

Cardiff and Vale University Health Board – Hafen y Coed and Llanfair 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, Stuffing & Apple Sauce	Macaroni Cheese	Scrambled egg	Minced Beef & Yorkshire Pudding	Battered Cod with Tartare Sauce	Faggots in Onion Gravy	Roast Pork, Stuffing & Apple Sauce
Cottage Pie	Beef Casserole	Sausage	Chicken breast	Pasta Bolognaise	Pork and Apple casserole	Roast Beef & Mint Sauce
Mediterranean Vegetable Quiche Mixed Salad and bread & butter/ spread	Chicken breast mixed salad coleslaw and bread & butter/ spread	Mushrooms	Ham or cheese & Mixed Salad with coleslaw bread & butter/spread	Plain Egg & Mixed Salad coleslaw and bread & butter/spread	Salmon & Dill Fishcake & with mixed salad	Cheese & Potato pie/Baked beans
Gravy	Gravy	Beans/Tomatoes	Gravy		Gravy	Gravy
Peas	Green beans	Hash browns	Baton Carrots	Peas	Mushy peas	Sprouts
Baton Carrots/swede	Sweetcorn/peas		Green beans		Broccoli & cauliflower	Baby carrots
Roast potatoes	Sauté potatoes		Mashed potato	Chipped potatoes	Boiled Rice	Roast potatoes
Mashed potato	Buttered Boiled potatoes		Buttered Boiled potatoes	Mashed potato	Mashed potato	Mashed potato
Ambrosia Custard Pots	Ambrosia Custard Pots	Ambrosia Custard Pots	Ambrosia Custard Pots	Ambrosia Custard Pots	Ambrosia Custard Pots	Ambrosia Custard Pots
mixed flavours Ice-cream	mixed flavours Ice-cream	mixed flavours Ice-cream	mixed flavours Ice-cream	mixed flavours Ice-cream	Sliced banana & hot Custard	mixed flavours Ice-cream
Thick & Creamy Yoghurt	Tinned Peaches & Cream/ Ice-cream	Ambrosia Chocolate Rice Pot	Strawberry Trifle	Strawberry Cheesecake	Mixed flavours 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	Beef burgers	Chicken & Mushroom Pie	Corned beef pie	Roast Gammon	Shepherd's pie	Cauliflower & broccoli cheese
Plain Omelette	Sausages in Onion Gravy	Beef Curry	Roast Turkey & Stuffing	Cheese & Potato Pie	Jacket Potato with Tuna Mayonnaise	Pasta Chicken Arrabiata
Tuna Mayonnaise & mixed Salad and bread & butter/spread	Jacket Potato & Grated cheese served with mixed salad	Plain Egg & Mixed Salad coleslaw and bread & butter/spread	Peppered smoked mackerel & mixed salad with bread and butter/spread	Tuna Mayonnaise & Mixed Salad and bread & butter/spread	Cheese and onion pasty	Roast Beef & Mixed Salad coleslaw and bread & butter/spread
	Gravy		Gravy	Parsley sauce	Gravy	
Boiled Rice	Mashed potato	Boiled Rice	Roast potato	Buttered Boiled potatoes	Chipped potatoes	Sauté potatoes
Chipped potatoes	Seasoned Potato wedges	Chipped potatoes	Mashed potato	Herby Diced potatoes		
Baked Beans	Peas	Broccoli	cauliflower	Country mixed vegetables	Green beans	Country mixed vegetables
	Cauliflower	Sweetcorn	Broccoli	Baked Beans (also available with toast)	Mixed salad	Side salad
Chocolate chip Sponge	Apple & rhubarb crumble	Chocolate & Cherry Sponge	Red Fruit, Apple & Coconut Crumble	Sticky Toffee Pudding	Lemon Sponge	Rice pudding
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	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
Lentil & Vegetable Soup	Pea & Ham Soup	Tomato Soup	Creamy Chicken soup	Leek and Potato Soup	Carrot & Coriander Soup	Tomato Soup
Roast Turkey & Stuffing	Pasta Bolognaise	Scrambled egg	Lamb Curry	Vegetarian Chilli Con Carne	Sausages in Onion Gravy	Roast Chicken & Stuffing
Minced Beef & Yorkshire Pudding	Battered Cod with Tartare Sauce	Sausage	Chicken & Mushroom pie	Breaded Cod	Cheese & Potato Pie	Roast Lamb & Mint Sauce
Cheese Omelette and mixed salad	Mediterranean Vegetable Quiche & Mixed Salad & bread butter/spread	Mushrooms	Cauliflower & Broccoli Cheese	Corned Beef Hash	Salmon & Dill Fishcake	Macaroni Cheese
Gravy		Beans/Tomatoes	Gravy	Gravy	Gravy	Gravy
Broccoli & cauliflower	Mushy Peas	Hash browns	Broad beans	Mushy Peas	Green beans	Brussel sprouts
Baton carrots	Sweetcorn		Baby carrots	Sweetcorn	Baked beans	Baby carrots
Roast potatoes	Chipped potatoes		Boiled rice	Chipped potatoes	Mashed potato	Roast potatoes
Mashed potato			Sauté Potatoes	Boiled rice	Herby diced potatoes	Mashed potato
Ambrosia custard pots	Ambrosia custard pots	Ambrosia custard pots	Ambrosia custard pots	Ambrosia custard pots	Ambrosia custard pots	Ambrosia custard pots
Mixed flavours Ice-cream	Mixed flavours Ice-cream	Mixed flavours Ice-cream	Mixed flavours Ice-cream	Mixed flavours Ice-cream	Tinned Fruit Cocktail	Mixed flavours 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
Corned Beef Pie	Faggots in Onion Gravy	Cottage Pie	Roast Gammon	Chicken burger	Shepherd's pie	Cornish pasty
Chicken Breast	Chicken Korma	Roast Turkey & Stuffing	Sausage Roll	Plain Omelette	Chicken & Mushroom pie	Pasta Chicken Arrabiata
Ham & Cheese ploughman's with pickle	Roast Beef & Mixed Salad, Coleslaw and bread & butter	Three Cheese Ploughman's with pickle	Egg Mayonnaise & Mixed Salad and bread & butter / spread	Tuna Mayonnaise & Mixed Salad and bread & butter	Mediterranean Vegetable Quiche & Mixed Salad & bread butter/spread	Jacket Potato & Grated cheese
Gravy	Gravy	Gravy	Parsley Sauce	Gravy	Gravy	Gravy
Sauté potatoes	Boiled Rice	Roast potatoes	Seasoned Potato wedges	Herby diced potatoes	Mashed potato	Chipped potatoes
Mashed potato	Buttered Boiled potatoes	Buttered Boiled potatoes	Mashed potato	Mashed potato	Buttered Boiled potatoes	Mashed potato
Country mixed vegetables	Baton carrots	Peas	Broccoli	Country mixed vegetables	Broccoli & cauliflower	Green beans
	Peas	Sprouts	Baby carrots	Mixed salad		Baked beans
Apple & Blackberry crumble	Sticky Toffee Pudding	Chocolate chip sponge	Red Fruit, Apple & Coconut Crumble	Jam Sponge	Choc fudge cake	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. Gluten free and 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.

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.

For regular updates and information visit:

