



CARE HOME 3 WEEK MENU SOLUTION

CREED
THE FOODSERVICE COMPANY

BENEFITS OF OUR 3 WEEK MENU

Our specialist team have developed recipes that will not only be popular with residents but fit in with budget, quality, nutrition and allergens within your kitchens. We have taken into account regulations set by the Care Quality Commission while ensuring dishes are both easy to create and taste great.



COST EFFECTIVE

- ✓ The menus allow you to set, manage and achieve a per head budget
- ✓ A convenient set buying list results in less wastage and keeps costs down



QUALITY & CONSISTENCY

- ✓ Each recipe includes a step-by-step method for colourful, visually appealing dishes
- ✓ Our British meat is Red Tractor and RSPCA assured and recipes utilise seasonal produce



NUTRITIONALLY BALANCED

- ✓ Recipes follow portion control guidance from British Dietetics Association
- ✓ Saffron provides live online nutritional values for all recipes



ALLERGEN CONTROL

- ✓ Live allergen information for individual products and full dishes is available on Saffron

MON

TUE

WED

THUR

FRI

SAT

SUN

BREAKFAST	Variety of continental and cooked breakfasts						
MAIN MEAL	Ham & Leek Pie with Mashed Potatoes OR Roasted Vegetable Lasagne & Garlic Bread	Chicken Tikka Curry with Rice & Naan Bread OR Butternut Squash Risotto & Salad	Roast Chicken, Vegetables & Roast Potatoes OR Smoked Haddock Bake	Shepherd's Pie (vg option) & Seasonal Vegetables OR Tuna Pasta Bake & Mixed Salad	Battered Fish & Chips with Peas OR Vegetarian Pasty & Chips	Steak & Kidney Pudding with Mashed Potatoes & Vegetables OR Mushroom Pasta Bake & Garlic Bread	Roast Pork, Vegetables & Roast Potatoes OR Poached Pollock, Parsley Sauce & Mashed Potatoes
DESSERT	Rhubarb Crumble OR Ice Cream Sundae	Jam Roly Poly & Custard OR Fruit Salad	Treacle Sponge & Custard OR Yoghurt & Berries	Bread and Butter Pudding OR Chocolate Mousse	Cherry Bakewell Tart OR Peaches & Ice Cream	Chocolate Sponge Pudding OR Fruit Salad	Profiteroles & Chocolate Sauce OR Ice Cream Sundae
LIGHT MEAL	Selection of freshly made soups and sandwiches						
	Sardines on Toast	Homemade Sausage Roll & Coleslaw	Broccoli Pasta Bake	Scrambled Egg on Toast	Beans on Toast	Salmon Fishcakes & Salad	Ploughman's
DESSERT	Choice of yoghurts and mousses, fresh fruit and cheese & biscuits.						



MON

TUE

WED

THUR

FRI

SAT

SUN

BREAKFAST	Variety of continental and cooked breakfasts						
MAIN MEAL	Faggots with Onion Gravy & Herby New Potatoes OR Margherita Pizza & Chips	Coq au Vin with Mashed Potatoes & Braised Carrots OR Root Vegetable Cottage Pie	Roast Beef, Vegetables & Roast Potatoes OR Smoked Haddock in Parsley Sauce with Mashed Potatoes & Peas	Sweet & Sour Chicken Noodles OR Vegetable Pasta Bake & Garlic Bread	Baked Salmon, Potatoes, Broccoli & Butter Sauce OR Pork Loin Steak, Potatoes, Broccoli & Grain Mustard Sauce	Beef Stew with Dumplings & Mashed Potatoes OR Sausages (vg option) with Onion Gravy, Peas & Mashed Potatoes	Roast Gammon, Vegetables & Roast Potatoes OR Cod in Mornay Sauce with Vegetables & Herby New Potatoes
DESSERT	Apple Crumble & Custard OR Fruit Salad	Sticky Toffee Pudding OR Raspberry Mousse	Lemon Sponge Pudding OR Jelly & Ice Cream	Pear & Blackberry Pie OR Yoghurt & Berries	Treacle Tart OR Fruit Salad	Pineapple Upside Down Cake OR Ice Cream Sundae	Marshmallow Brownie OR Peaches & Ice Cream
LIGHT MEAL	Selection of freshly made soups and sandwiches						
	Bubble and Squeak	Cheese and Onion Quiche	Ham and Tomato Omelette	Prawn Cocktail	Jacket Potato with Baked Beans & Cheese	Chicken Salad	Ploughman's
DESSERT	Choice of yoghurts and mousses, fresh fruit and cheese & biscuits.						



MON

TUE

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BREAKFAST	Variety of continental and cooked breakfasts						
MAIN MEAL	Braised Beef with Mashed Potatoes & Vegetables OR Mushroom Risotto & Salad	Chicken & Mushroom Pie with Mashed Potatoes & Vegetables OR Vegetarian Sausage & Butter Bean Bake	Roast Chicken, Vegetables & Roast Potatoes OR Classic Fish Pie with Buttered Greens	Gammon, Egg & Chips OR Smoky Bean Chilli with Rice	Battered Fish & Chips with Mushy Peas & Tartar Sauce OR Spaghetti & Meatballs with Garlic Bread	Thai Massaman Chicken or Vegetable Curry & Rice OR Minced Beef & Onion Pie with New Potatoes	Roast Pork, Vegetables & Roast Potatoes OR Salmon Fishcakes with Wilted Spinach & Parsley Sauce
DESSERT	Pear Crumble & Cream OR Ice Cream Sundae	Spotted Dick & Custard OR Fruit Salad	Chocolate Sponge & Caramel Sauce OR Yoghurt & Berries	Rhubarb & Ginger Pie & Ice Cream OR Chocolate Mousse	Apricot Tart with Chantilly Cream OR Pears & Ice Cream	Mandarin Sponge & Custard OR Ice Cream Sundae	Lemon Meringue Pie with Raspberry Coulis OR Fruit Salad
LIGHT MEAL	Selection of freshly made soups and sandwiches						
	Sausage Roll & Baked Beans	Chicken Kiev & Salad	Cheese & Bacon Flan	Spaghetti Carbonara	Cheese & Tomato Omelette	Cornish Pasty & Baked Beans	Ploughman's
DESSERT	Choice of yoghurts and mousses, fresh fruit and cheese & biscuits.						



SERVING SUGGESTIONS

SAFFRON

Using Saffron Nutritional Software, you can find the full recipes and nutritional information for the dishes included in our 3 week menu solution.

Contact us today for more information.

Energy	Fat	Saturates	Sugars	Salt
2573kJ 610kcal	14g	2.8g	2.6g	1.3g
31%	20%	14%	3%	22%

FURTHER SUPPORT

We hope you have found this menu solution useful. For further support with your catering provision we are on hand to help with a host of assets and solutions.

Visit our online [Care Asset Hub](#).



Proud winners at the Social Care Premier Supplier Awards for **Nutrition & Hydration** in 2022 & 2023



Butternut Squash Risotto



Chicken Tikka, Rice & Naan Bread



Roast Chicken, Vegetables & Roast Potatoes



Apricot Tart