

# Cardiff and Vale University Health Board – Rookwood patient menu (Winter)

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	Roast Beef Yorkshire Pudding	Minced Beef & Yorkshire Pudding	Battered Cod with Tartare Sauce	Faggots in Onion Gravy	Roast Pork, Stuffing & Apple Sauce
Cottage Pie	Beef Casserole	Chicken & Mushroom pie	Chicken breast	Pasta Bolognese	Pork and Apple Casserole	Roast Lamb & Mint Sauce
Mediterranean Vegetable Quiche Mixed Salad and bread & butter/ spread	Chicken breast mixed salad coleslaw and bread & butter/ spread	Cheese Omelette	Ham or cheese & Mixed Salad with coleslaw bread & butter/spread	Plain Egg & Mixed Salad coleslaw and bread & butter/spread	Salmon & Dill Fishcake & with optional Mixed Salad	Cheese & Potato pie/Baked beans
Gravy	Gravy	Gravy	Gravy	Gravy	Gravy	Gravy
Peas	Green beans		Baton Carrots	Peas	Mushy peas	Sprouts
Baton Carrots/swede	Sweetcorn/peas	Mixed Country vegetables	Green beans		Broccoli & cauliflower	Baby carrots
Roast potatoes	Sauté potatoes	Roast potatoes	Mashed potato	Chipped potatoes	Boiled Rice	Roast potatoes
Mashed potato	Buttered Boiled potatoes	Mashed potato	Buttered Boiled potatoes	Mashed potato	Mashed potato	Mashed potato
Sticky Toffee Pudding	Apple and Rhubarb crumble	Jam Sponge	Chocolate Chip Sponge	Rice pudding & jam	Apple and Blackberry Crumble	Apple Pie
Custard / Ice-cream	Custard / Ice-cream	Custard / Ice-cream	Custard / Ice-cream	Ice-cream	Sliced banana & hot Custard	Custard / Ice-cream
Thick & Creamy Yoghurt	Tinned Peaches & 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		Carrot & coriander Soup	Lentil & Vegetable Soup	Tomato Soup	Pea Ham Soup
Chicken Korma	Fish in cheese sauce	Fish pie with cheesy topping	Corned beef pie	Roast Gammon	Shepherd's pie	Cauliflower & broccoli cheese
Plain Omelette	Sausages in Onion Gravy	Beef Curry	Chicken Burger in a Bun / side salad	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 optional Mixed Salad	Tomato Soup and sandwich	Peppered smoked mackerel & Mixed salad with bread and butter/spread	Tuna Mayonnaise & Mixed Salad and bread & butter/spread	Cheese and onion pasty	Salmon
	Gravy		Gravy	Parsley sauce	Gravy	
Boiled Rice	Mashed potato	Boiled Rice	Seasoned potato wedges	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	Mixed Salad
Bakewell Tart	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	Triple Chocolate Gateaux & Cream	Thick & Creamy Yoghurt	Strawberry gateaux and cream	Strawberry Cheesecake

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
Chicken and Mushroom Pie	Pasta Bolognese	Roast Lamb & Mint Sauce	Lamb Curry	Vegetarian Chili Con Carne	Sausages in Onion Gravy	Roast Chicken & Stuffing
Minced Beef & Yorkshire Pudding	Battered Cod with Tartare Sauce	Fish in cheese sauce	Roast Turkey and Stuffing	Breaded Cod	Cheese & Potato Pie	Roast Lamb & Mint Sauce
Cheese Omelette /optional Mixed Salad	Mediterranean Vegetable Quiche & Mixed Salad & bread butter/spread	Ham & Mixed Salad coleslaw and bread & butter/ spread	Cauliflower & Broccoli Cheese	Corned Beef Hash	Salmon & Dill Fishcake	Macaroni Cheese
Gravy		Gravy	Gravy	Gravy	Gravy	Gravy
Broccoli & cauliflower	Mushy Peas	Broccoli	Broad beans	Mushy Peas	Green beans	Brussel sprouts
Baton carrots	Sweetcorn	Baton carrot & swede	Green beans	Sweetcorn	Baked beans	Baby carrots
Roast potatoes	Chipped potatoes	Roast potatoes	Boiled rice	Chipped potatoes	Mashed potato	Roast potatoes
Mashed potato		Mashed potato	Buttered Boiled potatoes	Boiled rice	Herby diced potatoes	Mashed potato
Rice Pudding & Jam	Chocolate Chip Sponge	Lemon Sponge	Apple and Blackberry Crumble	Sultana Sponge	Chocolate fudge cake	Pear and Apricot Crumble
Custard / 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		Tomato Soup	Creamy Chicken soup	Leek and Potato Soup		Tomato Soup
Chilli con carne	Faggots in Onion Gravy	Cottage Pie	Roast Gammon	Roast Pork & apple sauce	Shepherd's pie	Cornish pasty
Chicken breast	Chicken Korma	Beef Burger in a Bun / side salad	Fish Pie with cheesy topping	Plain Omelette	Carrot & Coriander Soup and sandwich	Pasta Chicken Arrabiata
Ham & Cheese ploughman's with pickle	Pea & Ham Soup and sandwich	Salmon	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
Rice	Boiled Rice	Chipped potatoes	Seasoned Potato wedges	Roast 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
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. 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.

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](http://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:

