

Menu and Recipes



Llywodraeth Cymru
Welsh Government

Sample Menu and Recipes

FOOD & NUTRITION

in Care Homes for Older People



Sample Menu and Recipes

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Example Menu



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early-morning	Drink of choice	Drink of choice	Drink of choice	Drink of choice	Drink of choice	Drink of choice	Drink of choice
Breakfast choices	Prunes Bran flakes Toast with butter/ spread/preserves	Grapefruit segments Weetabix Beans on toast	Berry Porridge Omelette and baked beans	Orange juice Shredded wheat Boiled on toast	Sliced melon Crisped rice cereal Toast with butter/ spread/preserves	Cinnamon porridge with banana Scrambled Eggs on Toast	Orange juice Cornflakes Potato hash and poached eggs
Mid-morning snack	2 x crackers and cheddar cheese	Mini cheese bites and apple slices	Apple cookie	Welsh cake	Slice of banana bread	Crispy Chocolate Bite	Date cookie square
Lunch: Main course choices	Chicken in creamy mushroom sauce served with baked sliced potatoes and vegetables	Shepherd's pie/ Vegetarian shepherds pie served with vegetables	Chicken Tikka Masala/vegetable and chickpea Tikka Masala served with rice and vegetables	Pork and apple casserole served with mashed potato and vegetables	Baked fish in parsley sauce served with mashed potato and vegetables	Steak and kidney pie served with vegetables	Roast meat dinner, with potatoes and vegetables
	Salmon and cheddar/broccoli and stilton quiche served with salad	Tuna cheesy pasta bake served with vegetables	Vegetable risotto served with beans	Omelette and chips served with vegetables	Sausage/vegetarian sausage, mash and gravy served with vegetables	Lentil and vegetable stew with boiled potatoes and vegetables	Cauliflower and macaroni cheese served with vegetables
Lunch: Dessert choices	Strawberry mousse	Trifle	Pineapple upside down cake with crème fraiche	Lemon mousse	Eton mess	Rice pudding	Orange cupcake
	Stewed apple and cinnamon with cream or LF yoghurt	Banana and custard	Stewed pears and fromage frais	Mini Victoria sponge and plum wedges	Tinned mandarins and/or ice cream	Choice of fresh fruit	Strawberries and cream/ yoghurt
Mid-afternoon snack	Fruit scone and jam	Fruit loaf	Rye crackers with tuna pate	Cheese scone with spread Apple slices	Chocolate éclair	Liver pate with toast and cucumber	Slice of Madeira cake
Evening meal: Main course choices	Home-made butternut squash soup served with a bread roll and butter	Fish fingers, beans and chips	Sardines on toast and mixed salad	Home-made tomato soup, served with bread roll and butter	Home-made potato and leek soup, served with bread roll and butter	Carrot and coriander soup, served with bread roll and butter	Home-made Pea and ham soup, served with bread roll and butter
	Ham Sandwich with wholemeal bread and salad	Mini pork rolls with stuffing, tomato and watercress	Baked potato with soft cheese and chives, mixed salad	Turkey sandwich with wholemeal bread	Beef sandwich with wholemeal bread	Salmon fishcakes with mixed salad	Egg and cress sandwich with Wholemeal bread

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Evening meal: Dessert choices	Triple lemon sponge	Rhubarb crumble served with custard	Bread and butter pudding and custard	Manchester tart	Chocolate cake	Blackberry and apple crumble served with crème fraiche	Sticky toffee pudding and custard
	Fresh fruit salad and ice cream	Oat cookies and grapes	Hot banana cake	Baked apple with sultanas	Mixed summer fruit with fromage frais	Madeira cake and fresh pear	Sliced melon
Supper	Crackers and cheese	Crumpet and jam	Hot chocolate	Peanut butter on toast	Malted drink	Mini pancakes	Classic porridge
Fluid choices	6-8 Glasses water or other fluids daily Fruit juice offered at one meal time at least						
	Fresh fruit available and 'ready to eat' during the day Vegetables/salad a choice of 2 per meal						



Preparation time: 5 minutes

Cooking time: 5 minutes

Serving Size

Serving Size 145g

Recipe originally Serves 1

Adjust recipe size: Serves 1

Ingredients

- 4 tbsp malt wheat
- 100ml full-fat milk or semi skimmed milk

Special Diet

This recipe is suitable for the following special diets:

- Healthier choice if use semi skimmed milk

Method

1. Place malted wheat cereal in a dish and cover with milk

* Allergens check: all recipe ingredients should be checked for allergenic properties

Creamy Chicken in Mushroom Sauce (serve with baked sliced potatoes and vegetables)



Main Meal

Preparation time: 10 minutes

Cooking time: 25 minutes

Serving Size

Serving Size 400g

Recipe originally Serves 10

Adjust recipe size: Serves 10

Ingredients

- 1000g Chicken
- 500g Mushrooms, sliced
- 300g Shallots (or small onions, sliced)
- 50g Butter
- 4 tbsp Port
- 1tsp Worcestershire sauce
- 400ml full-fat milk
- 1tsp Cayenne pepper
- 1 tin(s) of Cream of mushroom soup
- 1200g Baked sliced potatoes (accompaniment)

Method

1. Cook the chicken (fry or grill) and check it is fully cooked.
2. Heat the butter in pan and cook the mushrooms and shallots until just soft.
3. Add soup, milk, Worcestershire sauce, port (if using) and cayenne pepper, season to taste.
4. Bring to the boil and add cooked chicken. Reduce to low heat and ensure chicken is warmed through.
5. Serve over sliced potatoes or rice (Guideline 100g serving of rice per person). To serve as a soft option serve with mashed potato.

* Allergens check: all recipe ingredients should be checked for allergenic properties



Preparation time: 10 minutes

Cooking time: 15 minutes

Serving Size

Serving Size 200g

Recipe originally Serves 10

Adjust recipe size: Serves 10

Ingredients

- 1000g yoghurt, greek
- 900g apricots, canned in syrup
- 180g honey
- 1tsp cinnamon
- 100g caster sugar

Special Diet

This recipe is suitable for the following special diets:

1. Healthier choice
2. Vegetarian
3. Soft

Method

1. Place the apricots, sugar and cinnamon in a pan, cover and cook gently for about 15 mins, until the apricots are very soft, set aside to cool.
2. Spoon the yoghurt into a bowl and fold in most of the cooled apricots.
3. Spoon into serving glasses and top with the remaining fruit and any juices.

* Allergens check: all recipe ingredients should be checked for allergenic properties



Preparation time: 5 minutes

Cooking time: 5 minutes

Serving Size

Serving Size 29g

Recipe originally Serves 1

Adjust recipe size: Serves 1

Ingredients

- 2 Cream crackers
- 15g Cheese, cheddar

Special Diet

This recipe is suitable for the following special diets:

- Vegetarian

Method

1. Serve together

* Allergens check: all recipe ingredients should be checked for allergenic properties



Preparation time: 5 minutes

Cooking time: 5 minutes

Serving Size

Recipe makes 1 portion

Ingredients

- 150g (half a tin) of condensed soup e.g cream of tomato or chicken
- 140ml fortified whole milk
- 30g (1tbsp) double cream
- 25g (3 tablespoons) grated cheddar cheese

Special Diet

This recipe is suitable for the following Special diet:

- Fortified diet, each serving has 400 calories and 17.5 g protein

Method

1. Make up the condensed soup using fortified milk instead of the usual water.
2. Heat and then sprinkle on the grate cheese and swirl the cream on top.

* Allergens check: all recipe ingredients should be checked for allergenic properties



Preparation time: 20 minutes

Cooking time: 25 minutes

Serving Size

Recipe serves 6 single portions

Ingredients

- 400g Pre cooked chicken
- 1 tbsp Vegetable oil
- 3 Carrots sliced
- 2 Celery stalks sliced
- 1 Onion chopped
- 300ml Water
- 1300ml Chicken stock
- 180 ml Double cream
- 400g Cannellini beans tinned
- Pepper to taste

Special Diet

This recipe is suitable for the following Special diet:

- Fortified diet, each serving has 370 kcals and 28g protein

Method

1. Heat the oil in a large pot, over a medium heat.
2. Sauté carrots, celery, onion, and heat for 8-10 minutes until vegetables are soft.
3. Add water, chicken and stock and bring to boil, whilst stirring.
4. Reduce heat and simmer for 15-20 minutes.
5. Add beans and cook for a further 5 minutes.
6. If too thick, add more stock or water.
7. Season.

* Allergens check: all recipe ingredients should be checked for allergenic properties

Yoghurt drink



Nourishing Drinks

Preparation time: 5 minutes

Cooking time: 5 minutes

Serving Size

Recipe makes 1 portion

Ingredients

- 150ml (1 small pot) Fruit yoghurt
- 100ml Full fat milk
- 2 scoops Ice cream

Special Diet

This recipe is suitable for the following diets:

- Fortified diet

Method

1. Place all ingredients together

* Allergens check: all recipe ingredients should be checked for allergenic properties



Preparation time: 5 minutes

Cooking time: 5 minutes

Serving Size

Recipe makes 2 servings

Ingredients

- 300ml Fortified milk
- 150ml Thick creamy yoghurt or greek style
- 3 Pineapple rings or 100g Frozen berries

Special Diet

This recipe is suitable for the following diets:

- Fortified diet

Method

1. Liquidise all ingredients

* Allergens check: all recipe ingredients should be checked for allergenic properties