

TOTAL foodservice

CARE HOME
3 WEEK MENU SOLUTION

OUR 3 WEEK MENU SOLUTION

Our specialist team have developed dishes that will not only be popular with residents but fit in with budget, quality and nutrition 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

✓ Recipes have been trialed for taste, texture and ease of eating to suit a range of preferences

✓ The menu uses fresh ingredients and varied dishes to reduce repetition and menu fatigue

NUTRITIONALLY BALANCED

✓ Recipes follow portion control guidance from British Dietetics Association

✓ Dishes support dietary needs such as fortified diets, reduced sugar & salt, or heart health

ALLERGEN CONTROL

✓ Live accurate allergen information is available for all our products on our website

✓ Recipes can be adapted to suit individual allergy needs without compromising flavour

WEEK 1

	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	Shephard'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.						





WEEK 2

	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.						





WEEK 3

	MON	TUE	WED	THUR	FRI	SAT	SUN
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.						





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NUTRITIONAL MANAGEMENT

You can find nutritional information for all of the products included in our 3 week menu solution, which are dynamically maintained through the Erudus Nutritional Software platform.

Download the PDF spec sheet on the product pages on our website to view full information.

Product Specification

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. Speak with your account manager today!

SERVING SUGGESTIONS



Butternut Squash Risotto



Pineapple Upside Down Cake



Apricot Tart



Spaghetti & Meatballs