

Sample Weekly Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Meal	Chicken Breast in Tomato and Basil Sauce (GF/DF) or Cauliflower, Spinach & Lentil Curry (V/V/GF)	Fish Pie (GF) or Cheese & Onion Quiche (V)	Cottage Pie (GF) or Vegetable Lasagne (V)	BBQ Pulled Pork with Peppers (GF/DF) or Cheese & Onion Pie (V)	Buttered Muddock (DF) or Macaroni Cheese (V)	Pork Meatballs in Tomato & Herb Sauce or Vegetarian Tikka Masala (V/GF)	Premium Roast Beef in Gravy (GF/DF) or Tomato, Lentil & Sweet Potato Crumble (V/V)
Served with	West Country Cheddar Mash or Vegetable Rice (V/V/GF)	Baby Potatoes (V/V/GF) or Oven Chips (V/V/GF)	Sauté Potatoes (V/V/GF) or Mashed Swede (V/V/GF)	Sauté Potatoes (V/V/GF) or Baby Potatoes (V/V/GF)	Oven Chips (V/V/GF) or Croquette Potatoes (V/V/GF)	Penne Pasta (V/V) or White Rice (V/V/GF)	Golden Roasting Potatoes (V/V/GF) or Mashed Potato (V/V/GF)
Accompanied by	Carrots with parsley Butter (V/GF) & Minted Summer Vegetables (V/V/GF)	Baked Beans (V/V/GF) & Minted Summer Vegetables (V/V/GF)	Mediterranean Veg with Pesto/Chive Cheese & Basil Butter (V/GF) & Peas (V/V/GF)	Mixed Vegetables (V/V/GF) & Sweetcorn (V/V/GF)	Mushy Peas (V/V/GF) & Baked Beans (V/V/GF)	Vegetable Medley (V/V/GF) & Sliced Carrots (V/V/GF)	Large Broccoli (V/V/GF) & Red Cabbage with Apple and Port (V/GF)
Desserts	Sticky Toffee Pudding (V) or Peach and Raspberry Pie (V/V)	Apple Crumble (V/V) or Jamaican Ginger Pudding with Orange Sauce (V)	Ready to Bake Vanilla Cheesecake (V) or Pineapple Sponge (V/GF)	Lemon Flavour Sponge (V/DF) or Apricot Crumble (V/V)	Chocolate Chip Pudding with Salted Caramel Sauce (V) or Chocolate Eclairs (V)	Summer Fruit Crumble (V/V) or Sticky Toffee Pudding (V)	Apple Crumble (V/V) or Bakewell Tart (V/DF)

GF: Gluten Free V: Vegetarian VV: Vegan DF: Made without milk

Nursing Home Menu Planning Food Purchasing Management

Rachel Sandford



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