



Ms Janet Finch Saunders AM  
National Assembly for Wales  
Senedd Petitions  
Cardiff Bay  
Cardiff  
CF99 1NA

Dear Ms Finch

### **Petition P-05-865**

On behalf of Cwm Taf Morgannwg University Health Board I would like to provide a response to your letter requesting information about the extent of the current provision of daily vegetarian and vegan meals.

To provide an accurate response to your query, I have provided the information under the following headings:

- 1) Patient feeding - standard menu
- 2) Patient feeding – Texture modified diets
- 3) Restaurant and Coffee shop outlets
- 4) Future work

### **Patient feeding – Standard menu**

There are a number of vegetarian and vegan choices available on the standard patient menu, these are summarised in the table below for each meal service:

<b>Meal Time</b>	<b>Vegetarian Options</b>	<b>Vegan Options</b>
Breakfast	There is an extensive range of vegetarian options including toast, a choice of cereals and a range of cooked breakfast options	Dairy free margarine and vegan jams are available to be served with toast and plant based milk is available to be served with cereals.

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Cyfeiriad Dychwelyd/ Return Address:

Bwrdd Iechyd Prifysgol Cwm Taf Morgannwg, Pencadlys, Parc Navigation, Abercynon, CF45 4SN  
Cwm Taf Morgannwg University Health Board, Headquarters, Navigation Park, Abercynon, CF45 4SN

Cadeirydd/Chair: Professor Marcus Longley Prif Weithredydd (Dros Dro)/Chief Executive (Interim): Dr Sharon Hopkins

Bwrdd Iechyd Prifysgol Cwm Taf Morgannwg yw enw gweithredol Bwrdd Iechyd Lleol Prifysgol Cwm Taf Morgannwg  
ICwm Taf Morgannwg University Health Board is the operational name of the Cwm Taf Morgannwg University Local Health Board

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	(eggs, beans, tomatoes and vegetarian sausage)	
Lunch	There are 10 lunchtime choices including range of soup, sandwiches, salads, jacket potatoes with fillings, omelettes, finger food platters and hot choices,	The choice of vegan options includes soup, sandwiches, jacket potato with certain fillings and beans on toast.
Dinner	There are 6 vegetarian evening meal choices available on the seasonal menu which can be chosen from on a daily basis	There is currently 1 vegan choice on each seasonal a la carte menu. Vegan patients can also choose from lunchtime options and inform ward based catering staff of meal preferences so that additional meal choices can be provided.
Snacks	There is an extensive range of vegetarian snacks including yoghurts, cakes, cheese and savoury biscuits, sweet biscuits, salad, sandwiches, fruit pots.	Vegan snacks include fresh fruit, sandwiches, crudite (e.g. carrots/celery sticks and humus), sweet biscuits.

In addition to the daily choices available on the patient menu, our catering assistants are able to assist individual patients to make choices available through the restaurants or to identify meals that the patient would prefer which can be made available.

Whilst at the current time, we receive few requests for vegan diet options, the health board is committed to providing a range of meal options to suit all diets and is in the process of increasing current choices (see below).

### **Patient Feeding – Texture modified diets**

There is a good choice of vegetarian options available on each of the three texture modified diets that are offered to patients who require them. This range will be reviewed in conjunction with the current commercial supplier so that additional vegetarian and vegan options can be included on future menus.

## **Restaurant and Coffee shop outlets**

### Restaurants

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There is an extensive range of vegetarian options available in all restaurant on a daily basis. This choice includes: sandwiches, salads and salad bar choices, jacket potatoes, fresh fruit and 1 vegetarian hot option from the servery.

In terms of vegan choices, this is currently limited to sandwich options, a selection of items from the salad bar and jacket potatoes with certain fillings (e.g. beans).

The health board is committed to promoting healthier eating and operates a daily healthier choice meal deal which includes a vegetarian choice. A fresh fruit loyalty card is also in operation and rewards customers with a free piece of fresh fruit for every 6 purchases.

There is also a range of fresh fruit juices, water (including flavoured water 'Get more Vits') sugar free drinks and plant based milk available for hot drinks.

### Coffee shops

There is a good range of vegetarian sandwiches and sweet options available at our coffee shops on a daily basis. We also stock a smaller range of vegan sandwiches and cakes which are suitable for vegans. Our point of sale system has identified that whilst vegan options are increasing in popularity there is still a limited demand for these items.

Plant based milk is available at all coffee shops to provide hot drinks suitable for vegans and there is also a large range of cold drinks available.

### **Future work**

We are currently completing a review of the recipes and meal choices which are made at the health board operated central production unit (CPU). A part of this review is focused on increasing the range of vegetarian and vegan recipes available.

All commercial suppliers have been contacted to submit their current range of vegan options to suit patient feeding, restaurant and coffee shop menus to assist us in increasing the range of choices that we are able to provide.

Should you require any further information, please do not hesitate to contact me directly.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Sharon Hopkins', with a long horizontal flourish extending to the right.

**Dr Sharon Hopkins**  
**Prif Weithredwr/Chief Executive**