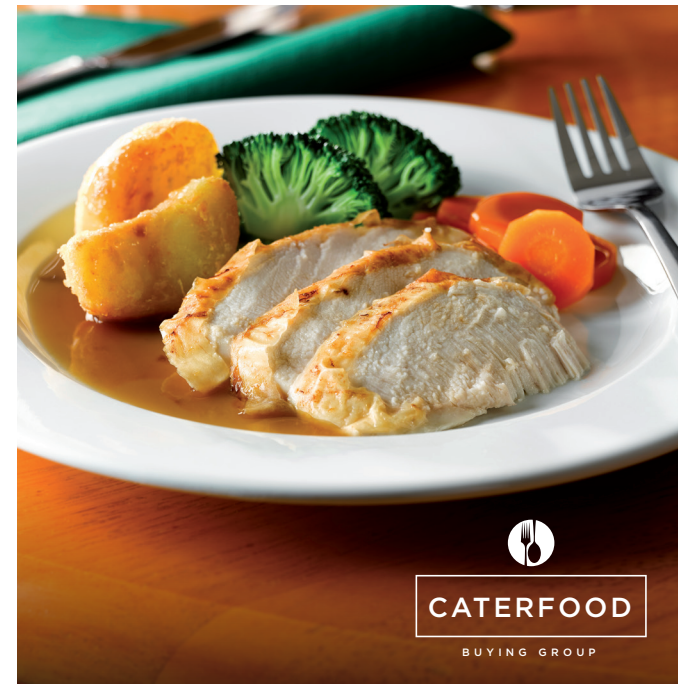




Catering with Care

FOUR WEEK
MENU PLANNER



CATERFOOD
BUYING GROUP



BENEFITS OF OUR FOUR WEEK MENU

Our specialist team have developed recipes designed to delight residents while working within your kitchen's budget, quality, nutrition and allergen requirements. Menus help you set, manage and achieve a per-head budget, and a convenient set buying list reduces wastage and keeps costs down. Every dish reflects Care Quality Commission regulations, and is designed to be simple to prepare without compromising on taste.

A fully costed, ready-to-shop version of this menu plan is available for free on request. Get in touch with our team today.

THIS MENU IS DESIGNED TO SUPPORT:



PROTEIN INTAKE

Eggs, meat, fish, dairy and legumes help maintain muscle mass.



ENERGY NEEDS

Traditional puddings help maintain weight in those at risk of malnutrition.



TEXTURE MODIFICATIONS

Meals can be adapted to soft, minced or puréed versions where needed.



CALCIUM & BONE HEALTH

Milk, yoghurt and cheese included daily.



FIBRE & DIGESTION

Prioritising whole grains, vegetables, fruit and prunes.



HYDRATION

Tea, water, soups and fruit-rich desserts.

CARE HOME MENU PLANNER

WEEK 1

Catering
with Care



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DRINKS	Tea Coffee Apple Juice Orange Juice						
BREAKFAST	A Selection of Cereals, Fruit and Yoghurt: Weetabix, Porridge, Cornflakes (Served with Milk) Banana, Stewed Apples, Prunes, Orange Segments Natural Yoghurt or Fruit Yoghurt						
COOKED BREAKFAST	Scrambled Eggs on Toast	Grilled Bacon and Tomato	Baked Beans on Toast	Scrambled Eggs on Toast	Grilled Bacon and Tomato	Baked Beans on Toast	Scrambled Eggs on Toast
MAIN MEAL	Roast Chicken with Potatoes, Carrots and Gravy	Cottage Pie with Peas	Battered Fish and Chips with Mushy Peas	Sausage and Mash with Onion Gravy	Salmon Fishcake with Potato and Green Beans	Beef Stew with Dumplings	Roast Pork and Apple Sauce with Vegetables
DESSERT	Apple Crumble with Custard	Rice Pudding	Fruit Jelly and Cream	Jam and Custard Sponge Pudding	Lemon Tart	Fruit Pie with Custard	Strawberry Trifle
SUPPER	A Selection of Sandwiches, Soups and Snacks: Ham, Egg Mayonnaise, Cheese Sandwiches Vegetable or Tomato Soup (Served with Bread) Sausage Roll or Quiche Slice						
DESSERT	Cheese and Crackers Yoghurt or Fruit						

Love this
menu?

We'll cost it, customise it, and get it ready to order, free of charge! **Get in touch now**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DRINKS	Tea Coffee Apple Juice Orange Juice						
BREAKFAST	A Selection of Cereals, Fruit and Yoghurt: Weetabix, Porridge, Cornflakes (Served with Milk) Banana, Stewed Apples, Prunes, Orange Segments Natural Yoghurt or Fruit Yoghurt						
COOKED BREAKFAST	Poached Eggs on Toast	Sausage and Beans	Omelette	Poached Eggs on Toast	Sausage and Beans	Omelette	Poached Eggs on Toast
MAIN MEAL	Turkey and Leek Pie with Mash	Spaghetti Bolognese	Gammon with Potatoes, Cabbage and Carrots	Chicken Casserole with Rice	Fish Pie with Peas	Lamb Hotpot	Roast Beef, with Yorkshire Pudding and Vegetables
DESSERT	Custard Tart	Ice Cream	Semolina Pudding	Jam Roly-Poly and Custard	Fruit Salad with Cream	Bread and Butter Pudding	New York Cheesecake
SUPPER	A Selection of Sandwiches, Soups and Snacks: Tuna or Cucumber Sandwiches Cream of Chicken Soup (Served with Bread) Crumpets or Toast with Butter and Jam						
DESSERT	Banana or Stewed Fruit						

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CARE HOME MENU PLANNER

WEEK 3

Catering
with Care



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DRINKS	Tea Coffee Apple Juice Orange Juice						
BREAKFAST	A Selection of Cereals, Fruit and Yoghurt: Weetabix, Porridge, Cornflakes (Served with Milk) Banana, Stewed Apples, Prunes, Orange Segments Natural Yoghurt or Fruit Yoghurt						
COOKED BREAKFAST	Fried Egg and Tomatoes	Kippers	Beans on Toast	Fried Egg and Tomatoes	Kippers	Beans on Toast	Fried Egg and Tomatoes
MAIN MEAL	Mild Chicken Curry with Rice	Sheperd's Pie with Carrots	Fish Fingers with New Potatoes and Peas	Sausage Casserole	Tuna Pasta Bake with Salad	Beef Lasagne with Garlic Bread	Roast Chicken with Stuffing and Vegetables
DESSERT	Rice Pudding	Chocolate Sponge with Custard	Jelly and Ice Cream	Apple Pie with Custard	Fruit Fool	Ice Cream	Raspberry Trifle
SUPPER	A Selection of Sandwiches, Soups and Snacks: Egg Mayonnaise or Cheese Sandwiches Lentil or Vegetable Soup (Served with Bread) Pork Pie or Sausage Roll						
DESSERT	Yoghurt and Soft Fruit						

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CARE HOME MENU PLANNER

WEEK 4

Catering
with Care



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DRINKS	Tea Coffee Apple Juice Orange Juice						
BREAKFAST	A Selection of Cereals, Fruit and Yoghurt: Weetabix, Porridge, Cornflakes (Served with Milk) Banana, Stewed Apples, Prunes, Orange Segments Natural Yoghurt or Fruit Yoghurt						
COOKED BREAKFAST	Scrambled Eggs with Smoked Salmon	Bacon Sandwich	Omelette	Scrambled Eggs with Smoked Salmon	Bacon Sandwich	Omelette	Scrambled Eggs with Smoked Salmon
MAIN MEAL	Beef Stew and Potatoes	Chicken Pie with Vegetables	Grilled Fish with New Potatoes	Liver and Onions with Mash	Macaroni Cheese	Sausage and Mash with Peas	Roast Lamb with Mint Sauce and Vegetables
DESSERT	Sponge Pudding with Custard	Fruit Crumble	Rice Pudding	Jelly and Cream	Cheesecake	Sticky Toffee Pudding	Lemon Meringue Pie
SUPPER	A Selection of Sandwiches, Soups and Snacks: Ham or Tuna Sandwiches Tomato or Mushroom Soup (Served with Bread) Cheese on Toast Scotch Egg or Quiche						
DESSERT	Yoghurt or Bananas						

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