




Blaenos House
CARTREF NYRSIO
NURSING HOME

Breakfast

Cereals, full cooked breakfast

Mains

Chicken & leek pie with seasonal vegetables

Fish au gratin with mixed vegetables and sauté potatoes

Meat balls & rice

Broccoli pasta bake

Roast turkey with selection of vegetables

Beef casserole with seasonal vegetables

Desserts

Pear flan & cream

Forest fruit tart with custard

Banoffee pie

Apple crumble and ice cream

Evening

Cheese potato pie

Selection of sandwiches

Soup of the day

Chef's sausage pasta speciality