



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



Helping you choose from the menu

Your hostess will come around with your menu for the day and to take your order. On pages 6 – 9 is the 2 week menu cycle for you to have a look at in advance.

Nutrition is a very important part of your recovery and we are committed to providing you with a balanced diet that meets your needs.

Our menu has been designed to meet the All Wales Nutrition Standards and also to offer you a choice of main and lighter meals

Some meals are offered that follow the principles of healthy eating

These choices are suitable for patients who have been advised to eat a healthier diet because of diabetes or risk of heart disease

How can our menu assist you to make 'healthier' choices?

- Healthier choices are marked on the menu with the symbol ♥
These are dishes that are either lower in fat or contain a healthier kind of fat
- We offer fruit and fruit juice at every meal plus vegetables and salads at lunch and supper to help you eat '5 a day'
- We offer oily fish regularly
- We offer lower fat carbohydrate choices at every meal. These include wholemeal bread / boiled or jacket potatoes / boiled rice and 'healthier' option pasta dishes
- We do not add salt to any of our recipes

If you have diabetes we will give you information on the amount of carbohydrates that meals & desserts contain to help you make the right choice

