

ANEURIN BEVAN UNIVERSITY HEALTH BOARD

MENU SUNDAY WEEK 1 LUNCH

WARD: BAY/ROOM NUMBER.....

NAME:

To start

			Small	Regular
	Fruit Juice VG			
	Parsnip & Rosemary Soup V			
	Wholemeal Bread V	218	White Bread V	
	Sunflower Spread VG	27	Butter V	

Main meals and lighter choices
please ✓ one choice

		Small	Regular
	Roast Pork, Apple Sauce & Stuffing ♥		
	Plain Omelette V		
	Cheesy Beans on Toast ↑e V		
	Cold Sliced Ham ♥		
	Sandwich Choice	White	Wholemeal
	Sliced Ham		
	Sliced Cheese		
	Egg Mayonnaise		
	Tuna Mayonnaise		

Accompaniments Please ✓ if required

		Small	Regular
	Creamed Potatoes V		
	Roast Potatoes VG		
	Cabbage VG		
	Carrots VG		
	Side Salad VG		
	Gravy		

Desserts Please ✓ one choice

		Small	Regular
	Apple & Blackberry Crumble V ↑e		
	Fruit Pot ♥ V		

Dessert Accompaniments Please ✓ one choice

		Small	Regular
	Custard V		
	Ice Cream V		
	Thick & Creamy Yoghurt V		

ANEURIN BEVAN UNIVERSITY HEALTH BOARD

MENU SUNDAY WEEK 1 EVENING MEAL

WARD: BAY/ROOM NUMBER.....

NAME:

To start

			Small	Regular
	Fruit Juice VG			
	Carrot & Coriander Soup V			
	Wholemeal Bread V	218	White Bread V	
	Sunflower Spread VG	27	Butter V	

Main meals and lighter choices
please ✓ one choice

		Small	Regular
	Jumbo Fish Fingers (x2) ↑e		
	Vegan Chilli & Jacket Potato VG		
	Cheese Omelette ♥ V		
	Cold Roast Pork ♥		
	Sandwich Choice	White	Wholemeal
	Sliced Ham		
	Sliced Cheese		
	Egg Mayonnaise		
	Tuna Mayonnaise		

Accompaniments Please ✓ if required

		Small	Regular
	Chips VG		
	Creamed Potatoes V		
	Peas VG		
	Side Salad VG		

Desserts Please ✓ one choice

		Small	Regular
	Syrup Sponge V ↑e		
	Fresh Fruit ♥ V		

Dessert Accompaniments Please ✓ one choice

		Small	Regular
	Custard V		
	Ice Cream V		
	Thick & Creamy Yoghurt V		

Please ask if you require allergen information, menus for medical/ religious/ cultural/ethical reasons or a Welsh language menu. We can cater for you.

♥ indicates the healthier option.

V indicates suitable for vegetarians. **VG** indicates suitable for both vegetarians + vegans.

↑e indicates the higher calorie, higher protein choice for main + dessert.

July 2023

**ANEURIN BEVAN UNIVERSITY HEALTH BOARD
MENU MONDAY WEEK 1 LUNCH**

WARD: BAY/ROOM NUMBER

NAME:

To start

				Small	Regular
	Fruit Juice VG				
	Mushroom Soup V				
	Wholemeal Bread V	218	White Bread V		
	Sunflower Spread VG	27	Butter V		

**Main meals and lighter choices
Please ✓ one choice**

				Small	Regular
	Sausage Casserole				
	Cheese Omelette V ▼				
	Chicken in BBQ Sauce ▼				
	Sardines in Tomato Sauce ▼				
	Sandwich Choice			White	Wholemeal
	Sliced Ham				
	Sliced Cheese V				
	Egg Mayonnaise V				
	Tuna Mayonnaise				

Accompaniments Please ✓ if required

				Small	Regular
	Creamed Potato V				
	Potato Wedges				
	Broccoli VG				
	Baked Beans VG				
	Side Salad VG				

Desserts Please ✓ one choice

				Small	Regular
	Chocolate Sponge Pudding V ↑e				
	Fruit Pot ▼ V				

Dessert Accompaniments Please ✓ one choice

				Small	Regular
	Custard V				
	Ice Cream V				
	Thick & Creamy Yoghurt V				

**ANEURIN BEVAN UNIVERSITY HEALTH BOARD
MENU MONDAY WEEK 1 EVENING MEAL**

WARD: BAY/ROOM NUMBER

NAME:

To start

				Small	Regular
	Fruit Juice VG				
	Tomato Soup V				
	Wholemeal Bread V	218	White Bread V		
	Sunflower Spread VG	27	Butter V		

**Main meals and lighter choices
Please ✓ one choice**

				Small	Regular
	Vegetable Curry and Rice ▼ VG				
	Cauliflower Cheese V ↑e				
	Jacket Potato & Tuna Mayonnaise				
	Cold Meat Finger Food Platter (Sliced Chicken Breast, Mini Sausage Rolls, Cucumber, Tomato, Red Pepper, Carrot, Dipping Pot of Mayo, Bread Roll, Butter Portion) ↑e				
	Sandwich Choice			White	Wholemeal
	Sliced Ham				
	Sliced Cheese V				
	Egg Mayonnaise V				
	Tuna Mayonnaise				

Accompaniments Please ✓ if required

				Small	Regular
	Creamed Potatoes V				
	Peas VG				
	Side Salad VG				

Desserts Please ✓ one choice

				Small	Regular
	Rice Pudding & Jam Portion V ↑e				
	Fresh Fruit ▼ V				

Dessert Accompaniments Please ✓ one choice

				Small	Regular
	Custard V				
	Ice Cream V				
	Thick & Creamy Yoghurt V				

Please ask if you require allergen information, menus for medical/ religious/ cultural/ethical reasons or a Welsh language menu. We can cater for you.

▼ indicates the healthier option.

V indicates suitable for vegetarians. **VG** indicates suitable for both vegetarians + vegans.

↑e indicates the higher calorie, higher protein choice for main + dessert.

July 2023

ANEURIN BEVAN UNIVERSITY HEALTH BOARD

MENU TUESDAY WEEK 1 LUNCH

WARD: BAY/ROOM NUMBER

NAME:

To start				Small	Regular
	Fruit Juice VG				
	Cauliflower & Apple Soup V				
	Wholemeal Bread V	218	White Bread V		
	Sunflower Spread VG	27	Butter V		

Main meals and lighter choices Please ✓ one choice			Small	Regular
	Faggots in Onion Gravy (2 x 57g)			
	Vegetable Lasagne & Garlic Bread V			
	Cheesy Beans Jacket Potato V ↑ e			
	Sliced Turkey ♥			
	Sandwich Choice	White	Wholemeal	
	Sliced Ham			
	Sliced Cheese V			
	Egg Mayonnaise V			
	Tuna Mayonnaise			

Accompaniments Please ✓ if required			Small	Regular
	Creamed Potato V			
	Chips			
	Mushy Peas VG			
	Carrots VG			
	Side Salad VG			

Desserts Please ✓ one choice			Small	Regular
	Bread & Butter Pudding V ↑ e			
	Fruit Pot ♥ V			

Dessert Accompaniments Please ✓ one choice			Small	Regular
	Custard V			
	Ice Cream V			
	Thick & Creamy Yoghurt V			

ANEURIN BEVAN UNIVERSITY HEALTH BOARD

MENU TUESDAY WEEK 1 EVENING MEAL

WARD: BAY/ROOM NUMBER

NAME:

To start				Small	Regular
	Fruit Juice VG				
	Leek & Potato Soup V				
	Wholemeal Bread V	218	White Bread V		
	Sunflower Spread VG	27	Butter V		

Main meals and lighter choices Please ✓ one choice			Small	Regular
	Fish in Parsley Sauce ↑ e			
	Cheese & Potato Pie V			
	Plain Omelette V ♥			
	Ham Ploughman's			
	Sandwich Choice	White	Wholemeal	
	Sliced Ham			
	Sliced Cheese V			
	Egg Mayonnaise V			
	Tuna Mayonnaise			

Accompaniments Please ✓ if required			Small	Regular
	Creamed Potato V			
	Jacket Potato			
	Baked Beans V			
	Sliced Green Beans VG			
	Side Salad VG			

Desserts Please ✓ one choice			Small	Regular
	Sultana Sponge Pudding V ↑ e			
	Fresh Fruit ♥ V			

Dessert Accompaniments Please ✓ one choice			Small	Regular
	Custard V			
	Ice Cream V			
	Thick & Creamy Yoghurt V			

Please ask if you require allergen information, menus for medical/ religious/ cultural/ethical reasons or a Welsh language menu. We can cater for you.

♥ indicates the healthier option.
V indicates suitable for vegetarians. **VG** indicates suitable for both vegetarians + vegans.
 ↑**e** indicates the higher calorie, higher protein choice for main + dessert.

ANEURIN BEVAN UNIVERSITY HEALTH BOARD

MENU WEDNESDAY WEEK 1 LUNCH

WARD: BAY/ROOM NUMBER

NAME:

To start				Small	Regular
	Fruit Juice VG				
	Carrot & Coriander Soup V				
	Wholemeal Bread V	218	White Bread V		
	Sunflower Spread VG	27	Butter V		

Main meals and lighter choices				Small	Regular
Please ✓ one choice					
	Roast Chicken & Stuffing ♥				
	Cauliflower & Broccoli Bake V ↑e				
	Jacket Potato & Coronation Chicken				
	Egg Mayonnaise V				
	Sandwich Choice	White	Wholemeal		
	Sliced Ham				
	Sliced Cheese V				
	Egg Mayonnaise V				
	Tuna Mayonnaise				

Accompaniments Please ✓ if required				Small	Regular
	Creamed Potato V				
	Roast Potatoes VG				
	Peas VG				
	Carrots VG				
	Side Salad VG				
	Gravy				

Desserts Please ✓ one choice				Small	Regular
	Apple Crumble				
	Fruit Pot ♥ V				

Dessert Accompaniments Please ✓ one choice				Small	Regular
	Custard V				
	Ice Cream V				
	Thick & Creamy Yoghurt V				

ANEURIN BEVAN UNIVERSITY HEALTH BOARD

MENU WEDNESDAY WEEK 1 EVENING MEAL

WARD: BAY/ROOM NUMBER

NAME:

To start				Small	Regular
	Fruit Juice VG				
	Mushroom Soup V				
	Wholemeal Bread V	218	White Bread V		
	Sunflower Spread VG	27	Butter V		

Main meals and lighter choices				Small	Regular
Please ✓ one choice					
	Cottage Pie ♥				
	Macaroni Cheese & Garlic Bread ↑e V				
	Baked Beans on Toast V				
	Cold Plain Smoked Mackerel V				
	Sandwich Choice	White	Wholemeal		
	Sliced Ham				
	Sliced Cheese V				
	Egg Mayonnaise V				
	Tuna Mayonnaise				

Accompaniments Please ✓ if required				Small	Regular
	Creamed Potato V				
	Jacket Potato				
	Mixed Vegetables VG				
	Side Salad VG				

Desserts Please ✓ one choice				Small	Regular
	Jam & Coconut Sponge V ↑e				
	Fresh Fruit ♥ V				

Dessert Accompaniments Please ✓ one choice				Small	Regular
	Custard V				
	Ice Cream V				
	Thick & Creamy Yoghurt V				

Please ask if you require allergen information, menus for medical/ religious/ cultural/ethical reasons or a Welsh language menu. We can cater for you.

♥ indicates the healthier option.
V indicates suitable for vegetarians. **VG** indicates suitable for both vegetarians + vegans.
 ↑e indicates the higher calorie, higher protein choice for main + dessert.

ANEURIN BEVAN UNIVERSITY HEALTH BOARD

MENU THURSDAY WEEK 1 LUNCH

WARD: BAY/ROOM NUMBER

NAME:

To start		Small	Regular
<input type="checkbox"/>	Fruit Juice VG		
<input type="checkbox"/>	Tomato Soup V		
<input type="checkbox"/>	Wholemeal Bread V	<input type="checkbox"/>	White Bread V
<input type="checkbox"/>	Sunflower Spread VG	<input type="checkbox"/>	Butter V

Main meals and lighter choices		Small	Regular
Please ✓ one choice			
<input type="checkbox"/>	Beef Curry & Rice ♥		
<input type="checkbox"/>	Jacket Potato with Cheese V		
<input type="checkbox"/>	Plain Omelette V ♥		
<input type="checkbox"/>	Cold Sliced Pork ♥		
<input type="checkbox"/>	Sandwich Choice	White	Wholemeal
<input type="checkbox"/>	Sliced Ham		
<input type="checkbox"/>	Sliced Cheese V		
<input type="checkbox"/>	Egg Mayonnaise V		
<input type="checkbox"/>	Tuna Mayonnaise		

Accompaniments Please ✓ if required		Small	Regular
<input type="checkbox"/>	Creamed Potato V		
<input type="checkbox"/>	Peas VG		
<input type="checkbox"/>	Sliced Green Beans VG		
<input type="checkbox"/>	Side Salad VG		

Desserts Please ✓ one choice		Small	Regular
<input type="checkbox"/>	Lemon Cake V ↑e		
<input type="checkbox"/>	Fruit Pot ♥ V		

Dessert Accompaniments Please ✓ one choice		Small	Regular
<input type="checkbox"/>	Custard V		
<input type="checkbox"/>	Ice Cream V		
<input type="checkbox"/>	Thick & Creamy Yoghurt V		

ANEURIN BEVAN UNIVERSITY HEALTH BOARD

MENU THURSDAY WEEK 1 EVENING MEAL

WARD: BAY/ROOM NUMBER

NAME:

To start		Small	Regular
<input type="checkbox"/>	Fruit Juice VG		
<input type="checkbox"/>	Parsnip & Rosemary Soup V		
<input type="checkbox"/>	Wholemeal Bread V	<input type="checkbox"/>	White Bread V
<input type="checkbox"/>	Sunflower Spread VG	<input type="checkbox"/>	Butter V

Main meals and lighter choices		Small	Regular
Please ✓ one choice			
<input type="checkbox"/>	Leek, Cheese & Potato Bake V		
<input type="checkbox"/>	Chicken Arriabiata		
<input type="checkbox"/>	Cheese Omelette V ♥		
<input type="checkbox"/>	Ham & Cheese Finger Food Platter (Ham, Cheese Portion, Cucumber, Tomato, Red Pepper, Carrot, Grapes, Crisps, Bread Roll, Butter Portion) ↑e		
<input type="checkbox"/>	Sandwich Choice	White	Wholemeal
<input type="checkbox"/>	Sliced Ham		
<input type="checkbox"/>	Sliced Cheese V		
<input type="checkbox"/>	Egg Mayonnaise V		
<input type="checkbox"/>	Tuna Mayonnaise		

Accompaniments Please ✓ if required		Small	Regular
<input type="checkbox"/>	Creamed Potato V		
<input type="checkbox"/>	New Potatoes V		
<input type="checkbox"/>	Sweetcorn & Peas Mixed VG		
<input type="checkbox"/>	Side Salad VG		

Desserts Please ✓ one choice		Small	Regular
<input type="checkbox"/>	Sticky Toffee Pudding V ↑e		
<input type="checkbox"/>	Fresh Fruit ♥ V		

Dessert Accompaniments Please ✓ one choice		Small	Regular
<input type="checkbox"/>	Custard V		
<input type="checkbox"/>	Ice Cream V		
<input type="checkbox"/>	Thick & Creamy Yoghurt V		

Please ask if you require allergen information, menus for medical/ religious/ cultural/ethical reasons or a Welsh language menu. We can cater for you.

♥ indicates the healthier option.
V indicates suitable for vegetarians. **VG** indicates suitable for both vegetarians + vegans.
 ↑e indicates the higher calorie, higher protein choice for main + dessert.

ANEURIN BEVAN UNIVERSITY HEALTH BOARD

MENU FRIDAY WEEK 1 LUNCH

WARD: BAY/ROOM NUMBER

NAME:

To start

	Small	Regular
Fruit Juice VG		
Cauliflower & Apple Soup V		
Wholemeal Bread V	White Bread V	
Sunflower Spread VG	Butter V	

Main meals and lighter choices
Please ✓ one choice

	Small	Regular
Vegetable Curry & Rice ♥ VG		
Battered Cod with Lemon Slice ♥		
Cheesy Beans with Jacket Potato V ↑ e		
Sliced Roast Turkey ♥		
Sandwich Choice	White	Wholemeal
Sliced Ham		
Sliced Cheese V		
Egg Mayonnaise V		
Tuna Mayonnaise		

Accompaniments Please ✓ if required

	Small	Regular
Creamed Potato V		
Chips VG		
Peas VG		
Carrots VG		
Side Salad VG		

Desserts Please ✓ one choice

	Small	Regular
Apple & Blackberry Crumble V ↑ e		
Fruit Pot ♥ VG		

Dessert Accompaniments Please ✓ one choice

	Small	Regular
Custard V		
Ice Cream V		
Thick & Creamy Yoghurt V		

Please ask if you require allergen information, menus for medical/ religious/ cultural/ethical reasons or a Welsh language menu. We can cater for you.

♥ indicates the healthier option.

V indicates suitable for vegetarians. **VG** indicates suitable for both vegetarians + vegans.

↑**e** indicates the higher calorie, higher protein choice for main + dessert.

ANEURIN BEVAN UNIVERSITY HEALTH BOARD

MENU FRIDAY WEEK 1 EVENING MEAL

WARD: BAY/ROOM NUMBER

NAME:

To start

	Small	Regular
Fruit Juice VG		
Mushroom Soup V		
Wholemeal Bread V	White Bread V	
Sunflower Spread VG	Butter V	

Main meals and lighter choices
Please ✓ one choice

	Small	Regular
Sausage in onion gravy (x2) ↑ e		
Cheese & Potato Pie V		
Plain Omelette ♥ V		
Tuna Mayonnaise		
Sandwich Choice	White	Wholemeal
Sliced Ham		
Sliced Cheese V		
Egg Mayonnaise V		
Tuna Mayonnaise		

Accompaniments Please ✓ if required

	Small	Regular
Creamed Potato V		
Swede VG		
Baked Beans VG		
Side Salad VG		

Desserts Please ✓ one choice

	Small	Regular
Rice Pudding with jam portion V ↑ e		
Fresh Fruit ♥ V		

Dessert Accompaniments Please ✓ one choice

	Small	Regular
Ice Cream V		
Thick & Creamy Yoghurt V		

July 2023

ANEURIN BEVAN UNIVERSITY HEALTH BOARD

MENU SATURDAY WEEK 1 LUNCH

WARD: BAY/ROOM NUMBER

NAME:

To start

				Small	Regular
	Fruit Juice VG				
	Leek & Potato Soup V				
	Wholemeal Bread V	218	White Bread V		
	Sunflower Spread VG	627	Butter V		

Main meals and lighter choices

Please ✓ one choice

		Small	Regular
	Chicken Chasseur		
	Cauliflower Cheese V ↑e		
	Jacket Potato & Tuna Mayonnaise		
	Cold Sliced Ham ♥		
	Sandwich Choice	White	Wholemeal
	Sliced Ham		
	Sliced Cheese V		
	Egg Mayonnaise V		
	Tuna Mayonnaise		

Accompaniments Please ✓ if required

		Small	Regular
	Creamed Potatoes V		
	Sliced Green Beans VG		
	Mixed Vegetables ♥ VG		
	Side Salad VG		

Desserts Please ✓ one choice

		Small	Regular
	Red Fruit Crumble V ↑e		
	Fruit Pot ♥ V		

Dessert Accompaniments Please ✓ one choice

		Small	Regular
	Custard V		
	Ice Cream V		
	Thick & Creamy Yoghurt V		

Please ask if you require allergen information, menus for medical/ religious/ cultural/ethical reasons or a Welsh language menu. We can cater for you.

♥ indicates the healthier option.

V indicates suitable for vegetarians. **VG** indicates suitable for both vegetarians + vegans.

↑e indicates the higher calorie, higher protein choice for main + dessert.

ANEURIN BEVAN UNIVERSITY HEALTH BOARD

MENU SATURDAY WEEK 1 EVENING MEAL

WARD: BAY/ROOM NUMBER

NAME:

To start

				Small	Regular
	Fruit Juice VG				
	Carrot & Coriander Soup V				
	Wholemeal Bread V	218	White Bread V		
	Sunflower Spread VG	627	Butter V		

Main meals and lighter choices

Please ✓ one choice

		Small	Regular
	Beef Pasta Bolognese		
	Vegan Chilli & Jacket Potato VG		
	Cheese Omelette ♥ V		
	Cold Meat Finger Food Platter (Sliced Chicken Breast, Mini Sausage Rolls, Cucumber, Tomato, Red Pepper, Carrot, Dipping Pot of Mayonnaise, Bread Roll, Butter Portion) ↑e		
	Sandwich Choice	White	Wholemeal
	Sliced Ham		
	Sliced Cheese V		
	Egg Mayonnaise V		
	Tuna Mayonnaise		

Accompaniments Please ✓ if required

		Small	Regular
	Creamed Potato V		
	Broccoli VG		
	Side Salad VG		

Desserts Please ✓ one choice

		Small	Regular
	Chocolate Oaty Sponge V ↑e		
	Fresh Fruit ♥ V		

Dessert Accompaniments Please ✓ one choice

		Small	Regular
	Custard V		
	Ice Cream V		
	Thick & Creamy Yoghurt V		

ANEURIN BEVAN UNIVERSITY HEALTH BOARD

MENU SUNDAY WEEK 2 LUNCH

WARD: BAY/ROOM NUMBER

NAME:

To start

		Small	Regular
	Fruit Juice VG		
	Parsnip & Rosemary Soup V		
	Wholemeal Bread V	White Bread V	
	Sunflower Spread VG	Butter V	

Main meals and lighter choices

Please ✓ one choice

		Small	Regular
	Roast Turkey & Seasoning ♥		
	Quorn Sausage in Veggie Gravy (x2) V		
	Cheesy Beans on Toast V ↑e		
	Tuna Mayonnaise		
	Sandwich Choice	White	Wholemeal
	Sliced Ham		
	Sliced Cheese V		
	Egg Mayonnaise V		
	Tuna Mayonnaise		

Accompaniments Please ✓ if required

		Small	Regular
	Creamed Potato V		
	Roast Potatoes VG		
	Cabbage VG		
	Carrots VG		
	Side Salad VG		
	Gravy		

Desserts Please ✓ one choice

		Small	Regular
	Rice Pudding with jam portion V ↑e		
	Fruit Pot ♥ V		

Dessert Accompaniments Please ✓ one choice

		Small	Regular
	Ice Cream V		
194	Thick & Creamy Yoghurt V		

ANEURIN BEVAN UNIVERSITY HEALTH BOARD

MENU SUNDAY WEEK 2 EVENING MEAL

WARD: BAY/ROOM NUMBER

NAME:

To start

		Small	Regular
	Fruit Juice VG		
	Tomato Soup V		
	Wholemeal Bread V	White Bread V	
	Sunflower Spread VG	Butter V	

Main meals and lighter choices

Please ✓ one choice

		Small	Regular
	Corned Beef Hash ♥		
	Jacket Potato With Tuna Mayonnaise		
	Macaroni Cheese & Garlic Bread ↑e V		
	Cold Sliced Turkey ♥		
	Sandwich Choice	White	Wholemeal
	Sliced Ham		
	Sliced Cheese V		
	Egg Mayonnaise V		
	Tuna Mayonnaise		

Accompaniments Please ✓ if required

		Small	Regular
	Sauté Potatoes VG		
	Baked Beans VG		
	Peas		
	Side Salad VG		

Desserts Please ✓ one choice

		Small	Regular
	Eve's Pudding V		
	Fresh Fruit ♥ V		

Dessert Accompaniments Please ✓ one choice

		Small	Regular
	Custard V		
	Ice Cream V		
	Thick & Creamy Yoghurt V		

Please ask if you require allergen information, menus for medical/ religious/ cultural/ethical reasons or a Welsh language menu. We can cater for you.

♥ indicates the healthier option.

V indicates suitable for vegetarians. **VG** indicates suitable for both vegetarians + vegans.

↑e indicates the higher calorie, higher protein choice for main + dessert.

July 2023

ANEURIN BEVAN UNIVERSITY HEALTH BOARD

MENU MONDAY WEEK 2 LUNCH

WARD: BAY/ROOM NUMBER

NAME:

To start		Small	Regular
<input type="checkbox"/>	Fruit Juice VG		
<input type="checkbox"/>	Leek & Potato Soup V		
<input type="checkbox"/>	Wholemeal Bread V	<input type="checkbox"/>	White Bread V
<input type="checkbox"/>	Sunflower Spread VG	<input type="checkbox"/>	Butter V

Main meals and lighter choices Please ✓ one choice		Small	Regular
<input type="checkbox"/>	Chicken in BBQ Sauce		
<input type="checkbox"/>	Vegan Pasta Bolognese VG		
<input type="checkbox"/>	Jacket Potato with Cheese ♥ V		
<input type="checkbox"/>	Cold Sliced Ham ♥		
<input type="checkbox"/>	Sandwich Choice	White	Wholemeal
<input type="checkbox"/>	Sliced Ham		
<input type="checkbox"/>	Sliced Cheese V		
<input type="checkbox"/>	Egg Mayonnaise V		
<input type="checkbox"/>	Tuna Mayonnaise		

Accompaniments Please ✓ if required		Small	Regular
<input type="checkbox"/>	Creamed Potato V		
<input type="checkbox"/>	New Potatoes V		
<input type="checkbox"/>	Peas VG		
<input type="checkbox"/>	Broccoli VG		
<input type="checkbox"/>	Side Salad VG		
<input type="checkbox"/>	Gravy		

Desserts Please ✓ one choice		Small	Regular
<input type="checkbox"/>	Pear and Apricot Crumble V ↑ e		
<input type="checkbox"/>	Fruit Pot ♥ V		

Dessert Accompaniments Please ✓ one choice		Small	Regular
<input type="checkbox"/>	Custard V		
<input type="checkbox"/>	Ice Cream V		
<input type="checkbox"/>	Thick Creamy Yoghurt V		

ANEURIN BEVAN UNIVERSITY HEALTH BOARD

MENU MONDAY WEEK 2 EVENING MEAL

WARD: BAY/ROOM NUMBER

NAME:

To start		Small	Regular
<input type="checkbox"/>	Fruit Juice VG		
<input type="checkbox"/>	Mushroom Soup V		
<input type="checkbox"/>	Wholemeal Bread V	<input type="checkbox"/>	White Bread V
<input type="checkbox"/>	Sunflower Spread VG	<input type="checkbox"/>	Butter V

Main meals and lighter choices Please ✓ one choice		Small	Regular
<input type="checkbox"/>	Smoked Haddock Fish Cakes with Tartare sauce (x1) ♥		
<input type="checkbox"/>	Cheese & Potato Pie ↑ e V		
<input type="checkbox"/>	Beans on Toast V		
<input type="checkbox"/>	Cold Roast Chicken ♥		
<input type="checkbox"/>	Sandwich Choice	White	Wholemeal
<input type="checkbox"/>	Sliced Ham		
<input type="checkbox"/>	Sliced Cheese V		
<input type="checkbox"/>	Egg Mayonnaise V		
<input type="checkbox"/>	Tuna Mayonnaise		

Accompaniments Please ✓ if required		Small	Regular
<input type="checkbox"/>	Creamed Potato V		
<input type="checkbox"/>	Potato Wedges VG		
<input type="checkbox"/>	Baked Beans VG		
<input type="checkbox"/>	Mushy Peas VG		
<input type="checkbox"/>	Side Salad VG		

Desserts Please ✓ one choice		Small	Regular
<input type="checkbox"/>	Syrup Sponge V ↑ e		
<input type="checkbox"/>	Fresh Fruit ♥ V		

Dessert Accompaniments Please ✓ one choice		Small	Regular
<input type="checkbox"/>	Custard V		
<input type="checkbox"/>	Ice Cream V		
<input type="checkbox"/>	Thick & Creamy Yoghurt V		

Please ask if you require allergen information, menus for medical/ religious/ cultural/ethical reasons or a Welsh language menu. We can cater for you.

♥ indicates the healthier option.

V indicates suitable for vegetarians. **VG** indicates suitable for both vegetarians + vegans.

↑**e** indicates the higher calorie, higher protein choice for main + dessert.

July 2023

ANEURIN BEVAN UNIVERSITY HEALTH BOARD

MENU TUESDAY WEEK 2 LUNCH

WARD: BAY/ROOM NUMBER

NAME:

To start				Small	Regular
	Fruit Juice VG				
	Parsnip & Rosemary V				
	Wholemeal Bread V		White Bread V		
	Sunflower Spread VG		Butter V		

Main meals and lighter choices Please ✓ one choice				Small	Regular
	Sausage Casserole				
	Cauliflower Cheese V ↑e				
	Plain Omelette ♥V				
	Cold Plain Smoked Mackerel V				
	Sandwich Choice	White	Wholemeal		
	Sliced Ham				
	Sliced Cheese V				
	Egg Mayonnaise V				
	Tuna Mayonnaise				

Accompaniments Please ✓ if required				Small	Regular
	Creamed Potato V				
	Jacket Potato VG				
	Baked Beans VG				
	Mixed Vegetables VG				
	Side Salad VG				
	Gravy				

Desserts Please ✓ one choice				Small	Regular
	Jam & Coconut Sponge V ↑e				
	Fruit pot ♥V				

Dessert Accompaniments Please ✓ one choice				Small	Regular
	Thick & Creamy Yoghurt V				
	Custard V				
	Ice Cream V				

ANEURIN BEVAN UNIVERSITY HEALTH BOARD

MENU TUESDAY WEEK 2 EVENING MEAL

WARD: BAY/ROOM NUMBER

NAME:

To start				Small	Regular
	Fruit Juice VG				
	Carrot & Coriander Soup V				
	Wholemeal Bread V	218	White Bread V		
	Sunflower Spread VG	627	Butter V		

Main meals and lighter choices Please ✓ one choice				Small	Regular
	Battered Cod				
	Cheesy Beans with Jacket Potato V ↑e				
	Cheese Omelette				
	Cold Meat Finger Food Platter (Sliced Chicken Breast, Mini Sausage Rolls, Cucumber, Tomato, Red Pepper, Carrot, Dipping Pot of Mayonnaise, Bread Roll, Butter Portion) ↑e				
	Sandwich Choice	White	Wholemeal		
	Sliced Ham				
	Sliced Cheese V				
	Egg Mayonnaise V				
	Tuna Mayonnaise				

Accompaniments Please ✓ if required				Small	Regular
	Creamed Potato V				
	Sauté Potatoes VG				
	Peas VG				
	Side Salad ♥VG				

Desserts Please ✓ one choice				Small	Regular
	Rice Pudding with jam portion V ↑e				
	Fresh Fruit ♥V				

Dessert Accompaniments Please ✓ one choice				Small	Regular
	Ice Cream V				
	Thick & Creamy Yoghurt V				

Please ask if you require allergen information, menus for medical/ religious/ cultural/ethical reasons or a Welsh language menu. We can cater for you.

♥ indicates the healthier option.

V indicates suitable for vegetarians. **VG** indicates suitable for both vegetarians + vegans.

↑e indicates the higher calorie, higher protein choice for main + dessert.

July 2023

ANEURIN BEVAN UNIVERSITY HEALTH BOARD

MENU WEDNESDAY WEEK 2 LUNCH

WARD: BAY/ROOM NUMBER

NAME:

To start				Small	Regular
	Fruit Juice VG				
	Mushroom Soup V				
	Wholemeal Bread V	218	White Bread V		
	Sunflower Spread VG	627	Butter V		

Main meals and lighter choices Please ✓ one choice				Small	Regular
	Roast Beef & Yorkshire Pudding ♥				
	Vegan Chilli & Jacket Potato VG				
	Cheesy Beans on Toast V ↑e				
	Tuna Mayonnaise				
	Sandwich Choice	White	Wholemeal		
	Sliced Ham				
	Sliced Cheese V				
	Egg Mayonnaise V				
	Tuna Mayonnaise				

Accompaniments Please ✓ if required				Small	Regular
	Creamed Potato V				
	Roast Potatoes VG				
	Carrots VG				
	Cabbage VG				
	Side Salad VG				
	Gravy				

Desserts Please ✓ one choice				Small	Regular
	Sticky Toffee Pudding V ↑e				
	Fruit pot ♥ V				

Dessert Accompaniments Please ✓ one choice				Small	Regular
	Custard				
	Ice Cream V				
	Thick & Creamy Yoghurt V				

ANEURIN BEVAN UNIVERSITY HEALTH BOARD

MENU WEDNESDAY WEEK 2 EVENING MEAL

WARD: BAY/ROOM NUMBER

NAME:

To start				Small	Regular
	Fruit Juice VG				
	Tomato Soup V				
	Wholemeal Bread V		White Bread V		
	Sunflower Spread VG		Butter V		

Main meals and lighter choices Please ✓ one choice				Small	Regular
	Lancashire Hotpot ↑e				
	Vegan Pasta Bolognese VG				
	Plain Omelette ♥ V				
	Cold Roast Beef ♥				
	Sandwich Choice	White	Wholemeal		
	Sliced Ham				
	Sliced Cheese V				
	Egg Mayonnaise V				
	Tuna Mayonnaise				

Accompaniments Please ✓ if required				Small	Regular
	Creamed Potatoes V				
	Jacket Potato VG				
	Mixed Vegetables VG				
	Side Salad VG				

Desserts Please ✓ one choice				Small	Regular
	Apple Crumble V ↑e				
	Fresh Fruit ♥ V				

Dessert Accompaniments Please ✓ one choice				Small	Regular
	Custard V				
	Ice Cream V				
	Thick & Creamy Yoghurt V				

Please ask if you require allergen information, menus for medical/ religious/ cultural/ethical reasons or a Welsh language menu. We can cater for you.

♥ indicates the healthier option.

V indicates suitable for vegetarians. **VG** indicates suitable for both vegetarians + vegans.

↑e indicates the higher calorie, higher protein choice for main + dessert.

July 2023

ANEURIN BEVAN UNIVERSITY HEALTH BOARD

MENU THURSDAY WEEK 2 LUNCH

WARD: BAY/ROOM NUMBER

NAME:

To start		Small	Regular
<input type="checkbox"/>	Fruit Juice VG		
<input type="checkbox"/>	Leek & Potato Soup V		
<input type="checkbox"/>	Wholemeal Bread V	<input type="checkbox"/>	White Bread V
<input type="checkbox"/>	Sunflower Spread VG	<input type="checkbox"/>	Butter V

Main meals and lighter choices		Small	Regular
Please ✓ one choice			
<input type="checkbox"/>	Chicken Korma & Rice		
<input type="checkbox"/>	Cauliflower & Broccoli Cheese V ↑e		
<input type="checkbox"/>	Plain Omelette ♥ V		
<input type="checkbox"/>	Sardines in Tomato Sauce ♥		
Sandwich Choice		White	Wholemeal
<input type="checkbox"/>	Sliced Ham		
<input type="checkbox"/>	Sliced Cheese V		
<input type="checkbox"/>	Egg Mayonnaise V		
<input type="checkbox"/>	Tuna Mayonnaise		

Accompaniments Please ✓ if required		Small	Regular
<input type="checkbox"/>	Creamed Potato V		
<input type="checkbox"/>	Jacket Potato VG		
<input type="checkbox"/>	Carrots VG		
<input type="checkbox"/>	Side Salad VG		

Desserts Please ✓ one choice		Small	Regular
<input type="checkbox"/>	Chocolate Chip Sponge V		
<input type="checkbox"/>	Fruit Pot ♥ V		

Desserts Please ✓ one choice		Small	Regular
<input type="checkbox"/>	Custard V		
<input type="checkbox"/>	Ice Cream V		
<input type="checkbox"/>	Thick & Creamy Yoghurt V		

ANEURIN BEVAN UNIVERSITY HEALTH BOARD

MENU THURSDAY WEEK 2 EVENING MEAL

WARD: BAY/ROOM NUMBER

NAME:

To start		Small	Regular
<input type="checkbox"/>	Fruit Juice VG		
<input type="checkbox"/>	Cauliflower & Apple Soup V		
<input type="checkbox"/>	Wholemeal Bread V	<input type="checkbox"/>	White Bread V
<input type="checkbox"/>	Sunflower Spread VG	<input type="checkbox"/>	Butter V

Main meals and lighter choices		Small	Regular
Please ✓ one choice			
<input type="checkbox"/>	Beef Chilli		
<input type="checkbox"/>	Cheese & Potato Pie V		
<input type="checkbox"/>	Jacket Potato & Cajun Chicken		
<input type="checkbox"/>	Cold Sliced Ham ♥		
Sandwich Choice		White	Wholemeal
<input type="checkbox"/>	Sliced Ham		
<input type="checkbox"/>	Sliced Cheese V		
<input type="checkbox"/>	Egg Mayonnaise V		
<input type="checkbox"/>	Tuna Mayonnaise		

Accompaniments Please ✓ if required		Small	Regular
<input type="checkbox"/>	Creamed Potato V		
<input type="checkbox"/>	White Rice		
<input type="checkbox"/>	Sliced Green Beans VG		
<input type="checkbox"/>	Baked Beans VG		
<input type="checkbox"/>	Side Salad VG		

Desserts Please ✓ one choice		Small	Regular
<input type="checkbox"/>	Chocolate and Cherry Sponge V		
<input type="checkbox"/>	Fresh Fruit ♥ V		

Desserts Please ✓ one choice		Small	Regular
<input type="checkbox"/>	Custard V		
<input type="checkbox"/>	Ice Cream V		
<input type="checkbox"/>	Thick & Creamy Yoghurt V		

Please ask if you require allergen information, menus for medical/ religious/ cultural/ethical reasons or a Welsh language menu. We can cater for you.

♥ indicates the healthier option.
 V indicates suitable for vegetarians. **VG** indicates suitable for both vegetarians + vegans.
 ↑e indicates the higher calorie, higher protein choice for main + dessert.

ANEURIN BEVAN UNIVERSITY HEALTH BOARD

MENU FRIDAY WEEK 2 LUNCH

WARD: BAY/ROOM NUMBER

NAME:.....

To start				Small	Regular
	Fruit Juice VG				
	Mushroom Soup V				
	Wholemeal Bread V	218	White Bread V		
	Sunflower Spread VG	27	Butter V		
Main meals and lighter choices Please ✓ one choice				Small	Regular
	Battered Cod with lemon slice ♥				
	Vegetable curry & Rice ♥ V				
	Cheesy Beans on Toast V ↑e				
	Cold Turkey				
Sandwich Choice				White	Wholemeal
	Sliced Ham				
	Sliced Cheese V				
	Egg Mayonnaise V				
	Tuna Mayonnaise				

Accompaniments Please ✓ if required				Small	Regular
	Creamed Potatoes V				
	Chips VG				
	Peas VG				
	Carrots VG				
	Side Salad VG				

Desserts Please ✓ one choice				Small	Regular
	Jam Sponge V ↑e				
	Fruit Pot ♥ V				

Desserts Please ✓ one choice				Small	Regular
	Custard V				
	Ice Cream V				
	Thick & Creamy Yoghurt V				

ANEURIN BEVAN UNIVERSITY HEALTH BOARD

MENU FRIDAY WEEK 2 EVENING MEAL

WARD: BAY/ROOM NUMBER

NAME:

To start				Small	Regular
	Fruit Juice VG				
	Parsnip & Rosemary Soup V				
	Wholemeal Bread V	218	White Bread V		
	Sunflower Spread VG	27	Butter V		

Main meals and lighter choices Please ✓ one choice				Small	Regular
	Beef Lasagne & Garlic Bread ↑e				
	Cheese Omelette V				
	Jacket Potato & Tuna Mayonnaise				
	Cold Sliced Pork ♥				
Sandwich Choice				White	Wholemeal
	Sliced Ham				
	Sliced Cheese V				
	Egg Mayonnaise V				
	Tuna Mayonnaise				

Accompaniments Please ✓ if required				Small	Regular
	Creamed Potatoes VG				
	Sweetcorn				
	Side Salad VG				

Desserts Please ✓ one choice if required				Small	Regular
	Pear & Apricot Crumble V ↑e				
	Fresh Fruit ♥ V				

Desserts Please ✓ one choice				Small	Regular
	Custard V				
	Ice Cream V				
	Thick & Creamy Yoghurt V				

Please ask if you require allergen information, menus for medical/ religious/ cultural/ethical reasons or a Welsh language menu. We can cater for you.

♥ indicates the healthier option.
V indicates suitable for vegetarians. **VG** indicates suitable for both vegetarians + vegans.
 ↑e indicates the higher calorie, higher protein choice for main + dessert.

ANEURIN BEVAN UNIVERSITY HEALTH BOARD

MENU SATURDAY WEEK 2 LUNCH

WARD: BAY/ROOM NUMBER

NAME:

To start

	Small	Regular
Fruit Juice VG		
Tomato Soup V		
Wholemeal Bread V	White Bread V	
Sunflower Spread VG	Butter V	

Main meals and lighter choices

Please ✓ one choice

	Small	Regular
Cottage Pie		
Cauliflower & Broccoli Cheese V ↑ e		
Plain Omelette ♥ V		
Sliced Cold Ham ♥		
Sandwich Choice	White	Wholemeal
Sliced Ham		
Sliced Cheese V		
Egg Mayonnaise V		
Tuna Mayonnaise		

Accompaniments Please ✓ if required

	Small	Regular
Creamed Potato V		
Jacket Potato VG		
Swede VG		
Sliced Green Beans VG		
Side Salad VG		
Gravy		

Desserts Please ✓ one choice

	Small	Regular
Rice Pudding with jam portion V ↑ e		
Fruit Pot ♥ V		

Desserts Please ✓ one choice

	Small	Regular
Ice Cream V		
Thick & Creamy Yoghurt V		

ANEURIN BEVAN UNIVERSITY HEALTH BOARD

MENU SATURDAY WEEK 2 EVENING MEAL

WARD: BAY/ROOM NUMBER

NAME:

To start

	Small	Regular
Fruit Juice VG		
Leek & Potato Soup V		
Wholemeal Bread V	White Bread V	
Sunflower Spread VG	Butter V	

Main meals and lighter choices

Please ✓ one choice

	Small	Regular
Chicken & Pasta Arrabiata ♥		
Quorn Sausage in Veggie Gravy (x2) V		
Ham & Cheese Finger Food Platter (Ham, Cheese Portion, Cucumber, Tomato, Red Pepper, Carrot, Grapes, Crisps, Bread Roll, Butter Portion) ↑ e		
Tuna Mayonnaise		
Sandwich Choice	White	Wholemeal
Sliced Ham		
Sliced Cheese V		
Egg Mayonnaise V		
Tuna Mayonnaise		

Accompaniments Please ✓ if required

	Small	Regular
Creamed Potato V		
Jacket Potato VG		
Carrots VG		
Side Salad VG		

Desserts Please ✓ one choice

	Small	Regular
Red Fruit Crumble V		
Fresh Fruit ♥ V		

Desserts Please ✓ one choice

	Small	Regular
Custard V		
Ice Cream V		
Thick & Creamy Yoghurt V		

Please ask if you require allergen information, menus for medical/ religious/ cultural/ethical reasons or a Welsh language menu. We can cater for you.

♥ indicates the healthier option.

V indicates suitable for vegetarians. **VG** indicates suitable for both vegetarians + vegans.

↑**e** indicates the higher calorie, higher protein choice for main + dessert.

July 2023