

Cardiff and Vale University Health Board – Children’s Hospital menu

Week 1

Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch	Sunday Lunch
Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
Roast Pork with Stuffing	Beef Casserole	Roast Beef & Yorkshire Pudding	Minced Beef with Yorkshire Pudding	Battered Cod with Tartare Sauce	Shepherd's Pie	Roast Beef & Yorkshire Pudding
Cottage Pie	Roast Chicken	Chicken & Mushroom Pie	Roast Lamb & Mint Sauce	Pasta Bolognese	Roast Turkey with Stuffing	Pork and Apple Casserole
Breaded Cod	Cheesy Tuna Pasta Bake	Fish Pie with Cheesy Topping	Macaroni Cheese	Roast Pork with Stuffing	Glamorgan Sausages	Cheese & Potato pie
Quorn Sausages	Vegetable Burger in a Roll	Quorn Cottage Pie	Vegan Pasta Bolognese	Vegan Sausage Casserole	Cheese & Tomato Pizza	Mediterranean Vegetable Quiche
Gravy	Gravy	Gravy	Gravy	Gravy	Gravy	Gravy
Chips	Roast Potatoes	Chips	Fresh Mash	Chips	Roast Potatoes	Herby Diced Potatoes
Fresh Mash	Boiled Potatoes	Fresh Mash	Potato Wedges	Fresh Mash	Fresh Mash	Fresh Mash
Peas	Green Beans	Baked Beans	Broccoli	Peas	Sweetcorn	Broccoli
Baton Carrots/Swede	Sweetcorn/Peas	Mixed Country vegetables	Green Beans	Baby Carrots	Broccoli & cauliflower	Baby Carrots
Sticky Toffee Pudding	Apple and Rhubarb Crumble	Jam and Coconut Sponge	Chocolate Chip Sponge	Rice Pudding & Jam	Apple & Blackberry Crumble	Apple Pie
Custard / Ice-cream	Custard / Ice-cream	Custard / Ice-cream	Custard / Ice-cream	Ice-cream	Banana & Custard	Custard / Ice-cream
Thick & Creamy Yoghurt	Tinned Peaches & Cream	Ambrosia Chocolate Rice Pot	Strawberry Trifle	Strawberry Cheesecake	Ice-cream	Chocolate Fudge Cake & Cream
Sandwich Selection and Salads on request. Fresh Fruit, Fruit Pots, Jelly Yoghurts are also available as additional desserts						

Monday Supper	Tuesday Supper	Wednesday Supper	Thursday Supper	Friday Supper	Saturday Supper	Sunday Supper
Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
Chicken Korma	Pork Sausages	Fish fingers	Beef Meatballs with Tomato Sauce	Beef burger in a Roll	Pasta Bolognese	Fish Fingers
Cheese Omelette	Fish in Cheese Sauce	Beef Curry	Chicken Nuggets	Jacket Potato with Tuna Mayonnaise	Sausage Roll	Pork Sausages
Pasta with Tomato & Basil Sauce	Glamorgan Sausages	Vegetable Nuggets	Plain Omelette	Cheese & Potato Pie	Vegetable Burger in a Roll	Cauliflower cheese
	Gravy					
Boiled Rice	Fresh Mash	Boiled Rice	Potato Wedges	Potato Wedges	Chips	Potato Wedges
Chips	Boiled Rice	Potato Wedges	Pasta		Fresh Mash	Fresh Mash
Mixed Country vegetables	Spaghetti Hoops	Broccoli	Baked Beans	Mixed Country vegetables	Green Beans	Mixed Country vegetables
Mixed Salad	Cauliflower	Sweetcorn	Broccoli	Baked Beans	Spaghetti Hoops	
Jam and Coconut Sponge	Eves Pudding	Chocolate & Cherry Sponge	Red Fruit, Apple & Coconut Crumble	Sticky Toffee Pudding	Lemon Sponge	Sultana Sponge
Custard / Ice-cream	Custard / Ice-cream	Custard / Cream	Custard / Ice-cream	Custard / Ice-cream	Custard / Ice-cream	Custard / Ice-cream
Ambrosia Banana Flavoured Custard	Thick & Creamy Yoghurt	Tinned Mandarins	Chocolate Gateaux & Cream	Thick & Creamy Yoghurt	Strawberry Gateaux and Cream	Raspberry Trifle
Sandwich Selection and Salads on request. Fresh Fruit, Fruit Pots, Jelly Yoghurts are also available as additional desserts						



If you have a special dietary requirement please make this known to your ward based caterer and nursing staff. An A La Carte menu is available to provide additional vegetarian and vegan choices, as well as Halal and Kosher suitable meals. 14- Allergen free meals are also available.

A variety of drinks, biscuits, snacks and sandwiches are available for mid-morning, mid-afternoon and evening snacks. Fresh fruit and fruit pots are available.

Funding of highly coloured crockery for use throughout the Health Board has been provided by the Cardiff and Vale Health Charity. This has enabled an improved eating experience for all patients and positively supports the Health Board's commitment to improving the nutrition and hydration of its patients.

For regular updates and information visit:



facebook.com/cardiffandvaleuhb



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www.cardiffandvaleuhb.wales.nhs.uk/patient-menus

Week 2

Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch	Sunday Lunch
Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
Roast Turkey & Stuffing	Roast Beef & Yorkshire Pudding	Roast Lamb & Mint Sauce	Roast Turkey & Stuffing	Roast Pork with Stuffing	Roast Chicken	Roast Lamb & Mint Sauce
Minced Beef & Yorkshire Pudding	Cheese & Potato Pie	Fish Pie with Cheesy Topping	Chicken & Mushroom Pie	Pasta Bolognese	Corned Beef Hash	Beef/Pork Meatballs with Tomato Sauce
Battered Cod	Chicken Korma	Pasta with Tomato & Basil Sauce	Pork and Pineapple Balti	Jacket Potato with Baked Beans	Cheese and Tomato Pizza	Cheese and Potato Pie
Quorn Cottage Pie	Vegetable Burger in a Roll	Quorn Sausages	Broccoli & Cauliflower Cheese	Vegan Pasta Bolognese	Cheesy Tuna Pasta Bake	Vegan Mince and Vegetable Pie
Gravy	Gravy	Gravy	Gravy	Gravy	Gravy	Gravy
Chips	Fresh Mash	Pasta	Boiled Rice	Fresh Mash	Fresh Mash	Roast Potatoes
Fresh Mash	Rice	Fresh Mash	Fresh Mash	Rice	Herby Diced Potatoes	Pasta
Broccoli & Cauliflower	Green Beans	Broccoli	Peas	Batons Carrots	Green Beans	Peas
Baton Carrots	Sweetcorn	Baton Carrot & Swede	Baby Carrots	Sweetcorn	Baked Beans	Baby Carrots
Rice Pudding & Jam	Chocolate Chip Sponge	Lemon Sponge	Apple & Blackberry Crumble	Sultana Sponge	Chocolate Fudge Cake	Apple Crumble
Ice-cream	Custard / Ice cream	Custard / Ice-cream	Custard / Ice-cream	Custard / Ice-cream	Tinned Fruit Cocktail & Cream	Custard / Ice-cream
Strawberry Gateaux and Cream	Tinned Peaches & Cream	Ambrosia Chocolate Rice Pot	Thick & Creamy yoghurt	Strawberry Trifle	Ice-cream	Strawberry Cheesecake
Sandwich Selection and Salads on request. Fresh Fruit, Fruit Pots, Jelly Yoghurts are also available as additional desserts						

Monday Supper	Tuesday Supper	Wednesday Supper	Thursday Supper	Friday Supper	Saturday Supper	Sunday Supper
Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
Beef Chilli Con Carne	Fish fingers	Cottage Pie	Chicken Burger in a Roll	Breaded Cod	Shepherd's Pie	Fish fingers
Chicken Nuggets	Vegan Pasta Bolognese	Glamorgan Sausages	Fish in Cheese Sauce	Cheese Omelette	Glamorgan Sausages	Pasta Bolognese
Cheese Omelette	Pasta Bolognese	Pork Sausage	Vegetable Burger in a Roll	Beef Casserole	Macaroni Cheese	Jacket Potato, Baked Beans and Cheese
	Gravy		Spaghetti Hoops	Gravy	Gravy	
Potato Wedges	Rice	Roast Potatoes	Potato Wedges	Chips	Fresh Mash	Chips
Rice	Potato Wedges	Fresh Mash	Fresh Mash	Fresh Mash	Boiled Potatoes	Fresh Mash
Country Mixed Vegetables	Baton Carrots	Peas & Sweetcorn	Broccoli	Country Mixed Vegetables	Sweetcorn	Green Beans
Spaghetti Hoops	Peas	Spaghetti Hoops	Mixed Salad	Mushy Peas	Mixed Salad	Baked Beans
Eves Pudding	Sticky Toffee Pudding	Jam and Coconut Sponge	Red Fruit, Apple & Coconut Crumble	Jam and Coconut Sponge	Apple Pie	Chocolate & Cherry Sponge
Custard / Ice-cream	Custard / Ice-cream	Custard / Ice-cream	Custard / Ice-cream	Custard / Ice-cream	Custard / Ice-cream	Custard / Ice-cream
Ambrosia Apple Rice Pot	Thick & Creamy Yoghurt	Strawberry Gateaux and Cream	Chocolate Gateaux & Cream	Ambrosia Banana Flavoured custard	Ambrosia Rice Pot	Raspberry Trifle
Sandwich Selection and Salads on request. Fresh Fruit, Fruit Pots, Jelly Yoghurts are also available as additional desserts						

