

# WINTER MENU 2019/20 - 28th OCTOBER 2019 > 14th APRIL 2020\*



**MEALS  
ON  
WHEELS**

**PRYD  
AR  
GLUD**

Meals  
from  
**£3.90**  
per day

SGŌR HYLENDID BWYD  
FOOD HYGIENE RATING

0 1 2 3 4 **5**

DA IAWN  
VERY GOOD



Week 1

Week 2

Week 3

Week 4

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

CHICKEN CHASSEUR  
OR  
COTTAGE PIE  
-----  
LEMON &  
SUMMERFRUIT  
SPONGE

SALMON CRUMBLE  
OR CREAMY PORK &  
PEPPERS  
-----  
PLUM & CHERRY  
CRUMBLE

BRAISED STEAK  
OR LAMB & VEG  
CASSEROLE  
-----  
BREAD & BUTTER  
PUDDING

CHICKEN IN RED  
WINE OR MEATBALLS  
& MUSHY PEAS  
-----  
RICE & APRICOTS

ROAST TURKEY  
OR BEEF STEW &  
DUMPLINGS  
-----  
BAKEWELL TART

LANCASHIRE  
HOTPOT OR HAM  
AND LEEK CRUMBLE  
-----  
STICKY TOFFEE  
PUDDING

ROAST BEEF AND  
YORKSHIRE OR  
CHICKEN & VEG  
CASSEROLE  
-----  
RHUBARB CRUMBLE

SHEPHERDS PIE  
OR  
ROAST PORK  
-----  
SPOTTED DICK

CHICKEN BREAST  
OR  
BEEF & ALE PIE  
-----  
APRICOT CRUMBLE

VIENNA STEAK  
OR  
BREADED  
FISH & CHIPS  
-----  
BAKED BREAD  
PUDDING

CHICKEN &  
LEEK HOTPOT  
OR  
ALL DAY BREAKFAST  
-----  
LEMON SPONGE

ROAST BEEF &  
YORKSHIRE PUDDING  
OR  
HAM IN PARSLEY  
-----  
APPLE PIE

CHICKEN &  
MUSHROOM  
OR BEEF STEW &  
DUMPLINGS  
-----  
SUMMERFRUIT PIE

CUMBERLAND  
SAUSAGE  
OR  
ROAST LAMB  
-----  
APPLE CRUMBLE

CHICKEN IN GRAVY  
OR  
BEEF LASAGNE  
-----  
BLACKCURRANT PIE

PORK LOIN  
OR  
MUSHROOM  
& LEEK BAKE  
-----  
JAM ROLY POLY

FISH IN PARSLEY  
OR MINCE  
BEEF PIE OR  
CHICKEN CURRY  
-----  
GOLDEN SYRUP  
SPONGE

SAUSAGE IN GRAVY  
OR  
IRISH STEW  
-----  
JAM ROLY POLY

LANCASHIRE  
HOTPOT  
OR CHICKEN &  
VEGETABLE PIE  
-----  
CHOCOLATE CHIP  
SPONGE

BRAISED STEAK  
OR  
PORK STEAKLETTE  
-----  
RICE & STEWED  
APPLE

CHICKEN BREAST  
OR  
SAVOURY LAMB &  
DUMPLINGS  
-----  
BLACKCURRANT  
SPONGE

PORK & ROOT  
VEGETABLE  
CASSEROLE  
OR BEEF HOTPOT  
-----  
PLUM & CHERRY PIE

BREADED  
FISH & MASH  
OR MEDITERRANEAN  
CHICKEN  
-----  
RICE PUDDING

BEEF &  
YORKSHIRE  
OR CUMBERLAND  
SAUSAGE  
-----  
SUMMERFRUIT  
CRUMBLE

GAMMON &  
MUSHROOM PIE  
OR  
LAMB IN GRAVY  
-----  
ORANGE SPONGE

CHICKEN IN  
CHEESE SAUCE  
OR STEAK &  
MUSHROOM BAKE  
-----  
STEWED APPLE  
& CUSTARD

ROAST TURKEY &  
STUFFING  
OR  
ALL DAY BREAKFAST  
-----  
JAM ROLY POLY

PORK LOIN &  
STUFFING  
OR STEAK &  
KIDNEY PIE  
-----  
SULTANA SPONGE

\* Menu is subject to change and availability. Please note that a selection of vegetarian, vegan, kosher, halal, gluten free, soft and textured modified options are available on request. Please advise of any dietary requirements for the team to assist and accommodate.

**CHRISTMAS EVE**

CUMBERLAND  
SAUSAGE OR BREADED  
FISH & CHIPS  
-----  
CHRISTMAS TRIFLE

**CHRISTMAS DAY**

ROAST TURKEY  
-----  
CHRISTMAS  
PUDDING

**BOXING DAY**

FESTIVE ROAST PORK  
OR STEAK IN RED  
WINE  
-----  
SPICED APPLE  
CRUMBLE



Contact our friendly team today on: **029 2053 7080** - [mealsonwheels@cardiff.gov.uk](mailto:mealsonwheels@cardiff.gov.uk)

# BWYDLEN GAEAF 2019/20 - 28 HYDREF 2019 > 14 EBRILL 2020\*



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0 1 2 3 4 **5**

DA IAWN  
VERY GOOD



wytnos 1

wytnos 2

wytnos 3

wytnos 4

**DYDD  
LLUN**

CHAUSSEUR CYW IÂR  
NEU  
BASTAI BWTHYN  
-----  
CACEN LEMWN  
A FFRWYTHAU'R HAF

PASTAI BUGAIL  
NEU  
BORC RHOST  
-----  
PWDIN EIRIN

CYW IÂR MEWN  
GREFI  
NEU  
LASAGNE CIG EIDION  
-----  
PEI CYRENS DUON

CASEROL PORC A  
GWREIDDLYSIAU  
NEU  
STIW CIG EIDION  
-----  
PEI EIRIN A CHEIRIOS

**DYDD  
MAWRTH**

CRYMBL EOG NEU  
BORC A PHUPUR  
HUFENNO  
-----  
CRYMBL EIRIN A  
CHEIRIOS

BREST CYW IÂR  
NEU  
BEI CIG EIDION A  
CHWRW  
-----  
CRYMBL BRICYLL

LWYN PORC  
NEU  
FADARCH A CHENNIN  
POB  
-----  
ROLI POLI JAM

PYSGODYN  
BRIWSION BARA A  
THATWS STWNH  
NEU GWY IÂR Y  
CANOLDIR  
-----  
PWDIN REIS

**DYDD  
MERCHER**

CASEROL STECEN  
NEU GIG OEN A  
LLYSIAU  
-----  
PWDIN  
BARAMENYN

STECAN FIENNA  
NEU BYSGODYN  
BRIWSION BARA A  
SGLODION  
-----  
PWDIN BARA PÔB

PYSGODYN MEWN  
PERSLI NEU BEI  
BRIWGIG EIDION  
NEU GYRI CYW IÂR  
-----  
CACEN DRIOG

CIG EIDION A  
PHWDIN SWYDD  
EFROG NEU SELSIGEN  
CUMBERLAND  
-----  
CRYMBL  
FFRWYTHAU'R HAF

**DYDD  
IAU**

CYW IÂR MEWN  
GWIN COCH NEU  
BELI CIG A PHYS SLWJ  
-----  
REIS A BRICYLL

STIW CHYW IÂR A  
CHENNIN  
NEU  
FRECWAST  
-----  
CACEN LEMWN

SELSIG MEWN GREFI  
NEU  
STIW GWYDDELIG  
-----  
ROLI POLI JAM

PEI GAMWN A  
MADARCH  
NEU  
GIG OEN MEWN  
GREFI  
-----  
CACEN OREN

**DYDD  
GWENER**

TWRCI RHOST NEU  
STIW CIG EIDION A  
THWMPLENNI  
-----  
TARTEN BAKEWELL

CIG EIDION A  
PHWDIN SWYDD  
EDFROG NEU HAM  
MEWN PERSLI  
-----  
TARTEN AFAL

STIW SIR  
GAERHIRFRYN  
NEU BEI CYW IÂR A  
LLYSIAU  
-----  
CACEN SIOCLED

CYW IÂR MEWN  
SAWS CAWS  
NEU STEC A  
MADARCH POB  
-----  
AFALAU WEDI'U  
STIWIO A CHWSTARD

**DYDD  
SADWRN**

STIW SIR  
GAERHIRFRYN NEU  
GRYMBL HAM A  
CHENNIN  
-----  
PWDIN TOFFI  
GLUDIOG

CYW IÂR A  
MADARCH NEU  
STIW CIG EIDION A  
THWMPLENNI  
-----  
PEI FFRWYTHAU'R  
HAF

STECEN FRWYS  
NEU  
STECLED BORC  
-----  
REIS AC AFAL WEDI'I  
STIWIO

TWRCI RHOST A  
STWFFIN  
NEU  
FRECWAST LLAWN  
-----  
ROLI POLI JAM

**DYDD  
SUL**

CIG EIDION RHOST  
A PHWDIN EFROG  
NEU GASEROL CYW  
IÂR A LLYSIAU  
-----  
CRYMBL RHIWBOB

SELSIGEN  
CUMBERLAND  
NEU  
GIG OEN RHOST  
-----  
CRYMBL AFAL

BREST CYW IÂR  
NEU  
DWMPLLENNI CIG OEN  
SAWRUS  
-----  
CACEN CYRENS DUON

LWYN PORC A  
STWFFIN  
NEU BEI STEC AC  
AREN  
-----  
CACEN SYLTANA

**NOSWYL NADOLIG**

SELSIGEN CUMBERLAND  
NEU BYSGODYN  
BRIWSION BARA A  
SGLODION  
-----  
TREIFFL NADOLIG

**DYDD NADOLIG**

TWRCI RHOST  
-----  
PWDIN  
NADOLIG

**GWYL SAN STEFFAN**

PORC RHOS  
NADOLIGAIDD  
NEU STECEN MEWN  
GWIN COCH  
-----  
CRYMBL AFAL SBEISLYD

\*Gall y fwydlen newid ac mae'n dibynnu ar beth sydd ar gael. Sylwch fod dewisiadau llysieuol, figan, cosher, halal, di-lwten, meddal ac â gwead ar gael ar gais. Rhwch wybod i ni am unrhyw ofynion deiet sydd gennych er mwyn i'r tîm helpu ac ateb eich angen.



Cysylltwch â'n tîm cyfeillgar heddiw ar: **029 2053 7080** - [prydarglud@caerdydd.gov.uk](mailto:prydarglud@caerdydd.gov.uk)