



WestCountry
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

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.



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.



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