



An appetite *for life*



Comprehensive menu cycle for care homes

Helping you deliver a nutritionally-balanced menu for breakfast, lunch, dinner and snacks, across all seven days for each of the four weeks in a month.

Menu cycle

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Continental selection: wholemeal/white rolls & croissants, assorted cereals, toast with preserves, fresh fruit, fruit juices, and hot drinks (tea, coffee, herbal teas).						
Mid Morning	Tea, coffee, squash, fruit, chocolate cookie	Tea, coffee, squash, fruit, blueberry muffin	Tea, coffee, squash, fruit, shortbread	Tea, coffee, squash, fruit, doughnut	Tea, coffee, squash, fruit, hot cross bun	Tea, coffee, squash, fruit, caramel shortbread	Tea, coffee, squash, fruit, danish assortment
Lunch <i>Vegetarian & Vegan</i>	Butternut squash & lentil risotto, garlic bread	Chickpea curry, rice and naan	Vegetable lasagne, salad	Mushroom stroganoff, tagliatelle pasta	Jacket potatoes with a variety of fillings	Veggie sausages, chips, peas	Nut roast, veg & potatoes
Lunch <i>Meat & Fish</i>	Roast chicken breast, mushroom sauce, veg and potatoes	Shepherd's pie, mixed vegetables	Meat lasagne, salad	Pork loin, mustard sauce, veg and potatoes	Jacket potatoes with a variety of fillings	Battered fish, chips and peas	Roast pork, veg & potatoes
Lunch Dessert	Baked apple	Ice cream selection	Fruit trifle	Lemon tart	Plum compote	Fruit jelly & ice cream	Rhubarb crumble
Afternoon Snack	Fruit & yoghurt/ selection of sandwiches	Cheese scones/ selection of sandwiches	Fruit smoothie/ selection of sandwiches	Rice cakes & houmous / selection of sandwiches	Digestives & tea/ selection of sandwiches	Toasted teacake with butter / selection of sandwiches	Carrot sticks & houmous / selection of sandwiches
Dinner <i>Vegetarian & Vegan</i>	Roasted vegetable and tomato pasta bake	Spanish omelette, salad & chips	Vegetable & lentil stew	Broccoli bake	Quorn sausage, mash, gravy	Veg shepherd's pie	Pea risotto
Dinner <i>Meat & Fish</i>	Baked cod, parsley sauce, boiled potatoes and vegetables	Ham quiche, salad & chips	Turkey stir fry	Fish pie	Pork sausage, mash, gravy	Cottage pie	Pasta bolognaise
Dinner Dessert	Rice pudding	Semolina pudding	Bread and butter pudding	Fruit jelly	Poached pears	Custard tart	Baked apple

Menu cycle

Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Continental selection: wholemeal/white rolls & croissants, assorted cereals, toast with preserves, fresh fruit, fruit juices, and hot drinks (tea, coffee, herbal teas).						
Mid Morning	Tea, coffee, squash, fruit, chocolate cookie	Tea, coffee, squash, fruit, blueberry muffin	Tea, coffee, squash, fruit, shortbread	Tea, coffee, squash, fruit, doughnut	Tea, coffee, squash, fruit, hot cross bun	Tea, coffee, squash, fruit, caramel shortbread	Tea, coffee, squash, fruit, danish assortment
Lunch <i>Vegetarian & Vegan</i>	Veg curry, rice, naan	Stuffed peppers	Jacket potatoes with a variety of fillings	Quorn curry, rice and naan	Veg shepherd's pie, mixed vegetables	Broccoli bake	Chickpea tagine
Lunch <i>Meat & Fish</i>	Chicken curry, rice, naan	Gammon, egg and chips	Jacket potatoes with a variety of fillings	Fishermans pie, mixed vegetables	Beef pie, mixed vegetables and potatoes	Fish & chips, peas	Roast beef, mixed vegetables and potatoes
Lunch Dessert	Apple pie	Treacle tart	Jam roly-poly	Lemon mousse	Sticky toffee pudding	Chocolate yule log	Fruit crumble
Afternoon Snack	Fruit & yoghurt/ selection of sandwiches	Cheese scones/ selection of sandwiches	Fruit smoothie/ selection of sandwiches	Rice cakes & houmous / selection of sandwiches	Digestives & tea/ selection of sandwiches	Toasted teacake with butter / selection of sandwiches	Carrot sticks & houmous / selection of sandwiches
Dinner <i>Vegetarian & Vegan</i>	Vegetable lasagne	Quorn chilli and rice	Vegetable stir fry	Mushroom risotto	Veg stew, mashed potato	Macaroni cheese	Vegetable hotpot
Dinner <i>Meat & Fish</i>	Grilled salmon, boiled potatoes, tenderstem	Meat chilli and rice	Fish cakes, chips and peas	Chicken fricassee	Cod mornay, green beans, new potatoes	Beef casserole, mashed potato	Lamb hotpot
Dinner Dessert	Chocolate sponge	Rice pudding	Fruit jelly	Semolina pudding	Stewed apple	Custard tart	Baked apple

Menu cycle

Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Continental selection: wholemeal/white rolls & croissants, assorted cereals, toast with preserves, fresh fruit, fruit juices, and hot drinks (tea, coffee, herbal teas).						
Mid Morning	Tea, coffee, squash, fruit, chocolate cookie	Tea, coffee, squash, fruit, blueberry muffin	Tea, coffee, squash, fruit, shortbread	Tea, coffee, squash, fruit, doughnut	Tea, coffee, squash, fruit, hot cross bun	Tea, coffee, squash, fruit, caramel shortbread	Tea, coffee, squash, fruit, danish assortment
Lunch <i>Vegetarian & Vegan</i>	Jacket potatoes with a variety of fillings	Veg curry, rice, naan	Stuffed aubergine	Mushroom risotto	Sweet potato bake	Cauliflower cheese	Mediterranean tagine
Lunch <i>Meat & Fish</i>	Jacket potatoes with a variety of fillings	Chicken curry, rice, naan	Fish pie, steamed broccoli	Pork loin, mustard sauce, potatoes & vegetables	Beef casserole and roasted vegetables	Battered fish, chips and mushy peas	Roast turkey, vegetables and potatoes
Lunch Dessert	Apple crumble	Mixed ice cream	Chocolate trifle	Cherry tart	Plum compote	Mixed fruit jelly	Treacle sponge pudding
Afternoon Snack	Fruit & yoghurt/ selection of sandwiches	Cheese scones/ selection of sandwiches	Fruit smoothie/ selection of sandwiches	Rice cakes & houmous / selection of sandwiches	Digestives & tea/ selection of sandwiches	Toasted teacake with butter / selection of sandwiches	Carrot sticks & houmous / selection of sandwiches
Dinner <i>Vegetarian & Vegan</i>	Cheesy pasta bake	Veg omelette, chips & salad	Veg stew & dumplings	Quorn sausages, mash and gravy	Broccoli bake	Veg shepherd's pie, mixed vegetables	Pea risotto
Dinner <i>Meat & Fish</i>	Grilled haddock, parsley sauce, new potatoes, mixed vegetables	Ham, egg, chips, peas	Beef stew & dumplings	Cumberland sausages, mash and gravy	Chicken chasseur, veg & potatoes	Bacon & broccoli pasta bake	Mousaka and salad
Dinner Dessert	Rice pudding	Semolina pudding	Stewed apple	Fruit jelly	Poached pears	Custard tart	Chocolate mousse

Menu cycle

Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Continental selection: wholemeal/white rolls & croissants, assorted cereals, toast with preserves, fresh fruit, fruit juices, and hot drinks (tea, coffee, herbal teas).						
Mid Morning	Tea, coffee, squash, fruit, chocolate cookie	Tea, coffee, squash, fruit, blueberry muffin	Tea, coffee, squash, fruit, shortbread	Tea, coffee, squash, fruit, doughnut	Tea, coffee, squash, fruit, hot cross bun	Tea, coffee, squash, fruit, caramel shortbread	Tea, coffee, squash, fruit, danish assortment
Lunch <i>Vegetarian & Vegan</i>	Veg curry, rice & naan	Stuffed peppers	Jacket potatoes with a variety of fillings	Quorn curry	Veg shepherd's pie	Broccoli bake	Nut roast, veg & potatoes
Lunch <i>Meat & Fish</i>	Chicken curry, rice & naan	Chicken casserole	Jacket potatoes with a variety of fillings	Gammon steak, chips & peas	Beef pie, mash & beans	Fish, chips & peas	Roast beef, veg & potatoes
Lunch Dessert	Apple pie	Treacle tart	Jam roly-poly	Lemon mousse	Sticky toffee pudding	Chocolate yule log	Fruit crumble
Afternoon Snack	Fruit & yoghurt/ selection of sandwiches	Cheese scones/ selection of sandwiches	Fruit smoothie/ selection of sandwiches	Rice cakes & houmous / selection of sandwiches	Digestives & tea/ selection of sandwiches	Toasted teacake with butter / selection of sandwiches	Carrot sticks & houmous / selection of sandwiches
Dinner <i>Vegetarian & Vegan</i>	Pea protein bolognaise and pasta	Veg stir fry	Quorn chilli, rice	Veg bake	Macaroni cheese	Vegetable stew	Pea & leek risotto
Dinner <i>Meat & Fish</i>	Grilled salmon, new potatoes, veg	Fish cakes, chips & salad	Beef chili, rice	Cod mornay, green beans, new potatoes	Chicken fricassee	Beef casserole	Lamb hotpot
Dinner Dessert	Chocolate sponge	Rice pudding	Fruit jelly	Semolina pudding	Custard tart	Bread and butter pudding	Baked apple