	

#### Please ✓ choice to accompany your dessert

	i icase choice to accompany your acou	
32	Cream	
33	Ice Cream	

Information on food allergens is available on request

#### **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

MENU SUNDAY WEEK 2 EVENING MEAL

WARD:	BAY/ROOM NUMBER
NAMF:	

#### **To start** Please ✓ if required

1	Fruit Juice ♥	
2	Chicken Soup	

#### Please ✓ if you require bread

3	Wholemeal Bread ♥	4	White Bread
4	Sunflower Spread	6	Butter

#### Main meals and lighter choices

		Please ✓ one choice	
	8	Corned Beef Hash	
	9	Cheese Omelette <b>V ♥</b>	
	10	Jacket Potato with Tuna Mayonnaise ♥	
	11	Cold Sliced Gammon Ham ♥	

12	Corned Beef & Tomato Sand White	
Bre	ad	
13	Cheese & Pickle Sandwich W/M Bread	
V		

#### Please ✓ choices to accompany your meal

16	Chipped Potatoes	
17	Jacket Potato ♥	
19	Baked Beans ♥	
20	Side Salad ♥	
21	Butter portion for vegetables	

#### **Desserts please** ✓ choice

22	Apple Pie	
23	Apricots in Natural Juice ♥	
24	Low Fat Yoghurt ♥	
25	Thick & Creamy Yoghurt	

#### Please ✓ choice to accompany your dessert

28	Custard	
29	Ice Cream	

MENU MONDAY WEEK 2 BREAKFAST

WARD:	BAY/ROOM NUMBER
NAME:	

Please ✓ choice of cereal

1	Porridge
2	Cornflakes
3	Weetabix
4	Branflakes

#### Please ✓ if required

13	Toasted White Bread
14	Toasted Wholemeal Bread
15	White Bread
16	Wholemeal Bread
17	Cheese Portion
18	Butter Portion
19	Sunflower Spread
20	Preserves
21	Fruit Juice
22	Banana

This symbol indicates the healthier optionV Indicates Vegetarian main meal and vegetarian soup

Information on food allergens is available on request

#### **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

MENU MONDAY WEEK 2 LUNCH

WARD:	BAY/ROOM NUMBER
NAMF:	

#### To start Please ✓ if required

	TO Start	Please v II required	
1	Fruit Juice ♥		
2	Mushroom Soup V		

#### Please ✓ if you require bread

	1	a require break
3	Wholemeal Bread♥	4 White Bread
5	Sunflower Spread♥	6 Butter

#### Main meals and lighter choices

		Please ✓ one choice	
	8	Chicken & Mushroom Pie	
ĺ	9	Plain Omelette ♥ V	
ĺ	10	Jacket Potato with Tuna Mayonnaise♥	
Ì	11	Cold Roast Beef ♥	
ĺ			
ĺ	12	Egg Mayonnaise Sandwich W/M Bread <b>V</b>	
ĺ	13	Ham & Cheese Sandwich White Bread	

#### Please ✓ choices to accompany your meal

14	Gravy	
15	Mashed Potato	
16	Jacket Potato♥	
19	Sliced Green Beans♥	
20	Carrot & Swede Mash♥	
21	Side Salad♥	
22	Butter portion for vegetables	

#### **Desserts please** ✓ choice

24		
25	Mandarin Oranges in Natural Juice ♥	
26	Low Fat Yoghurt ♥	
27	Thick & Creamy Yoghurt	

#### Please ✓ choice to accompany your dessert

•	icase - choice to accompany your	40550.6
29	Custard	
30	Ice Cream	

Information on food allergens is available on request

#### **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

MENU MONDAY WEEK 2 EVENING MEAL

WARD:	BAY/ROOM NUMBER
NAMF:	

#### **To start** Please ✓ if required

	1	Fruit Juice ♥	
ſ	2	Leek & Potato Soup <b>V</b>	

#### Please ✓ if you require bread

		,	90	
	Wholemeal Bread ♥	4	White Bread	
5	Sunflower Spread ♥	6	Butter	

#### Main meals and lighter choices

Please ✓ one choice			
8	Smoked Haddock Fish Cakes with		
pa	rsley sauce ♥		
9	9 Tomato & Basil Quiche <b>V</b>		
10	10 Jacket Potato with Grated Cheese <b>V</b>		
11	11 Cold Roast Turkey Breast ♥		
12 Ham & Cheese Sandwich W/M Bread			
13	13 Egg Mayonnaise Sandwich White Bread		
\ \	v - 55 ,		

#### Please ✓ choices to accompany your meal

15	Potato Wedges	
16	Mashed Potato	
17	Jacket Potato ♥	
19	Broccoli ♥	
20	Side Salad ♥	
21	Butter portion for vegetables	

#### **Desserts please** ✓ choice

	Syrup Sponge	
23	Fresh Grapes ♥	
24	Low Fat Yoghurt ♥	
25	Thick & Creamy Yoghurt	

#### Please ✓ choice to accompany your dessert

			 	74	,	40000.0
27	Custard					
28 1	Ice Crea	m				

## 

1	Porridge
2	Cornflakes
3	Weetabix
4	Branflakes

#### Please ✓ if required

13	Toasted White Bread			
14	Toasted Wholemeal Bread			
15	White Bread			
16	Wholemeal Bread			
17	Cheese Portion			
18	Butter Portion			
19	Sunflower Spread			
20	Preserves			
21	Fruit Juice			
22	Banana			

- This symbol indicates the healthier optionIndicates Vegetarian main meal and vegetarian soup

Information on food allergens is available on request

#### **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

MENU TUESDAY WEEK 2 LUNCH

WARD:	BAY/ROOM NUMBER		
NAME:			

	To start	Please ✓ if required	
1	Fruit Juice♥		
2	Tomato Soup <b>V</b>		

#### Please ✓ if you require bread

3	Wholemeal Bread ♥	4	White Bread
5	Sunflower Spread ♥	6	Butter

#### Main meals and lighter choices

	Please ✓ one choice
8	Lancashire Hotpot
9	Cauliflower Cheese <b>V</b>
10	Jacket Potato with Cajun Chicken
11	Cold Ham ♥
12	Pork Stuffing & Apple Sand W/M Bread
13	Egg Mayonnaise Sandwich White Bread <b>V</b>
	·

#### Please ✓ choices to accompany your meal

15	Gravy	
18	Mashed Potato	
19	Jacket Potato♥	
21	Carrots♥	
22	Broccoli ♥	
23	Side Salad♥	
24 <sup>l</sup>	Butter portion for vegetables	

#### **Desserts please** ✓ choice

	p
25	Jam & Coconut Sponge
26	Stewed Apple♥
27	Low Fat Yoghurt ♥
28	Thick & Creamy Yoghurt

#### Please ✓ choices to accompany your dessert

	i lease i choices to accompany your aess	CIC
30	Custard	
31	Ice Cream	

## Information on food allergens is available on request

#### **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

MENU TUESDAY WEEK 2 EVENING MEAL

WARD:	BAY/ROOM NUMBER
NAME:	

#### **To start** Please ✓ if required

1	Fruit Juice♥	
2	Carrot & Coriander Soup <b>V</b>	

#### Please ✓ if you require bread

3	Wholemeal Bread♥	4	White Bread
5	Sunflower Spread♥	6	Butter

#### Main meals and lighter choices

	Please ✓ one choice	
8	Sausages in Onion Gravy	
9	Vegetable Lasagne <b>V</b>	
10	Jacket Potato with Cottage Cheese ♥ V	
11	Cold Roast Chicken Portion♥	
12	Pork Stuffing & Apple Sand White Bread	
13	Egg Mayonnaise Sandwich W/M Bread <b>V</b>	

#### Please ✓ choices to accompany your meal

15 Gravy	
18 Mashed Potato	
19 Jacket Potato♥	
21 Carrot & Swede Mash♥	
22 Side Salad ♥	
23 Butter portion for vegetables	

#### **Desserts please** ✓ choice

24	Rice Pudding with jam portion	
25	Melon♥	
26	Low Fat Yoghurt♥	
27	Thick & Creamy Yoghurt	

#### Please ✓ choice to accompany your dessert

		 	,	
30	Ice Cream			

### **ANEURIN BEVAN UNIVERSITY HEALTH BOARD MENU WEDNESDAY WEEK 2 BREAKFAST**

WARD: BAY/ROOM NUMBER
NAME:
Please ✓ one choice only

1	Porridge
2	Cornflakes
3	Weetabix
4	Branflakes

#### Please ✓ if required

13	Toasted White Bread
14	Toasted Wholemeal Bread
15	White Bread
16	Wholemeal Bread
17	Cheese Portion
18	Butter Portion
19	Sunflower Spread
20	Preserves
21	Fruit Juice
22 <sup>1</sup>	Banana

- ▼ This symbol indicates the healthier option
- V Indicates Vegetarian main meal and vegetarian soup

Information on food allergens is available on request

#### **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

MENU WEDNESDAY WEEK 2 LUNCH

WARD:	BAY/ROOM NUMBER
NAMF:	

#### To start Please √ if required

	. o ota. t	i icasc II i cquii cu	
1	Fruit Juice♥		
2	Chicken Soup		

#### Please ✓ if you require bread

3	Wholemeal Bread♥	4	White Bread
5	Sunflower Spread♥	6	Butter

#### Main meals and lighter choices Please √ one choice

	Please v one choice				
8	Roast Turkey & Stuffing♥				
9	Cheese & Potato Pie V				
10	.0 Jacket Potato with Baked Beans <b>V</b> ♥				
11	11 Sliced Corned Beef♥				
12	12 Ham Mustard Mayonnaise Sandwich W/M				
Br	Bread				
13	13 Cheese Sandwich White Bread <b>V</b>				

#### Please ✓ choices to accompany your meal

15	Gravy	
16	Roast Potatoes	
17	Mashed Potato	
18	Jacket Potato♥	
20	Country Mix Vegetables♥	
21	Baked Beans♥	
22	Side Salad♥	
23	Butter portion for vegetables	

#### **Desserts please** ✓ choice

24	Lemon Cake	
25	Tinned Fruit Cocktail♥	
26	Cheese & Biscuits	
27	Low Fat Yoghurt♥	
28	Thick & Creamy Yoghurt	

#### Please ✓ choice to accompany your dessert

30	Custard	l		
31	Ice Cre	am		

Information on food allergens is available on request

#### **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

MENU WEDNESDAY WEEK 2 EVENING MEAL

WARD:	BAY/ROOM NUMBER
NAME:	

#### **To start** Please ✓ if required

1	Fruit Juice♥	
2	Mushroom Soup V	

#### Please ✓ preference

	3	Wholemeal Bread♥	4	White Bread	
	5	Sunflower Spread♥	6	Butter	

#### Main meals and lighter choices

	Please ✓ one choice	
8	Beef Curry♥	
9	Macaroni Cheese & Garlic Bread <b>V</b>	
10	Jacket Potato with Tuna Mayonnaise♥	
11	Cold Roast Pork♥	
12	Ham Mustard Mayonnaise Sandwich White	

## Bread

#### 13 Cheese Sandwich W/M Bread V

#### Please ✓ choices to accompany your meal

15	Boiled Rice♥	
16	Chipped Potatoes	
17	Jacket Potato ♥	
19	Peas♥	
20	Side Salad♥	
21	Butter portion for vegetables	

#### **Desserts please** ✓ choice

22 Sticky Toffee Pudding	
23 Banana♥	
24 Low Fat Yoghurt♥	
25 Thick & Creamy Yoghurt	

	Please V Choice to accompany your dessert		
27	Custard		
28	Ice Cream		

#### ANEURIN BEVAN UNIVERSITY HEALTH BOARD ANEURIN BEVAN UNIVERSITY HEALTH BOARD **ANEURIN BEVAN UNIVERSITY HEALTH BOARD** MENU THURSDAY WEEK 2 BREAKFAST MENU THURSDAY WEEK 2 LUNCH MENU THURSDAY WEEK 2 EVENING MEAL WARD: ..... BAY/ROOM NUMBER...... WARD: ..... BAY/ROOM NUMBER ..... WARD: ..... BAY/ROOM NUMBER ...... NAME: ..... NAME: ..... NAME: ..... Please ✓ choice of cereal **To start** Please ✓ if required **To start** Please ✓ if required 1 Fruit Juice♥ 1 Fruit Juice ♥ 2 Tomato Soup V Porridae 2 Leek & Potato Soup V Cornflakes Weetabix Please ✓ if you require bread Please ✓ if you require bread 4 Branflakes 3 Wholemeal Bread♥ 4 White Bread 3 Wholemeal Bread ♥ 4 White Bread 5 Sunflower Spread♥ 5 Sunflower Spread ♥ 6 Butter 6 Butter Main meals and lighter choices Main meals and lighter choices Please ✓ one choice Please ✓ if required Please ✓ one choice Faggots in Onion Gravy 8 Gammon Ham♥ 13 Toasted White Bread Vegetable Curry ♥ V Cauliflower & Broccoli Cheese V Toasted Wholemeal Bread 10 Jacket Potato. Cottage Cheese & Chives ♥V 10 Jacket Potato with Cajun Chicken White Bread 11 Cold Smoked Mackerel ♥ 11 Cold Turkey ♥ 16 Wholemeal Bread 17 Cheese Portion 12 Ham & Cheese Sandwich W/M Bread 12 Ham & Cheese Sandwich White Bread 18 Butter Portion 13 Egg Mayonnaise Sandwich W/Meal 13 Egg Mayonnaise Sandwich White Bread **V** 19 Sunflower Spread Bread V 20 Preserves Please ✓ choices to accompany your meal 21 Fruit Juice Please ✓ choices to accompany your meal 15 Parsley Sauce 22<sup>l</sup> Banana Boiled Potatoes♥ 16 Mashed Potato 17 18 Mashed Potato 17 Jacket Potato ♥ 19 Mushv Peas ♥ 19 Jacket Potato♥ Boiled White Rice♥ 20 Side Salad ♥ ▼ This symbol indicates the healthier option 21 Butter portion for vegetables Naan Bread V Indicates Vegetarian main meal and vegetarian soup 23 Sliced Green Beans♥ 24 Carrots♥ **Desserts please** ✓ choice 25 Side Salad♥ 22 Pineapple Sponge 26 Butter portion for vegetables 23 Pears in Natural Juice ♥ Information on food allergens is available 25 Low Fat Yoghurt ♥ **Desserts please** ✓ choice on request 26 Thick & Creamy Yoghurt 27 Eves Pudding 28 Cheese & Biscuits 29 Fresh Grapes♥ Please ✓ choice to accompany your dessert 30 Low Fat Yoghurt♥ 28 Custard 31 Thick & Creamy Yoghurt 29 Ice Cream Please ✓ choice to accompany your dessert 33 Custard

Information on food allergens is available

on request

34 Ice Cream

#### ANEURIN BEVAN UNIVERSITY HEALTH BOARD **ANEURIN BEVAN UNIVERSITY HEALTH BOARD** ANEURIN BEVAN UNIVERSITY HEALTH BOARD MENU FRIDAY WEEK 2 BREAKFAST MENU FRIDAY WEEK 2 LUNCH MENU FRIDAY WEEK 2 EVENING MEAL WARD: ..... BAY/ROOM NUMBER ..... WARD: ..... BAY/ROOM NUMBER ..... WARD: ..... BAY/ROOM NUMBER ....... NAME: ..... NAME:..... NAME: ..... Please ✓ choice of cereal **To start** Please ✓ if required **To start** Please ✓ if required 1 Fruit Juice ♥ 1 | Fruit Juice ♥ 2 Carrot & Coriander Soup V 2 Chicken Soup Porridae 2 Cornflakes 3 Weetabix Please ✓ if you require bread Please ✓ if you require bread 3l Wholemeal Bread ♥ 4 White Bread 3 | Wholemeal Bread ♥ 4 White Bread 4 Branflakes 5 Sunflower Spread ♥ 6 Butter 5 Sunflower Spread ♥ 6 Butter Please ✓ if required Main meals and lighter choices Main meals and lighter choices 13 Toasted White Bread Please ✓ one choice Please ✓ one choice 14 Toasted Wholemeal Bread 8 Breaded Cod & Lemon slice Beef Casserole ♥ 9 Cheese & Mushroom Pizza ♥ V Veg & Bean Crumble V 15 White Bread 10 Jacket Potato with Grated Cheese V 16 Wholemeal Bread 10 Jacket Potato with Tuna Mayonnaise ♥ 17 Cheese Portion 11 Cold Roast Chicken ♥ 11 Ham Ploughman's 18 Butter Portion 19 Sunflower Spread 12 Corned Beef & Tomato Sandwich W/M Bread 12 Corned Beef & Tomato Sandwich White 13 Cheese & spring Onion Sandwich White Bread 20 Preserves 21 Fruit Juice Bread V 13 Cheese & spring Onion Sandwich W/M Bread V 22<sup>l</sup> Banana Please ✓ choices to accompany your meal 15 Mashed Potatoes Please ✓ choices to accompany your meal 15 Sauté potatoes ▼ This symbol indicates the healthier option 16 Chipped Potatoes 16 Boiled Potato ♥ V Indicates Vegetarian main meal and vegetarian soup 17 Jacket Potato ♥ 19 Peas ♥ 19 Broccoli ♥ 17 Jacket Potato ♥ Mixed Vegetables ♥ 20 Side Salad ♥ 21 Side Salad ♥ 22 Butter portion for vegetables 22 Butter portion for vegetables **Desserts please** ✓ choice **Desserts please** ✓ choice 23 Pear and Chocolate Crumble 23 Jam Sponge 24 Peach Fool 24 Pineapples in Natural Juice ♥ 25 Slice of Fresh Melon ♥ 25 Low Fat Yoghurt ♥ Information on food allergens is available 26 Low Fat Yoghurt ♥ 26 Thick & Creamy Yoghurt 27 Thick & Creamy Yoghurt

on request

#### Please ✓ choice to accompany your dessert 29 Custard

30 Ice Cream

Information on food allergens is available on request

#### Please & choice to accompany your descert

	rease , choice to accompany your de	.33Ci t
28	Custard	
29	Ice Cream	

MENU SATURDAY WEEK 2 BREAKFAST

WARD:	BAY/ROOM NUMBER
NAME:	

Please ✓ choice of cereal

1	Porridge	
2	Cornflakes	
3	Weetabix	
4	Branflakes	

Please ✓ if required

13	Toasted White Bread
14	Toasted Wholemeal Bread
15	White Bread
16	Wholemeal Bread
17	Cheese Portion
18	Butter Portion
19	Sunflower Spread
20	Preserves
21	Fruit Juice
22	Banana

- ▼ This symbol indicates the healthier option
- V Indicates Vegetarian main meal and vegetarian soup

Information on food allergens is available on request

#### **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

MENU SATURDAY WEEK 2 LUNCH

W	WARD:BAY/ROOM NUMBER		
N	NAME:		
	<b>To start</b> Please ✓ if required		
1	Fruit Juice ♥		
2	Mushroom Soup <b>V</b>		

Please ✓ if you require bread

3	Wholemeal Bread ♥	4	White Bread
5	Sunflower Spread ♥	6	Butter

Main meals and lighter choices

	Please ✓ one choice	
8	Minced Beef Pie	
	Vegan Pasta Bolognaise <b>♥V</b>	
10	Jacket Potato, Cottage Cheese & Chives ♥V	
11	Sliced Corned Beef ♥	
12	Chicken Mayonnaise Sandwich W/M Bread	
13	Cheese & pickle White Bread <b>V</b>	

Please ✓ choices to accompany your meal

Gravy	
Mashed Potato	
Jacket Potato ♥	
Peas ♥	
Sliced Green Beans ♥	
Side Salad ♥	
Butter portion for vegetables	
	Mashed Potato  Jacket Potato ♥  Peas ♥  Sliced Green Beans ♥  Side Salad ♥

**Desserts please** ✓ choice

26	Rice Pudding with jam portion	
27	Peaches in Natural Juice ♥	
28	Low Fat Yoghurt ♥	
29	Thick & Creamy Yoghurt	

	Please ✓ choice to accompany your dess	ert
32	Ice Cream	

Information on food allergens is available on request

#### **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

MENU SATURDAY WEEK 2 **EVENING MEAL** 

W	ARD: BAY/ROOM NUMBER				
N.	NAME:				
	<b>To start</b> Please ✓ if required				
1	Fruit Juice ♥				
2	Leek & Potato Soup V				

Please ✓ if you require bread

3	Wholemeal Bread ♥	4	White Bread
5	Sunflower Spread ♥	6	Butter

Main meals and lighter choices Please / one choice

	Flease + One Choice	
8	Chicken & BBQ Sauce ♥	
9	Cheesy Tuna & Pasta Bake	
10	Jacket Potato with Grated Cheese ♥ V	
11	Cold Sliced Ham ♥	
12	Chicken Mayonnaise Sandwich White	
Br		
13	Cheese & Pickle W/M Bread V	

Please ✓ choices to accompany your meal

17	Potato Wedges	
18	Mashed Potato	
19	Jacket Potato ♥	
21	Mixed Vegetables ♥	
22	Side Salad ♥	
23	Butter portion for vegetables	

**Desserts please** ✓ choice

	Sultana Sponge	
25	Fresh Pear ♥	
26	Low Fat Yoghurt ♥	
27	Thick & Creamy Yoghurt	

Please ✓ choice to accompany your dessert

	, , , , , , , , , , , , , , , , , , , ,	
29	Custard	
30	Ice Cream	

