

greetwell

PURCHASING SOLUTIONS

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 dietitian with experience in the care home sector and reflect national standards and best practice.



View the menu online
with nutritional information

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 nutritional balanced menu. There are however simple guidelines that can be followed to ensure the basic elements of a balanced menu are considered.

Try to include the following each day:

- 2-3 portions of protein foods
- 5 portions of vegetables and fruits
- A starchy carbohydrate food with each meal and snack
- 3 dairy foods or alternatives
- Oily fish once or more 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.

www.clairebaseley.co.uk

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WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<p>A SELECTION OF: Cereals or porridge oats with fresh milk</p> <p>Toasted wholemeal or white bread with jams & preserves</p> <p>Grapefruit in juice</p> <p>Grilled bacon, scrambled eggs & tomatoes</p> <p>SERVED WITH: Tea, coffee, hot chocolate & fruit juices</p>	<p>A SELECTION OF: Cereals or porridge oats with fresh milk</p> <p>Toasted wholemeal or white bread with jams & preserves</p> <p>Prunes in juice</p> <p>Sausage, fried egg & beans</p> <p>SERVED WITH: Tea, coffee, hot chocolate & fruit juices</p>	<p>A SELECTION OF: Cereals or porridge oats with fresh milk</p> <p>Toasted wholemeal or white bread with jams & preserves</p> <p>Mandarins in juice</p> <p>Grilled bacon, poached eggs & mushrooms</p> <p>SERVED WITH: Tea, coffee, hot chocolate & fruit juices</p>	<p>A SELECTION OF: Cereals or porridge oats with fresh milk</p> <p>Toasted wholemeal or white bread with jams & preserves</p> <p>Peaches in juice</p> <p>Sausage, scrambled eggs & tomatoes</p> <p>SERVED WITH: Tea, coffee, hot chocolate & fruit juices</p>	<p>A SELECTION OF: Cereals or porridge oats with fresh milk</p> <p>Toasted wholemeal or white bread with jams & preserves</p> <p>Pears in juice</p> <p>Grilled bacon, sausages & beans</p> <p>SERVED WITH: Tea, coffee, hot chocolate & fruit juices</p>	<p>A SELECTION OF: Cereals or porridge oats with fresh milk</p> <p>Toasted wholemeal or white bread with jams & preserves</p> <p>Grapefruit in juice</p> <p>Grilled bacon, scrambled eggs & beans</p> <p>SERVED WITH: Tea, coffee, hot chocolate & fruit juices</p>	<p>A SELECTION OF: Cereals or porridge oats with fresh milk</p> <p>Toasted wholemeal or white bread with jams & preserves</p> <p>Prunes in juice</p> <p>Grilled bacon, sausage, fried egg, tomatoes, beans & mushrooms</p> <p>SERVED WITH: Tea, coffee, hot chocolate & fruit juices</p>
MID MORNING	<p>Selection of beverages including milkshakes & smoothies</p> <p>Fresh fruit also available</p>	<p>Selection of beverages including milkshakes & smoothies</p> <p>Fresh fruit also available</p>	<p>Selection of beverages including milkshakes & smoothies</p> <p>Fresh fruit also available</p>	<p>Selection of beverages including milkshakes & smoothies</p> <p>Fresh fruit also available</p>	<p>Selection of beverages including milkshakes & smoothies</p> <p>Fresh fruit also available</p>	<p>Selection of beverages including milkshakes & smoothies</p> <p>Fresh fruit also available</p>	<p>Selection of beverages including milkshakes & smoothies</p> <p>Fresh fruit also available</p>
LUNCH	<p>STARTER: Homemade soup of the day</p> <p>CHOOSE ONE OF THE FOLLOWING: Beef stroganoff with shallots</p> <p>Sweet potato & chickpea hash</p> <p>Poached white fish in parsley sauce</p> <p>ALL SERVED WITH: Mashed potatoes, green beans & carrots</p> <p>ONE OF THE FOLLOWING DESSERTS: Rice pudding</p> <p>Fruit cocktail in juice or thick & creamy yoghurt</p> <p>Sandwiches, jacket potatoes & omelettes available daily</p>	<p>STARTER: Homemade soup of the day</p> <p>CHOOSE ONE OF THE FOLLOWING: Sausage and bean stew</p> <p>Broccoli and tomato quiche with mature cheddar</p> <p>Chicken and leek filo pie</p> <p>ALL SERVED WITH: Boiled potatoes, broccoli & peas</p> <p>ONE OF THE FOLLOWING DESSERTS: Tart Tatin & cream</p> <p>Fruit cocktail in juice or thick & creamy yoghurt</p> <p>Sandwiches, jacket potatoes & omelettes available daily</p>	<p>STARTER: Homemade soup of the day</p> <p>CHOOSE ONE OF THE FOLLOWING: Roast pork & apricot seasoning</p> <p>Veggie bean pot with herby breadcrumbs</p> <p>White fish & spinach pie topped with cheesy mash</p> <p>ALL SERVED WITH: Roasted potatoes, green cabbage & creamy leeks</p> <p>ONE OF THE FOLLOWING DESSERTS: Stewed pears with fromage fraise</p> <p>Fruit cocktail in juice or thick & creamy yoghurt</p> <p>Sandwiches, jacket potatoes & omelettes available daily</p>	<p>STARTER: Homemade soup of the day</p> <p>CHOOSE ONE OF THE FOLLOWING: Roasted chicken legs with lemon & thyme</p> <p>Vegetable & lentil masala</p> <p>Poached white fish with cannellini beans & spinach</p> <p>ALL SERVED WITH: Boiled rice, cauliflower & carrots</p> <p>ONE OF THE FOLLOWING DESSERTS: Fig sponge pudding with cream</p> <p>Fruit cocktail in juice or thick & creamy yoghurt</p> <p>Sandwiches, jacket potatoes & omelettes available daily</p>	<p>STARTER: Homemade soup of the day</p> <p>CHOOSE ONE OF THE FOLLOWING: Battered fish</p> <p>Spinach & red pepper fritatta</p> <p>Gammon & egg</p> <p>ALL SERVED WITH: Chips, peas & sweetcorn</p> <p>ONE OF THE FOLLOWING DESSERTS: Poached spiced seasonal fruits & custard</p> <p>Fruit cocktail in juice or thick & creamy yoghurt</p> <p>Sandwiches, jacket potatoes & omelettes available daily</p>	<p>STARTER: Homemade soup of the day</p> <p>CHOOSE ONE OF THE FOLLOWING: Beef goulash</p> <p>Vegetable lasanga</p> <p>Chicken arrabbiata & herby dumplings</p> <p>ALL SERVED WITH: Mashed sweet potato, green cabbage & roast parsnips</p> <p>ONE OF THE FOLLOWING DESSERTS: Peach cobbler & cream</p> <p>Fruit cocktail in juice or thick & creamy yoghurt</p> <p>Sandwiches, jacket potatoes & omelettes available daily</p>	<p>STARTER: Homemade soup of the day</p> <p>CHOOSE ONE OF THE FOLLOWING: Roast turkey with cranberry sauce</p> <p>Nut roast</p> <p>Beef & ale pie</p> <p>ALL SERVED WITH: Roasted potatoes, carrots & broccoli</p> <p>ONE OF THE FOLLOWING DESSERTS: Apple & sultana crumble</p> <p>Fruit cocktail in juice or thick & creamy yoghurt</p> <p>Sandwiches, jacket potatoes & omelettes available daily</p>
AFTERNOON TEA	<p>Selection of beverages & homemade cakes</p>	<p>Selection of beverages & homemade cakes</p>	<p>Selection of beverages & homemade cakes</p>	<p>Selection of beverages & homemade cakes</p>	<p>Selection of beverages & homemade cakes</p>	<p>Selection of beverages & homemade cakes</p>	<p>Selection of beverages & homemade cakes</p>
SUPPER	<p>Chicken or hummus & vegetable wraps</p> <p>DESSERTS: Sliced banana & yoghurt</p> <p>Fresh soup & yoghurt both available on request</p>	<p>Selection of sandwiches, tuna & hard boiled egg & salad</p> <p>DESSERTS: Gooseberry fool</p> <p>Fresh soup & yoghurt both available on request</p>	<p>Scrambled egg on toast or sardines on toast</p> <p>DESSERTS: Peaches & cream</p> <p>Fresh soup & yoghurt both available on request</p>	<p>Toasted English muffin with ham or cheese & cherry tomatoes</p> <p>DESSERTS: Rice pudding & sultanas</p> <p>Fresh soup & yoghurt both available on request</p>	<p>Welsh Rarebit or beans of toast</p> <p>DESSERTS: Egg custard & raspberries</p> <p>Fresh soup & yoghurt both available on request</p>	<p>Jacket potato with cheese, beans or tuna & salad</p> <p>DESSERTS: Mandarins & greek yoghurt</p> <p>Fresh soup & yoghurt both available on request</p>	<p>Selection of sandwiches, pork pie, quiche, salad & coleslaw</p> <p>DESSERTS: Berry trifle</p> <p>Fresh soup & yoghurt both available on request</p>
EVENING DRINK	<p>A selection of beverages including milk-based drinks</p>	<p>A selection of beverages including milk-based drinks</p>	<p>A selection of beverages including milk-based drinks</p>	<p>A selection of beverages including milk-based drinks</p>	<p>A selection of beverages including milk-based drinks</p>	<p>A selection of beverages including milk-based drinks</p>	<p>A selection of beverages including milk-based drinks</p>

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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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