

CARE HOME MENU

WEEK 1 MENU

The quality of meals provided in care homes is a sensitive issue that demands the best from providers in terms of quality and variety. With more than 25 years' experience working with care home caterers across the UK, the team at **Greetwell Purchasing Solutions acknowledges** the importance of providing helpful advice and up-to-date nutritional guidelines to care home operators to ensure a range of balanced, healthy and tasty meals is on offer to residents every day.

Mealtimes form a focal point of the day for residents and it is important to remember that they should not only be nutritional, but also an enjoyable and social part of the daily routine.

Our example care home menus have been created by expert dietitians with experience in the care home sector and reflect national standards and best practice.









Creating a well composed menu that meets the national minimum standards requires complex product analysis software.

It is a time-consuming process that usually involves qualified and experienced individuals in order to produce a fully nutritionally balanced menu. There are however simple guidelines that can be followed to ensure the basic elements of a balanced menu are considered.

These include providing:

- · At least two portions of protein-rich food each day
- · At least three portions of vegetables each day
- · At least one portion of starchy food each meal
- · At least two portions of fruit each day
- · At least three portions of dairy each day
- · Oily fish at least once a week



Our four-week menu is approved by our consultant Registered Nutritionist **Claire Baseley** who has many years of experience working with care home catering teams, helping them to achieve the best nutritional offering for their residents.

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WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	A SELECTION OF: Cereals or porridge oats with fresh milk	A SELECTION OF: Cereals or porridge oats with fresh milk	A SELECTION OF: Cereals or porridge oats with fresh milk	A SELECTION OF: Cereals or porridge oats with fresh milk	A SELECTION OF: Cereals or porridge oats with fresh milk	A SELECTION OF: Cereals or porridge oats with fresh milk	A SELECTION OF: Cereals or porridge oats with fresh milk
	Toasted wholemeal or white bread with jams & preserves	Toasted wholemeal or white bread with jams & preserves	Toasted wholemeal or white bread with jams & preserves	Toasted wholemeal or white bread with jams & preserves	Toasted wholemeal or white bread with jams & preserves	Toasted wholemeal or white bread with jams & preserves	Toasted wholemeal or white bread with jams & preserves
	Grapefruit in juice	Prunes in juice	Mandarins in juice	Peaches in juice	Pears in juice	Grapefruit in juice	Prunes in juice
	Grilled bacon, scrambled eggs & tomatoes	Sausage, fried egg & beans	Grilled bacon, poached eggs & mushrooms	Sausage, scrambled eggs & tomatoes	Grilled bacon, sausage & beans	Grilled bacon, scrambled eggs & beans	Grilled bacon, sausage, fried egg, tomatoes, beans & mushrooms
	SERVED WITH: Tea, coffee, hot chocolate & fruit juices	SERVED WITH: Tea, coffee, hot chocolate & fruit juices	SERVED WITH: Tea, coffee, hot chocolate & fruit juices	SERVED WITH: Tea, coffee, hot chocolate & fruit juices	SERVED WITH: Tea, coffee, hot chocolate & fruit juices	SERVED WITH: Tea, coffee, hot chocolate & fruit juices	SERVED WITH: Tea, coffee, hot chocolate & fruit juices
MID MORNING	Selection of beverages including milkshakes & smoothies Fresh fruit also available	Selection of beverages including milkshakes & smoothies Fresh fruit also available	Selection of beverages including milkshakes & smoothies Fresh fruit also available	Selection of beverages including milkshakes & smoothies Fresh fruit also available	Selection of beverages including milkshakes & smoothies Fresh fruit also available	Selection of beverages including milkshakes & smoothies Fresh fruit also available	Selection of beverages including milkshakes & smoothies Fresh fruit also available
LUNCH	STARTER: Homemade soup of the day	STARTER: Homemade soup of the day	STARTER: Homemade soup of the day	STARTER: Homemade soup of the day	STARTER: Homemade soup of the day	STARTER: Homemade soup of the day	STARTER: Homemade soup of the day
	CHOOSE ONE OF THE FOLLOWING: Braised steak with dumplings &	CHOOSE ONE OF THE FOLLOWING: Toad in the hole & onion gravy	CHOOSE ONE OF THE FOLLOWING: Roast pork & apricot seasoning	CHOOSE ONE OF THE FOLLOWING: Braised chicken legs with lemon &	CHOOSE ONE OF THE FOLLOWING: Battered fish	CHOOSE ONE OF THE FOLLOWING: Shepherds pie	CHOOSE ONE OF THE FOLLOWING Roast turkey with cranberry sauce
	baby onions	Broccoli & tomato quiche with	Vegetable & mixed bean hot pot	thyme	Cheese & onion pasty	Vegetable lasagne	Nut roast
	Vegetable & chickpea crumble Poached white fish In parsley sauce	mature cheddar Chicken & broccoli pie	Whitefish & sweetcorn pie topped with cheesy mash	Vegetable & lentil masala Liver & onions	Gammon & egg	Chicken in a tomato & mushroom casserole	Beef & ale pie
	ALL SERVED WITH: Mashed potatoes, green beans & carrots	ALL SERVED WITH: Boiled potatoes, creamy leeks & peas	ALL SERVED WITH: Roast potatoes, green cabbage & broccoli	ALL SERVED WITH: Boiled rice, cauliflower & carrots	ALL SERVED WITH: Chips, peas & sweetcorn	ALL SERVED WITH: Mashed sweet potatoes, green cabbage & roast parsnip	ALL SERVED WITH: Roast potatoes, carrots & broccoli
	ONE OF THE FOLLOWING DESSERTS: Rice pudding	ONE OF THE FOLLOWING DESSERTS: Treacle tart & cream	ONE OF THE FOLLOWING DESSERTS: Stewed pears with fromage frais	ONE OF THE FOLLOWING DESSERTS: Summer fruits meringue	ONE OF THE FOLLOWING DESSERTS: Cherry sponge & custard	ONE OF THE FOLLOWING DESSERTS: Peach flan & cream	ONE OF THE FOLLOWING DESSERTS: Apple & sultana crumble
	Fruit cocktail in juice or thick & creamy yoghurt	Fruit cocktail in juice or thick & creamy yoghurt	Fruit cocktail in juice or thick & creamy yoghurt	Fruit cocktail in juice or thick & creamy yoghurt	Fruit cocktail in juice or thick & creamy yoghurt	Fruit cocktail in juice or thick & creamy yoghurt	Fruit cocktail in juice or thick & creamy yoghurt
	Sandwiches, jacket potatoes & omelettes available daily						
AFTERNOON TEA	Selection of beverages & homemade cakes						
SUPPER	Cornish pasty or cheese & onion pasty	Selection of sandwiches, scotch egg, crab sticks & salad	Scrambled egg on toast or sardines on toast	Toasted English muffins with ham or cheese	Welsh rarebit or beans on toast	Jacket potato with cheese, beans or tuna	Selection of sandwiches, pork pie, quiche, salad & coleslaw
	DESSERT: Sliced banana & yoghurt	DESSERT: Gooseberry fool	DESSERT: Peaches & cream	DESSERT: Rice pudding & sultanas	DESSERT: Egg custard	DESSERT: Mandarins & Greek yoghurt	DESSERT: Strawberry angel delight
	Fresh soup & yoghurt both available on request	Fresh soup & yoghurt both available on request	Fresh soup & yoghurt both available on request	Fresh soup & yoghurt both available on request	Fresh soup & yoghurt both available on request	Fresh soup & yoghurt both available on request	Fresh soup & yoghurt both available on request
EVENING DRINK	A selection of beverages including milk-based drinks	A selection of beverages including milk-based drinks	A selection of beverages including milk-based drinks	A selection of beverages including milk-based drinks			



Our clients save money by using our network of supply chain partners and group buying power on purchases across a wide range of categories. We offer reliable and competitive pricing from a large number of local and national suppliers in the following areas:



AMBIENT, FROZEN & CHILLED FOOD



FRESH FRUIT & VEGETABLES



NON FOOD DISPOSABLES



LAUNDRY & TEXTILE SERVICES



FRESH MILK



CATERING EQUIPMENT



MEDICAL SUPPLIES



UTILITIES



FRESH MEAT PRODUCTS



CLEANING & CHEMICAL PRODUCTS



FURNITURE, BEDS & SOFT FURNISHING



STATIONERY





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