

Cardiff and Vale University Health Board – Women’s Unit 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
Cottage Pie	Macaroni Cheese	Roast Beef & Yorkshire Pudding	Minced Beef & Yorkshire Pudding	Battered Cod with Tartare Sauce	Quorn Sausages	Roast Lamb & Mint Sauce
Mediterranean Vegetable Quiche with Mixed Salad	Roast Chicken with Mixed Salad	Cheese Omelette	Roast Chicken	Ham or cheese with Mixed Salad	Mediterranean Vegetable Quiche / mixed salad	Cheese & Potato pie with Baked Beans
Roast pork and Stuffing	Seasoned Vegetarian Burger in a bun	Quorn Cottage Pie	Vegan Pasta Bolognese	Broccoli & Cauliflower Cheese	Spinach and Chickpea Curry	Jacket potato with Tuna Mayonnaise
Quorn Sausages	Beef casserole	Chicken and Mushroom Pie	Ham or cheese with Mixed Salad		Pork and Apple Casserole	Roast pork and Stuffing
Gravy	Mixed Salad	Gravy	Gravy		Gravy	Gravy
Peas	Sweetcorn/peas	Mixed Country vegetables	Baton Carrots	Peas	Broccoli & cauliflower	Sprouts
Baton Carrot and Swede	Green Beans	Mixed Salad	Green beans	Mixed salad	Mixed salad	Baby carrots
Mashed potato	Herby Diced potato	Roast potatoes	Boiled potatoes	Chipped potatoes	Mashed potato	Roast potatoes
Roast Potatoes	Boiled Potatoes	Mashed potato		Mashed potato	Boiled Rice	Mashed potato
Sticky Toffee Pudding	Apple and Rhubarb Crumble	Jam Sponge	Chocolate Chip sponge	Rice pudding & jam	Apple & Blackberry crumble	Apple Pie
Custard / Ice-cream	Custard / Ice-cream	Custard / Ice-cream	Custard / Ice-cream	Mixed flavours Ice-cream	Sliced banana & hot custard	Custard / Ice-cream
Thick and creamy yoghurt	Tinned peaches and cream	Ambrosia chocolate rice pot	Strawberry trifle	Strawberry cheesecake	Mixed flavoured ice cream	Chocolate fudge cake

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
Leek & Potato Soup	Creamy Chicken soup	Tomato Soup	Carrot & coriander Soup	Lentil & Vegetable Soup	Tomato Soup	Pea Ham Soup
Chicken Korma	Sausages in Onion Gravy	Fish pie with cheesy topping	Corned Beef pie	Roast Gammon and Parsley Sauce	Shepherd's pie	Cauliflower and Broccoli cheese
Tuna Mayonnaise & mixed Salad and bread & butter/ spread	Jacket Potato & cheese served with optional Mixed Salad	Mediterranean Vegetable Quiche, Mixed Salad, coleslaw and bread & butter / spread	Ham or Cheese with Mixed Salad and bread & butter/ spread	Tuna Mayonnaise & Mixed Salad and bread & butter / spread	Jacket Potato with Tuna Mayonnaise	Pasta Chicken Arrabiata
Plain Omelette	3 Bean Vegetable Crumble	Vegan Chilli Con Carne	Moroccan Chickpea stew	Cheese and Potato pie	3 Bean Vegetable Crumble	Vegan Pasta Bolognese
Spinach and Chickpea Curry	Gravy	Beef Curry	Gravy	Baked Beans on Toast	Cheese and onion pasty	
Boiled Rice	Mashed potato	Boiled Rice	Mashed potatoes	Boiled potatoes	Gravy	Potato Wedges
Chipped potatoes	Seasoned potato wedges	Chipped potatoes	Boiled Potatoes	Herby Diced Potatoes	Chipped potatoes	Country mixed vegetables
Baked Beans	Peas	Broccoli	Cauliflower	Country mixed vegetables	Green beans	
	Cauliflower	Sweetcorn	Broccoli	Baked Beans	Mixed Salad	
Jam and Coconut Sponge	Eves Pudding	Chocolate & Cherry Sponge / Custard	Broccoli	Sticky Toffee Pudding	Lemon Sponge	Sultana Sponge
Custard / Ice-cream	Custard / Ice-cream	Thick & Creamy Yoghurt	Custard / Ice-cream	Custard / Ice-cream	Custard / Ice-cream	Custard / Ice-cream
Ambrosia Banana Flavoured Custard	Thick & Creamy Yoghurt	Tinned Mandarins / Cream	Triple Chocolate Gateaux & Cream	Thick & Creamy Yoghurt	Strawberry gateaux and cream	Raspberry Trifle

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	Pasta Bolognese	Roast Lamb & Mint Sauce	Pork and Pineapple Balti	Corned Beef Hash	Cheese & Potato Pie	Roast Chicken & Stuffing
Cheese Omelette /optional Mixed Salad	Battered Cod with Tartare Sauce	Cheese and onion pasty with Mixed Salad	Broccoli & Cauliflower Cheese	Breaded Cod	Sausage in Onion Gravy	Macaroni Cheese
Quorn Cottage Pie	Seasoned Vegetarian Burger in a bun	Quorn Sausages	Spinach and Chickpea curry	Moroccan Chickpea stew	Mediterranean Vegetable Quiche & Mixed Salad and bread & butter / spread	3 Bean Vegetable Crumble
			Jacket potato with Tuna Mayonnaise		Glamorgan Sausages	Roast Lamb and Mint Sauce
Gravy		Gravy			Gravy	Gravy
Broccoli & cauliflower	Mushy Peas	Broccoli	Country Mixed Vegetables	Mushy Peas	Green beans	Brussel sprouts
Baton carrots	Sweetcorn	Baton carrot & swede	Boiled rice	Sweetcorn	Baked beans	Baby carrots
Roast potatoes	Chipped potatoes	Roast potatoes	Herby Diced Potatoes	Chipped potatoes	Mashed potato	Roast potatoes
Herby Diced potato		Mashed Potato		Boiled rice	Herby diced potatoes	Mashed potato
Rice Pudding & Jam	Chocolate Chip sponge	Lemon Sponge	Apple & Blackberry Crumble	Sultana Sponge	Chocolate fudge cake	Apple Crumble
Mixed flavours Ice-cream	Custard/Ice cream	Custard / Ice-cream	Custard / Ice-cream	Custard / Ice-cream	Tinned Fruit Cocktail	Custard / Ice-cream
Strawberry Gateaux and cream	Tinned Peaches & Cream	Ambrosia Chocolate Rice Pot	Thick & Creamy yoghurt	Strawberry Trifle	Cream / Ice-cream	Strawberry Cheesecake

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
Lentil & Vegetable Soup	Pea & Ham Soup	Tomato Soup	Creamy Chicken soup	Leek and Potato Soup	Carrot & Coriander Soup	Tomato Soup
Chilli Con Carne	Cheese & Potato Pie	Cottage Pie	Fish Pie with Cheesy Topping	Roast Pork & apple sauce	Chicken & Mushroom pie	Pasta Chicken Arrabiata
Ham &/or Cheese ploughman's with pickle	Beef & Mixed Salad and bread & butter / spread	Mixed Cheese Ploughman's with pickle	Tuna Mayonnaise & Mixed Salad and bread & butter / spread	Vegan Pasta Bolognese	Mediterranean Vegetable Quiche & Mixed Salad & bread butter/spread	Jacket Potato, baked beans and cheese
Moroccan Chickpea stew	Vegan Pasta Bolognese	3 Bean Vegetable Crumble	Seasoned Vegetarian Burger in a bun	Plain Omelette	Quorn Cottage Pie	Cornish Pasty
Roast Chicken	Rice	Roast Turkey and Stuffing	Roast Gammon and Parsley Sauce	Gravy	Shepherd's Pie	Chipped potatoes
Rice	Boiled potatoes	Roast potatoes	Mashed Potato	Roast potatoes	Gravy	Mixed Salad
Mashed Potato	Baton carrots	Boiled Potatoes	Seasoned potato wedges	Mashed potato	Boiled potatoes	Green beans
Country mixed vegetables	Peas	Gravy	Broccoli /Baby carrots	Country mixed vegetables	Broccoli & cauliflower	Baked beans
Mixed Salad		Sprouts/Green Beans	Mixed Salad	Mixed Salad	Mixed Salad	
Eves Pudding	Sticky Toffee Pudding	Bakewell Tart	Red Fruit, Apple & Coconut Crumble	Jam 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	Triple Chocolate Gateaux & Cream	Ambrosia banana Flavoured custard	Ambrosia Strawberry Flavoured Custard	Raspberry Trifle

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.

There are separate texture modified menus for patients with swallowing problems/difficulties.

All menu items are suitable for patients with Diabetes, unless otherwise specified by your Dietitian. Smaller dessert portions are advised.

Eating healthier can be achieved by following these simple rules:

Choose wholemeal breads, cereals, rice and pasta based dishes, eat plenty of vegetable, salads and fruits, eat more fish, beans and pulses, try some of the non-cheese based vegetarian and vegan dishes available, choose lower fat spreads and milk, don't add additional salt to your meals, aim to drink 6-8 glasses of lower calorie fluids each day. For more information visit change4lifewales.org.uk

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: