

# **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

## **MENU SUNDAY 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

✓ 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

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	Custard	
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: .....

**To start** Please ✓ if required

1	Fruit Juice ♥	
2	Mushroom 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	Fish Fingers	
9	Macaroni Cheese & Garlic Bread ✓	
10	Jacket Potato with Baked Beans ♥ ✓	
11	Cold Roast Chicken Portion ♥	
12	Egg Mayonnaise Sandwich White Bread ✓	
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**

28	Custard	
29	Ice Cream	

**Information on food allergens is available  
on request**

# ANEURIN BEVAN UNIVERSITY HEALTH BOARD

## 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

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

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♥	
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**

32	Custard	
33	Ice Cream	

**Information on food allergens is available  
on request**

# ANEURIN BEVAN UNIVERSITY HEALTH BOARD

## MENU MONDAY WEEK 1 EVENING MEAL

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

NAME: .....

**To start** Please ✓ if required

1	Fruit Juice ♥	
2	Tomato 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	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	

**Information on food allergens is available  
on request**

# **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

## **MENU TUESDAY 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
- ✓ Indicates Vegetarian main meal and vegetarian soup

**Information on food allergens is available on request**

# **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

## **MENU TUESDAY WEEK 1 LUNCH**

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

NAME: .....

**To start** Please ✓ if required

1	Fruit Juice♥	
2	Carrot & Coriander 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	Faggots in Onion Gravy	
9	Vegetable Lasagne ✓	
10	Jacket Potato with Grated Cheese ✓	
11	Cold Smoked Mackerel ♥	
12	Pork & Stuffing Sandwich W/M Bread	
13	Egg Mayo Sandwich White Bread ✓	

**Please ✓ choices to accompany your meal**

15	Gravy	
19	Mashed Potato	
20	Jacket Potato♥	
21	Garlic Bread	
22	Mushy Peas♥	
23	Diced Swede♥	
24	Side Salad ♥	
25	Butter portion for vegetables	

**Desserts please ✓ choice**

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

**Please ✓ choice to accompany your dessert**

33	Custard	
34	Ice Cream	

**Information on food allergens is available on request**

# **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

## **MENU TUESDAY WEEK 1 EVENING MEAL**

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

NAME: .....

**To start** Please ✓ if required

1	Fruit Juice ♥	
2	Chicken Soup	

**Please ✓ if you require bread**

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

**Main meals and lighter choices**

Please ✓ one choice

8	Creamy Chicken Korma	
9	Vegetarian Cottage Pie ♥✓	
10	Jacket Potato with Tuna Mayonnaise ♥	
11	Cold Corned Beef ♥	
12	Pork & Stuffing Sandwich White Bread	
13	Egg Mayo Sandwich W/M Bread ✓	

**Please ✓ choices to accompany your meal**

16	Jacket Potato ♥	
17	Boiled White Rice ♥	
18	Naan Bread	
19	Carrots ♥	
20	Vegetarian Gravy♥	
21	Side Salad ♥	
22	Butter portion for vegetables	

**Desserts please ✓ choice**

24	Sultana Sponge Pudding	
25	Apricots in Natural Juice ♥	
26	Low Fat Yoghurt ♥	
27	Thick & Creamy Yoghurt	

**Please ✓ choice to accompany your dessert**

29	Custard	
30	Ice Cream	

**Information on food allergens is available on request**

# **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

## MENU WEDNESDAY 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
- ✓ Indicates Vegetarian main meal and vegetarian soup

**Information on food allergens is available on request**

# **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

## MENU WEDNESDAY WEEK 1 LUNCH

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

NAME: .....

**To start** Please ✓ if required

1	Fruit Juice ♥	
2	Mushroom 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 Chicken & Stuffing ♥	
9	Spanish Quiche ✓	
10	Jacket Potato, Cottage Cheese & Chives ✓♥	
11	Cold Turkey Breast ♥	
12	Ham & Mustard Mayonnaise Sandwich Wholemeal Bread	
13	Cheese & Tomato Sandwich White Bread ✓	

**Please ✓ choices to accompany your meal**

15	Gravy	
17	Roast Potatoes	
18	Mashed Potato	
19	Jacket Potato ♥	
21	Broccoli ♥	
22	Carrots ♥	
23	Side Salad ♥	
24	Butter portion for vegetables	

**Desserts please ✓ choice**

25	Apple Tart	
26	Fruit Cocktail in Natural Juice ♥	
27	Raspberry Jelly	
28	Low Fat Yoghurt ♥	
29	Thick & Creamy Yoghurt	

**Please ✓ choice to accompany your dessert**

31	Custard	
32	Ice Cream	

**Information on food allergens is available on request**

# **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

## MENU WEDNESDAY WEEK 1 EVENING MEAL

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

NAME: .....

**To start** Please ✓ if required

1	Fruit Juice ♥	
2	Leek & Potato 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	Fish in Cheese Sauce	
9	Vegan pasta Bolognese ✓♥	
10	Jacket Potato with Baked Beans ✓♥	
11	Cold Roast Beef ♥	
12	Ham & Mustard Mayonnaise Sandwich White Bread	
13	Cheese & Tomato Sandwich W/Meal Bread ✓	

**Please ✓ choices to accompany your meal**

16	Mashed Potato	
17	Jacket Potato ♥	
19	Peas ♥	
20	Side Salad ♥	
21	Butter portion for vegetables	

**Desserts please ✓ choice**

22	Jam & Coconut Sponge	
23	Banana ♥	
24	Low Fat Yoghurt ♥	
25	Thick & Creamy Yoghurt	

**Please ✓ choice to accompany your dessert**

27	Custard	
28	Ice Cream	

**Information on food allergens is available on request**

# **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

## MENU THURSDAY 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  
 ▼ Indicates Vegetarian main meal and vegetarian soup

**Information on food allergens is available  
on request**

# **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

## MENU THURSDAY WEEK 1 LUNCH

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

NAME: .....

**To start** Please ✓ if required

1	Fruit Juice ♥	
2	Tomato 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	Beef Casserole ♥	
9	Broccoli in Cheese Sauce ▼	
10	Cold Sardines in Tomato Sauce ♥	
11	Jacket Potato with Cajun Chicken	
12	Chicken Mayonnaise Sandwich W/M Bread	
13	Cheese Sandwich White Bread ▼	

**Please ✓ choices to accompany your meal**

15	Gravy	
18	Mashed Potato	
19	Jacket Potato ♥	
21	Cabbage ♥	
22	Mixed Vegetables ♥	
23	Side Salad ♥	
24	Butter portion for vegetables	

**Desserts please ✓ choice**

25	Lemon Cake	
26	Egg Custard Tart	
27	Fresh Grapes ♥	
28	Low Fat Yoghurt ♥	
29	Thick & Creamy Yoghurt	

**Please ✓ choice to accompany your dessert**

31	Custard	
32	Ice Cream	

**Information on food allergens is available  
on request**

# **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

## MENU THURSDAY WEEK 1 EVENING MEAL

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

NAME: .....

**To start** Please ✓ if required

1	Fruit Juice ♥	
2	Carrot & Coriander 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	Chilli Con Carne & Pitta Bread	
9	Plain Omelette ▼♥	
10	Jacket Potato with Tuna Mayonnaise ♥	
11	Cold Roast Chicken Portion ♥	
12	Chicken Mayonnaise Sandwich White Bread	
13	Cheese Sandwich W/M Bread ▼	

**Please ✓ choices to accompany your meal**

16	Jacket Potato ♥	
17	Boiled White Rice ♥	
20	Sliced Green Beans ♥	
21	Side Salad ♥	
22	Butter portion for vegetables	

**Desserts please ✓ choice**

23	Sticky Toffee Pudding	
24	Pears in Natural Juice ♥	
25	Low Fat Yoghurt ♥	
26	Thick & Creamy Yoghurt	

**Please ✓ choice to accompany your dessert**

28	Custard	
29	Ice Cream	

**Information on food allergens is available  
on request**

# **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

## **MENU FRIDAY 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 FRIDAY WEEK 1 LUNCH**

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

NAME: .....

**To start** Please ✓ if required

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	Vegetable Curry V ♥	
9	Battered Cod with Lemon Slice	
10	Jacket Potato, Cottage Cheese &Chives V ♥	
11	Cold Sliced Ham ♥	
12	Corned Beef & Tomato Sandwich W/M Bread	
13	Egg Mayonnaise Sandwich White Bread V	

**Please ✓ choices to accompany your meal**

15	Chipped Potatoes	
16	Mashed Potato	
17	Jacket Potato ♥	
18	Boiled White Rice ♥	
19	Naan Bread	
21	Peas ♥	
22	Carrots ♥	
23	Side Salad ♥	
24	Butter portion for vegetables	

**Desserts please ✓ choice**

25	Bakewell Tart	
26	Pineapples in Natural Juice ♥	
27	Cheese & Biscuits	
28	Low Fat Yoghurt ♥	
29	Thick & Creamy Yoghurt	

**Please ✓ choice to accompany your dessert**

31	Custard	
32	Ice Cream	

**Information on food allergens is available  
on request**

# **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

## **MENU FRIDAY WEEK 1 EVENING MEAL**

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

NAME: .....

**To start** Please ✓ if required

1	Fruit Juice ♥	
2	Mushroom Soup V	

**Please ✓ if you require bread**

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

**Please ✓ choices to accompany your meal**

8	Sausages in Onion Gravy	
9	Cheese & Tomato Pizza V ♥	
10	Jacket Potato with Cajun Chicken	
11	Sliced Corned Beef ♥	
12	Corned Beef & Tomato Sandwich White Brd	
13	Egg Mayonnaise Sandwich W/M Bread V	

**Please ✓ choices to accompany your meal**

15	Boiled Potatoes ♥	
16	Mashed Potato	
17	Jacket potato ♥	
19	Carrot & Swede Mash ♥	
20	Side Salad ♥	
21	Butter portion for vegetables	

**Desserts please ✓ choice**

22	Rice Pudding with jam portion	
23	Melon Slice ♥	
24	Low Fat Yoghurt ♥	
25	Thick & Creamy Yoghurt	

**Please ✓ choice to accompany your dessert**

28	Ice Cream	
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**Information on food allergens is available  
on request**

# **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

## **MENU SATURDAY 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 SATURDAY WEEK 1 LUNCH**

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

.NAME: .....

**To start** 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

8	Beef Lasagne & Garlic Bread	
9	Cheese & Potato Pie V	
10	Jacket Potato & Baked Beans V ♥	
11	Cold Chicken Tikka Bites ♥	
12	Tuna Mayo Sandwich White Bread	
13	Cheese & Spring Onion Sandwich W/M Bread V	

**Please ✓ choices to accompany your meal**

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

**Desserts please ✓ choice**

23	Red Fruit Crumble	
24	Mandarin Cheesecake	
25	Fresh Apple ♥	
26	Low Fat Yoghurt ♥	
27	Thick & Creamy Yoghurt	

**Please ✓ choice to accompany your dessert**

29	Custard	
30	Ice Cream	

**Information on food allergens is available  
on request**

# **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

## **MENU SATURDAY WEEK 1 EVENING MEAL**

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

NAME: .....

**To start** Please ✓ if required

1	Fruit Juice ♥	
2	Tomato 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	Chicken Casserole & Dumplings	
9	Vegan Chilli V ♥	
10	Jacket Potato with Grated Cheese V	
11	Cold Tinned Salmon ♥	
12	Tuna Mayo Sandwich W/M Bread	
13	Cheese & Spring Onion Sandwich White Bread V	

**Please ✓ choices to accompany your meal**

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

**Desserts please ✓ choice**

22	Chocolate Sponge Pudding	
23	Peaches in Natural Juice ♥	
24	Low Fat Yoghurt ♥	
25	Thick & Creamy Yoghurt	

**Please ✓ choice to accompany your dessert**

27	Custard	
28	Ice Cream	

**Information on food allergens is available  
on request**

# **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

## **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	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 2 LUNCH**

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

**To start** Please ✓ if required

2	Fruit Juice ♥	
1	Carrot & Coriander 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	Roast Beef & Yorkshire Pudding ♥	
9	Cauliflower and Broccoli Cheese V	
10	Jacket Potato with Cottage Cheese & Chives♥ V	
11	Egg Mayonnaise V	
12	Corned Beef & Tomato Sand W/M Bread	
13	Cheese & Pickle Sandwich White Bread V	

**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**

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 .....  
NAME: .....

**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 V♥	
10	Jacket Potato with Tuna Mayonnaise ♥	
11	Cold Sliced Gammon Ham ♥	
12	Corned Beef & Tomato Sand White Bread	
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	

**Information on food allergens is available  
on request**



# **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

## **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 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 2 LUNCH**

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

NAME: .....

**To start** Please ✓ if required

1	Fruit Juice ♥	
2	Mushroom 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	Chicken & Mushroom Pie	
9	Plain Omelette ♥V	
10	Jacket Potato with Tuna Mayonnaise♥	
11	Cold Roast Beef ♥	
12	Egg Mayonnaise Sandwich W/M Bread V	
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	Pear and Chocolate Crumble	
25	Mandarin Oranges in Natural Juice ♥	
26	Low Fat Yoghurt ♥	
27	Thick & Creamy Yoghurt	

**Please ✓ choice to accompany your dessert**

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 .....

NAME: .....

**To start** 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

8	Smoked Haddock Fish Cakes with parsley sauce ♥	
9	Tomato & Basil Quiche V	
10	Jacket Potato with Grated Cheese V	
11	Cold Roast Turkey Breast ♥	
12	Ham & Cheese Sandwich W/M Bread	
13	Egg Mayonnaise Sandwich White Bread V	

**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**

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

**Please ✓ choice to accompany your dessert**

27	Custard	
28	Ice Cream	

**Information on food allergens is available  
on request**

# **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

## **MENU TUESDAY 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

♥ Indicates 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 ♥	

**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 ♥	
10	Jacket Potato with Cajun Chicken	
11	Cold Ham ♥	
12	Pork Stuffing & Apple Sand W/M Bread	
13	Egg Mayonnaise Sandwich White Bread ♥	

**Please ✓ choices to accompany your meal**

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

**Desserts please ✓ choice**

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

**Please ✓ choices to accompany your dessert**

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 ♥	

**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 ♥	
10	Jacket Potato with Cottage Cheese ♥ ♥	
11	Cold Roast Chicken Portion♥	
12	Pork Stuffing & Apple Sand White Bread	
13	Egg Mayonnaise Sandwich W/M Bread ♥	

**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	
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**Information on food allergens is available on request**

# **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	Banana	

♥ This symbol indicates the healthier option

✓ 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 .....

NAME: .....

**To start** Please ✓ if required

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 Turkey & Stuffing♥	
9	Cheese & Potato Pie ✓	
10	Jacket Potato with Baked Beans ♥♥	
11	Sliced Corned Beef♥	
12	Ham Mustard Mayonnaise Sandwich W/M Bread	
13	Cheese Sandwich White Bread ✓	

**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	
31	Ice Cream	

**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 ✓	

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 ✓	
10	Jacket Potato with Tuna Mayonnaise♥	
11	Cold Roast Pork♥	
12	Ham Mustard Mayonnaise Sandwich White Bread	
13	Cheese Sandwich W/M Bread ✓	

**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 ✓ choice to accompany your dessert**

27	Custard	
28	Ice Cream	

**Information on food allergens is available  
on request**

# **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

## **MENU THURSDAY 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 THURSDAY WEEK 2 LUNCH**

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

NAME: .....

**To start** 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

8	Gammon Ham♥	
9	Vegetable Curry ♥ V	
10	Jacket Potato. Cottage Cheese & Chives ♥V	
11	Cold Smoked Mackerel ♥	
12	Ham & Cheese Sandwich W/M Bread	
13	Egg Mayonnaise Sandwich White Bread V	

**Please ✓ choices to accompany your meal**

15	Parsley Sauce	
17	Boiled Potatoes♥	
18	Mashed Potato	
19	Jacket Potato♥	
20	Boiled White Rice♥	
21	Naan Bread	
23	Sliced Green Beans♥	
24	Carrots♥	
25	Side Salad♥	
26	Butter portion for vegetables	

**Desserts please ✓ choice**

27	Eves Pudding	
28	Cheese & Biscuits	
29	Fresh Grapes♥	
30	Low Fat Yoghurt♥	
31	Thick & Creamy Yoghurt	

**Please ✓ choice to accompany your dessert**

33	Custard	
34	Ice Cream	

**Information on food allergens is available on request**

# **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

## **MENU THURSDAY WEEK 2 EVENING MEAL**

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

NAME: .....

**To start** Please ✓ if required

1	Fruit Juice ♥	
2	Tomato 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	Faggots in Onion Gravy	
9	Cauliflower & Broccoli Cheese V	
10	Jacket Potato with Cajun Chicken	
11	Cold Turkey ♥	
12	Ham & Cheese Sandwich White Bread	
13	Egg Mayonnaise Sandwich W/M Meal Bread V	

**Please ✓ choices to accompany your meal**

16	Mashed Potato	
17	Jacket Potato ♥	
19	Mushy Peas ♥	
20	Side Salad ♥	
21	Butter portion for vegetables	

**Desserts please ✓ choice**

22	Pineapple Sponge	
23	Pears in Natural Juice ♥	
25	Low Fat Yoghurt ♥	
26	Thick & Creamy Yoghurt	

**Please ✓ choice to accompany your dessert**

28	Custard	
29	Ice Cream	

**Information on food allergens is available on request**

# **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

## **MENU FRIDAY 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

♥ Indicates Vegetarian main meal and vegetarian soup

**Information on food allergens is available  
on request**

# **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

## **MENU FRIDAY WEEK 2 LUNCH**

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

NAME:.....

**To start** Please ✓ if required

1	Fruit Juice ♥	
2	Carrot & Coriander 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	Breaded Cod & Lemon slice	
9	Cheese & Mushroom Pizza ♥ ♥	
10	Jacket Potato with Tuna Mayonnaise ♥	
11	Cold Roast Chicken ♥	

12	Corned Beef & Tomato Sandwich W/M Bread	
13	Cheese & spring Onion Sandwich White Bread ♥	

**Please ✓ choices to accompany your meal**

15	Mashed Potatoes	
16	Chipped Potatoes	
17	Jacket Potato ♥	
19	Peas ♥	
20	Mixed Vegetables ♥	
21	Side Salad ♥	
22	Butter portion for vegetables	

**Desserts please ✓ choice**

23	Jam Sponge	
24	Peach Fool	
25	Slice of Fresh Melon ♥	
26	Low Fat Yoghurt ♥	
27	Thick & Creamy Yoghurt	

**Please ✓ choice to accompany your dessert**

29	Custard	
30	Ice Cream	

**Information on food allergens is available  
on request**

# **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

## **MENU FRIDAY WEEK 2 EVENING MEAL**

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

NAME: .....

**To start** Please ✓ if required

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	Beef Casserole ♥	
9	Veg & Bean Crumble ♥	
10	Jacket Potato with Grated Cheese ♥	
11	Ham Ploughman's	

12	Corned Beef & Tomato Sandwich White Bread	
13	Cheese & spring Onion Sandwich W/M Bread ♥	

**Please ✓ choices to accompany your meal**

15	Sauté potatoes	
16	Boiled Potato ♥	
19	Broccoli ♥	
17	Jacket Potato ♥	
20	Side Salad ♥	
22	Butter portion for vegetables	

**Desserts please ✓ choice**

23	Pear and Chocolate Crumble	
24	Pineapples in Natural Juice ♥	
25	Low Fat Yoghurt ♥	
26	Thick & Creamy Yoghurt	

**Please ✓ choice to accompany your dessert**

28	Custard	
29	Ice Cream	

**Information on food allergens is available  
on request**

# **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

## 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

♥ 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

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

NAME: .....

**To start** Please ✓ if required

1	Fruit Juice ♥	
2	Mushroom 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	Minced Beef Pie	
9	Vegan Pasta Bolognaise ♥♥	
10	Jacket Potato, Cottage Cheese & Chives ♥♥	
11	Sliced Corned Beef ♥	
12	Chicken Mayonnaise Sandwich W/M Bread	
13	Cheese & pickle White Bread ♥	

**Please ✓ choices to accompany your meal**

15	Gravy	
17	Mashed Potato	
19	Jacket Potato ♥	
21	Peas ♥	
22	Sliced Green Beans ♥	
23	Side Salad ♥	
24	Butter portion for vegetables	

**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 dessert**

32	Ice Cream	
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**Information on food allergens is available  
on request**

# **ANEURIN BEVAN UNIVERSITY HEALTH BOARD**

## MENU SATURDAY WEEK 2 EVENING MEAL

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

NAME: .....

**To start** Please ✓ if required

1	Fruit Juice ♥	
2	Leek & Potato 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	Chicken & BBQ Sauce ♥	
9	Cheesy Tuna & Pasta Bake	
10	Jacket Potato with Grated Cheese ♥♥	
11	Cold Sliced Ham ♥	
12	Chicken Mayonnaise Sandwich White Bread	
13	Cheese & Pickle W/M Bread ♥	

**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**

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

**Please ✓ choice to accompany your dessert**

29	Custard	
30	Ice Cream	

**Information on food allergens is available  
on request**

