

Extras



Suitable Meals from the Hospital Menu see general codes

- Cheese & Potato Pie V
- Broccoli & Cauliflower Bake V
- Macaroni Cheese V
- Soup of the Day/Sandwiches available from main menu
- Roast Meats, vegetables, potatoes available from main menu **Δ**

Leek and potato soup **Δ**

- Omelettes/plain/cheese **Δ**
- Jacket potatoes plain/cheese/baked beans/tuna **Δ**
- Salads/ham/cheese/tuna/egg mayo **Δ**
- Cheese & Biscuits V
- Cheese & Onion Pastry V

Gluten free bread, crackers, biscuits and coconut macaroon are available

Desserts



- Rice Pudding GF, MF
- Rice Pots V, GF, H
- Ice cream V, GF, H
- Custard pots (except Strawberry for V) V, GF, H
- Yoghurts V, GF, H
- Soya desserts Vanilla/Chocolate (on request) V, VG, GF, H
- Trifle Strawberry/Raspberry V

Fresh fruit, fruit pots are suitable for all diets

- Apples
- Bananas
- Oranges
- Pears



GIG
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Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
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University Health Board

A la carte menu



These meals are available on request **ONLY FOR THOSE PATIENTS WHO REQUIRE ADDITIONAL CHOICES, FOR THE FOLLOWING SPECIAL DIETS.**

- GF Gluten free
- V Vegetarian
- VG Vegan
- MF Milk free
- H Halal suitable (all chicken used within the main hospital menu is Halal)
- Kos Kosher Meals

Δ Allergy Advice:-These products do not contain gluten in the ingredients and every reasonable precaution has been taken to minimise the risk of cross contamination. However we cannot fully guarantee this as the product has been made in a kitchen where wheat, gluten and barley are used

RM. Ready Meals

*These items need to be served with additional side orders to meet the All Wales food & fluid standards

Breakfast

Use main breakfast menu however these items are available

by special order

Fruit juice - apple/orange	V, VG,GF,MF,H
Cornflakes (GF available)	V,MF,H
Rice Snaps	V,GF,MF,H
Porridge (GF available Llandough only)	V,VG,H
GF Toast (toaster bag are used)	V,GF,MF,H
Boiled eggs ▲	V,GF,MF,H
Scrambled egg ▲	V,GF,MF,H
Bacon Not available in UHW ▲	GF,MF
Sausage	MF
Baked beans ▲	V, VG,GF,MF,H
Tomatoes ▲	V, VG,GF,MF,H

Soya Milk is available on request

Gluten Free / Allergen Free

RM Chicken in Gravy potato & Vegetable(**Gluten Free**)

RM Cottage pie & carrot and peas (**Gluten free**)

RM Chilli con carne & rice (**Gluten free**)

RM Lamb Casserole potato & Broccoli (**Gluten free**)

RM Fish with cheese sauce & Parmentier potatoes (**Gluten free**)

RM Leek & Lentil Hotpot potato & peas (**Gluten Free**)

RM Minced Lamb & potatoes (**Free from all allergens**)

RM Mediterranean Stew (**Free from all allergens**)

RM Beef Casserole (**Free from all allergens**)

RM Chicken Casserole (**Free from all allergens**)

Halal Meals

RM Chicken & Saag with rice	H, GF
RM Chicken Tikka Masala with rice	H,
RM Lentil Daal with rice	H, V
RM Chick Pea Daal with rice	H, V
RM Vegetable Masala with rice	H, GF
RM Cauliflower & Aubergines Masala with rice	H, V
RM Lamb Karahi with rice	H, GF

Vegetarian / Vegan

Chickpea & Spinach curry / rice	V,H
Quorn Cottage pie	V, H, GF ▲
Vegan Chilli / rice	V, VG, MF, H
Vegan pasta Bolognese	V. VG, MF, H
Three Bean crumble	V, H,
Moroccan Chickpea stew	V. VG, MF, H
* Veggie Burger	V, MF, H
* Quorn Sausage	V,H
* Vegetable Nuggets	V, VG, MF

EXTRA'S

* Fish Fingers	MF
* Beef Burger & roll	MF

Kosher

RM Grilled Plaice	Kos, MF
RM Roast Chicken	Kos, MF
RM Cottage Pie	Kos, MF
RM Beef Goulash	Kos, MF
RM Sliced Lamb	Kos, MF