Sample Menu and Recipes

Contents

Example menu

Example recipes

Breakfast

Main meal

Dessert

Snack

Fortified soups

Fortified drinks

© Crown copyright 2019

Mae’r ddogfen yma hefyd ar gael yn Gymraeg. \ This document is also available in Welsh.

© Crown copyright 2019  WG38272
<table>
<thead>
<tr>
<th>Week 1</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Early-morning</strong></td>
<td>Drink of choice</td>
<td>Drink of choice</td>
<td>Drink of choice</td>
<td>Drink of choice</td>
<td>Drink of choice</td>
<td>Drink of choice</td>
<td>Drink of choice</td>
</tr>
<tr>
<td><strong>Breakfast choices</strong></td>
<td>Prunes</td>
<td>Bran flakes</td>
<td>Toast with butter/spread/preserves</td>
<td>Grapefruit segments</td>
<td>Weetabix Beans on toast</td>
<td>Orange juice</td>
<td>Sliced melon</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Shredded wheat</td>
<td>Baked rice cereal</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Boiled on toast</td>
<td>Toast with butter/spread/preserves</td>
</tr>
<tr>
<td><strong>Mid-morning snack</strong></td>
<td>2 x crackers and cheddar cheese</td>
<td>Mini cheese bites and apple slices</td>
<td>Apple cookie</td>
<td>Welsh cake</td>
<td>Slice of banana bread</td>
<td>Crispy Chocolate Bite</td>
<td>Date cookie square</td>
</tr>
<tr>
<td><strong>Lunch: Main course choices</strong></td>
<td>Chicken in creamy mushroom sauce served with baked sliced potatoes and vegetables</td>
<td>Shepherd's pie/vegetarian shepherds pie served with vegetables</td>
<td>Chicken Tikka Masala/vegetable and chickpea Tikka Masala served with rice and vegetables</td>
<td>Pork and apple casserole served with mashed potato and vegetables</td>
<td>Baked fish in parsley sauce served with mashed potato and vegetables</td>
<td>Steak and kidney pie served with vegetables</td>
<td>Roast meat dinner, with potatoes and vegetables</td>
</tr>
<tr>
<td></td>
<td>Salmon and cheddar/broccoli and stilton quiche served with salad</td>
<td>Tuna cheesy pasta bake served with vegetables</td>
<td>Vegetable risotto served with beans</td>
<td>Omelette and chips served with vegetables</td>
<td>Sausage/vegetarian sausage, mash and gravy served with vegetables</td>
<td>Lentil and vegetable stew with boiled potatoes and vegetables</td>
<td>Cauliflower and macaroni cheese served with vegetables</td>
</tr>
<tr>
<td><strong>Lunch: Dessert choices</strong></td>
<td>Strawberry mousse</td>
<td>Trifle</td>
<td>Pineapple upside down cake with crème fraiche</td>
<td>Lemon mousse</td>
<td>Eton mess</td>
<td>Rice pudding</td>
<td>Orange cupcake</td>
</tr>
<tr>
<td></td>
<td>Stewed apple and cinnamon with cream or LF yoghurt</td>
<td>Banana and custard</td>
<td>Stewed pears and fromage frais</td>
<td>Mini Victoria sponge and plum wedges</td>
<td>Tinned mandarins and/or ice cream</td>
<td>Choice of fresh fruit</td>
<td>Strawberries and cream/yoghurt</td>
</tr>
<tr>
<td><strong>Mid-afternoon snack</strong></td>
<td>Fruit scone and jam</td>
<td>Fruit loaf</td>
<td>Rye crackers with tuna pate</td>
<td>Cheese scone with spread Apple slices</td>
<td>Chocolate éclair</td>
<td>Liver pate with toast and cucumber</td>
<td>Slice of Madeira cake</td>
</tr>
<tr>
<td><strong>Evening meal: Main course choices</strong></td>
<td>Home-made butternut squash soup served with a bread roll and butter</td>
<td>Fish fingers, beans and chips</td>
<td>Sardines on toast and mixed salad</td>
<td>Home-made tomato soup, served with bread roll and butter</td>
<td>Home-made potato and leek soup, served with bread roll and butter</td>
<td>Carrot and coriander soup, served with bread roll and butter</td>
<td>Home-made Pea and ham soup, served with bread roll and butter</td>
</tr>
<tr>
<td></td>
<td>Ham Sandwich with wholemeal bread and salad</td>
<td>Mini pork rolls with stuffing, tomato and watercress</td>
<td>Baked potato with soft cheese and chives, mixed salad</td>
<td>Turkey sandwich with wholemeal bread</td>
<td>Beef sandwich with wholemeal bread</td>
<td>Salmon fishcakes with mixed salad</td>
<td>Egg and cress sandwich with Wholemeal bread</td>
</tr>
</tbody>
</table>
### Menu and recipes

#### Week 1

<table>
<thead>
<tr>
<th>Evening meal: Dessert choices</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Triple lemon sponge</td>
<td>Rhubarb crumble served with custard</td>
<td>Bread and butter pudding and custard</td>
<td>Manchester tart</td>
<td>Chocolate cake</td>
<td>Blackberry and apple crumble served with crème fraiche</td>
<td>Sticky toffee pudding and custard</td>
<td></td>
</tr>
<tr>
<td>Fresh fruit salad and ice cream</td>
<td>Oat cookies and grapes</td>
<td>Hot banana cake</td>
<td>Baked apple with sultanas</td>
<td>Mixed summer fruit with fromage frais</td>
<td>Madeira cake and fresh pear</td>
<td>Sliced melon</td>
<td></td>
</tr>
</tbody>
</table>

| Supper | | | | | | |
| Crackers and cheese | Crumpet and jam | Hot chocolate | Peanut butter on toast | Malted drink | Mini pancakes | Classic porridge |

<table>
<thead>
<tr>
<th>Fluid choices</th>
<th>6-8 Glasses water or other fluids daily</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit juice offered at one meal time at least</td>
<td></td>
</tr>
</tbody>
</table>

| Fresh fruit available and ‘ready to eat’ during the day |
| Vegetables/salad a choice of 2 per meal |
**Breakfast**

**Malt wheat cereal**

**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
Main Meal

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

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
- 1 tsp Worcestershire sauce
- 400ml full-fat milk
- 1 tsp 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

## Apricot Yoghurt Fool

### Ingredients

- 1000g yoghurt, greek
- 900g apricots, canned in syrup
- 180g honey
- 1 tsp 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
Cheese and Cream Crackers

Snack

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
Basic recipe for fortifying soup

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
Hearty Winter soup

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

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
**Smoothie**

**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