

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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PURCHASING SOLUTIONS

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 MILK



FRESH MEAT PRODUCTS



FRESH FRUIT & VEGETABLES



CATERING EQUIPMENT



CLEANING & CHEMICAL PRODUCTS



NON FOOD DISPOSABLES



MEDICAL SUPPLIES



FURNITURE, BEDS & SOFT FURNISHING



LAUNDRY & TEXTILE SERVICES



UTILITIES



STATIONERY



WASTE MANAGEMENT



UNIFORMS

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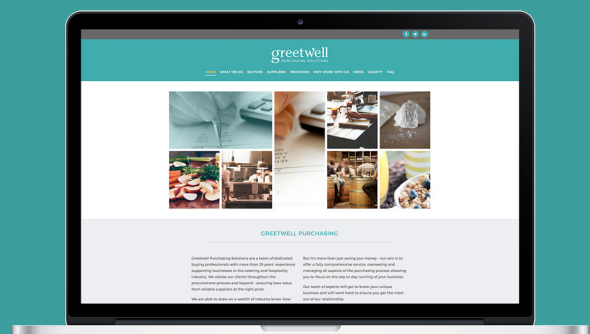
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