

The UK's leading care home food specialist

HOW TO MANAGE SKILL SHORTAGES.

From simplified menu cycles to meal solutions and dish ideas - suitable for all skill levels to help you maintain a safe, consistent service.

We care, because you do.



BECAUSE FOOD MATTERS.

We know you may face challenges in recruiting and retaining kitchen staff, especially in the current climate. We also understand the importance of ensuring you can provide safe, nutritious food that meets your residents' individual needs, 24/7.

Our specialist care development chefs have therefore put together product listings and dish ideas that can be used by anyone in the kitchen team, whatever their skill level. They're designed to be quick and easy to prepare and serve, even if you're down on numbers – if necessary, someone from the care team could step in and ensure residents get a meal.

There are also some great solutions for out-of-hours catering, and for those residents who can't or don't want to eat at regular mealtimes.

We care, because you do.

Danny Silcock, Lead Care Development Chef



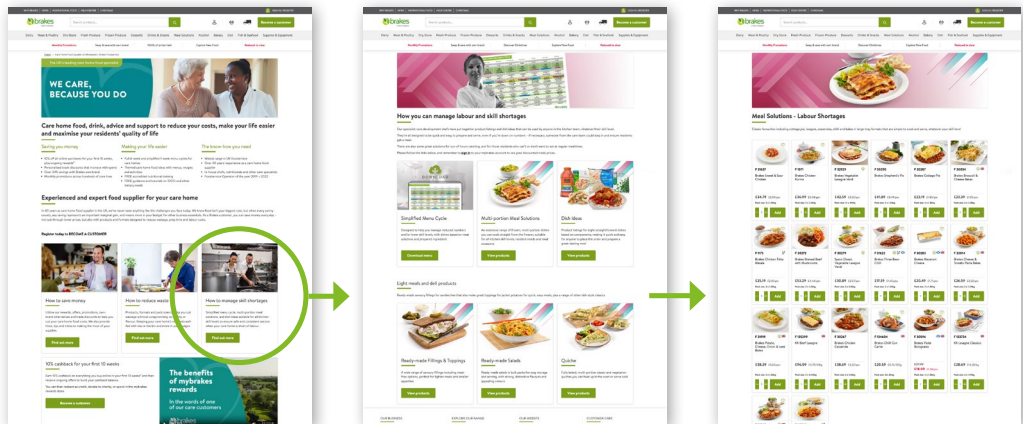
Inside this booklet...

Hints, tips and labour-saving, easy-to-use products, selected by our care development chefs:

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Making it easy to find the products you need

On each page we've selected key products from each category. To view the complete range of chef recommendations, visit brake.co.uk/wecare, select 'How to reduce waste', then click through to the relevant category.



SIMPLIFIED MENU CYCLE.

Designed by our specialist Care development chefs to help you manage reduced numbers and/or lower skill levels, with dishes based on meal solutions and prepared ingredients.

As well as breakfast, lunch and dinner, it covers early and mid-morning, afternoon, suppertime and late-evening snacks and drinks, for all seven days. Main meal ideas include pork, poultry, red meat and fish, plus a daily vegetarian option, to give variety, choice and nutritional balance.

Our chefs have also compiled accompanying product listings to make planning your menu even simpler.





1 WEEK SIMPLIFIED MENU PLAN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tea/Coffee	Tea/Coffee	Tea/Coffee	EARLY MORNING Tea/Coffee	Tea/Coffee	Tea/Coffee	Tea/Coffee
Cereals Porridge Toast & preserves Grapefruit segments	Cereals Porridge Toast & preserves Orange segments Scrambled eggs & toast	Cereals Porridge Toast & preserves Prunes Mushrooms on toast	BREAKFAST Cereals Porridge Toast & preserves Milk Boiled eggs & toast	Cereals Porridge Toast & preserves Peach slices Grilled bacon & mushrooms	Cereals Porridge Toast & preserves Pineapple Kippers & tomatoes	Cereals Porridge Toast & preserves Fruit salad Cooked breakfast
Grilled bacon & tomatoes			MID MORNING Tea/Coffee/Squash Fruit	Tea/Coffee/Squash Fruit Hot cross bun	Tea/Coffee/Squash Fruit Millionaire shortbread	Tea/Coffee/Squash Fruit Danish assortment
Tea/Coffee/Squash Fruit Chocolate cookie	Tea/Coffee/Squash Fruit Blueberry muffin	Tea/Coffee/Squash Fruit Shortbread	LUNCH RED MEAT DISH VEGETARIAN DISH	FISH DISH VEGETARIAN DISH Chips or new potatoes 2 seasonal vegetables Arctic roll and red berries	POULTRY DISH VEGETARIAN DISH Mashed potatoes 2 seasonal vegetables Fruit crumble & custard	Roast beef & Yorkshire pudding VEGETARIAN DISH Roast & mashed potatoes Carrots, swede, peas Raspberry pavlova
FISH DISH VEGETARIAN DISH Rice 2 seasonal vegetables Lemon meringue pie	PORK DISH VEGETARIAN DISH Chips 2 seasonal vegetables Rice pudding with apricot puree	POULTRY DISH VEGETARIAN DISH Mashed potatoes 2 seasonal vegetables Fruit trifle	2 seasonal vegetables Bread & butter pudding	Tea/Coffee/Squash Fruit Victoria sponge	Tea/Coffee/Squash Fruit Fruit scones	Tea/Coffee/Squash Fruit Crumpet
Tea/Coffee/Squash Fruit Jam tart	Tea/Coffee/Squash Fruit Flapjack	Tea/Coffee/Squash Fruit Chocolate éclair	MID AFTERNOON Tea/Coffee/Squash Fruit Carrot cake	Tea/Coffee/Squash Fruit Victoria sponge	Tea/Coffee/Squash Fruit Fruit scones	Tea/Coffee/Squash Fruit Crumpet
Fruit juice Assorted Sandwiches Soup of the day Poached eggs on toast Various fillings	Fruit juice Assorted Sandwiches Soup of the day Jack's potatoes Various fillings Salad Syrup sponge & custard	Fruit juice Assorted Sandwiches Soup of the day Omelette Various fillings Salad Mandarin chocoecake	EVENING MEAL Fruit juice Assorted Sandwiches Soup of the day Salmon & haddock fish cakes	Fruit juice Assorted Sandwiches Soup of the day Beans on toast Salad Crème caramel	Fruit juice Assorted Sandwiches Soup of the day Quiche Tomato salad Egg custard tart	Fruit juice Assorted Sandwiches Soup of the day Toasted sandwiches Various fillings Salad Ice cream sundae
Tea/Coffee/Squash Fruit Jam tart	Tea/Coffee/Squash Fruit Flapjack	Tea/Coffee/Squash Fruit Chocolate éclair	PEACHES & CREAM Peaches & cream	Tea/Coffee/Squash Fruit Victoria sponge	Tea/Coffee/Squash Fruit Fruit scones	Tea/Coffee/Squash Fruit Crumpet
Tea/Coffee/Squash Fruit Jam tart	Tea/Coffee/Squash Fruit Flapjack	Tea/Coffee/Squash Fruit Chocolate éclair	SUPPER Tea/Coffee/Squash Fruit Crumpet	Tea/Coffee/Squash Fruit Victoria sponge	Tea/Coffee/Squash Fruit Fruit scones	Tea/Coffee/Squash Fruit Crumpet
Tea/Coffee/Squash Fruit Jam tart	Tea/Coffee/Squash Fruit Flapjack	Tea/Coffee/Squash Fruit Chocolate éclair	LATE EVENING Hot milky drink	Hot milky drink	Hot milky drink	Hot milky drink



You can view and download as pdfs at brake.co.uk/wecare – just follow the link to ‘How to manage skill shortages’.



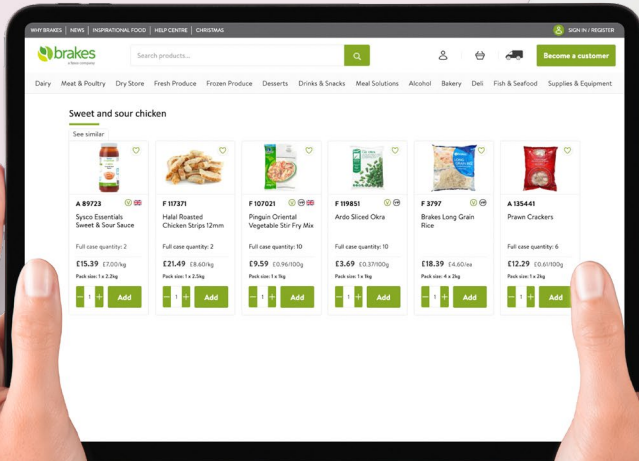
DISH IDEAS.

Simple product listings for eight proven care home favourites, created by our specialist Care development chefs. They're all based on components, making it quick and easy for anyone, including those with lower kitchen skill levels, to place an order and prepare a great-tasting meal. They're available to download on our website and include:

- Fish, chips and mushy peas
- Pulled ham hock, spinach and pea cheesy pasta
- Fish Pie with carrots and broccoli
- Sweet and sour chicken
- Beef cannelloni
- Sausage casserole with roast and Yorkshire pudding
- Quiche with coleslaw and potato croquettes
- Meat-free mince chilli with rice









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Sweet and sour chicken

See similar

 A 89723 Sysco Essentials Sweet & Sour Sauce Full case quantity: 2 £15.39 (€200/kg) Pack size: 1 x 2.2kg Add	 F 117371 Halal Roasted Chicken Strips 12mm Full case quantity: 10 £21.49 (€8.60/kg) Pack size: 1 x 2.2kg Add	 F 107021 Penguin Oriental Vegetable Stir Fry Mix Full case quantity: 10 £9.59 (€1.96/100g) Pack size: 1 x 1kg Add	 F 119851 Ancho Sliced Okra Full case quantity: 10 £3.49 (€0.37/100g) Pack size: 1 x 1kg Add	 F 3797 Brakes Long Grain Rice Full case quantity: 4 x 2kg £18.39 (€4.60/kg) Pack size: 4 x 2kg Add	 A 135441 Prawn Crackers Full case quantity: 6 £12.29 (€0.61/100g) Pack size: 1 x 2kg Add
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MULTI-PORZION MEAL SOLUTIONS.

An extensive range of frozen, multi-portion dishes you can cook straight from the freezer, suitable for all kitchen skill levels, resident needs and meal occasions.



HINTS & TIPS

- Classic dishes, simple to cook and serve, whatever your skill level
- Individual portions are ideal for out of hours service



Brakes Macaroni Cheese - F 30283

Multi-portion macaroni pasta topped with a rich cheese sauce; 2 ½ gastronorm trays x 1.36kg approximately.



KK Lasagne Classico - F 133734

Four layers of egg pasta interleaved with a minced beef, mushroom and red wine ragu, topped with a creamy white béchamel, topped with cheddar and mozzarella cheese.



Brakes Vegetable Hot Pot - F 31962

Multi-portion of a selection of beans & vegetables in a herby tomato sauce, topped with saute potatoes; 2 ½ gastronorm trays x 1.36kg approximately.



Meal solutions are ideal for residents who can't or don't want to eat at regular times, or miss a meal owing to a medical or other appointment

To view the full range visit brake.co.uk/wecare and follow the links to How to manage skill shortages. See page 13 for details.

READY-MADE FILLINGS & TOPPINGS.

A wide range of savoury fillings including meat-free options, perfect for lighter meals and smaller appetites.



HINTS & TIPS

- Highly versatile, fully prepped products; Ideal for sandwiches, wraps or jacket potatoes
- Supplied in resealable bulk tubs for easy serving, reduced waste and accurate portion control



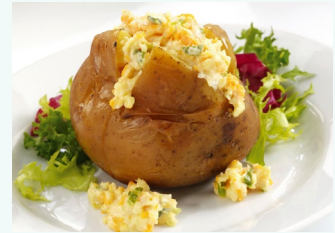
Fridays Free Range Egg Mayonnaise Savoury Filling - C 70147

Free range chopped boiled eggs, lightly seasoned with white pepper and mixed with a creamy mayonnaise.



Brakes Coronation Chicken Savoury Filling - C 70161

A great time-saver for sandwiches, rolls and jacket potatoes. Refrigerated shelf life of 72 hours from opening.



Brakes Double Cheese & Onion Savoury Filling - C 70146

Red Leicester and Cheddar cheese with white onion and chives in mayonnaise. Perfect for sandwiches, paninis, baguettes and jacket potatoes.



These simple, ready-made products allow any member of your team, including care staff, to step in and help get a meal out if necessary.

To view the full range visit brake.co.uk/wecare and follow the links to How to manage skill shortages. See page 13 for details.

READY-MADE SALADS.

Supplied in bulk packs for easy storage and serving, with strong, distinctive flavours and appealing colours.



HINTS & TIPS

- Pre-made compound salads provide a quick, simple tea with the addition of a cooked protein
- Easy to serve regardless of skill levels, with no prepping or mixing of individual ingredients, saving time and avoiding wastage
- Frozen, free-flow salads can be served hot or cold; simply decant as much as you need. Mixed beans are a good source of protein, which aids muscle repair and skin conditions



**Brakes Provençale
Bean Salad - C 71195**

Pulses are hearty and rich in fibre. Serve hot or cold as a salad, or stir through a Bolognese sauce with some extra spices for a simple beef chilli.



**Greens Cuisin'easy Sunny
Vibes Frozen Salad - F 132874**

Fully baked flour- and sesame-topped mini white rolls and mixed seed-topped malted rolls, frozen in packs of nine. Perfect with soup or filled.



**Love Fresh Bombay
Rice Salad - C 134773**

Strong flavours, good for diminishing taste buds; serve as a side, main dish or as part of an Indian themed meal.



Our ready-made salads are supplied in 2kg resealable tubs, making it easy to decant precise portions without wastage.

To view the full range visit brake.co.uk/wecare and follow the links to How to manage skill shortages. See page 13 for details.

QUICHE.

Fully baked, multi-portion classic and vegetarian quiches you can heat up in the oven or serve cold. Available in different sizes and formats, to serve individually, in slices or as finger food.



HINTS & TIPS

- Great basis for a quick, simple meal when served with a side salad or other accompaniment
- Classic, nostalgic flavours such as quiche Lorraine will appeal to many care home residents
- Contemporary ingredients and flavours bring a modern twist to your menu, adding variety and interest



**Brakes Fully Baked 4”
Real French Quiche
Lorraine - F 3569**

100g individual quiches produced in France, ideal for out-of-hours service. Fully baked - thaw and serve or heat through.



**Brakes Essentials Fully Baked
Leek & Emmental Cheese
Quiche Slab - F 133562**

Supplied in 1kg slab format – ideal as finger food, or cut down into bite-size pieces for small appetites and snacks.



**Sysco Classic 10” Baked
Quiche Lorraine - C 70128**

Classic round quiche filled with an egg custard topped with cheddar cheese & smoked bacon. Cut into slices as a main dish.



As well as meat and vegetarian options, we supply quiches free from soya, nuts, celery and mustard, enabling you to meet a wide range of dietary needs and preferences.

To view the full range visit brake.co.uk/wecare and follow the links to How to manage skill shortages. See page 13 for details.



With mybrakes rewards, you'll earn 10% cashback on everything you buy online for your first 10 weeks.*

You'll then continue to receive personalised offers to increase your cashback balance, which you can redeem at any time to use:

- as **Brakes credit** - most popular with our customers
- in the **mybrakes rewards store**, with 1000s of gifts to choose from
- to **donate to charity**

Plus, unlike many other reward schemes, your balance is shown in £ not points, so you can clearly see how much you have to spend.

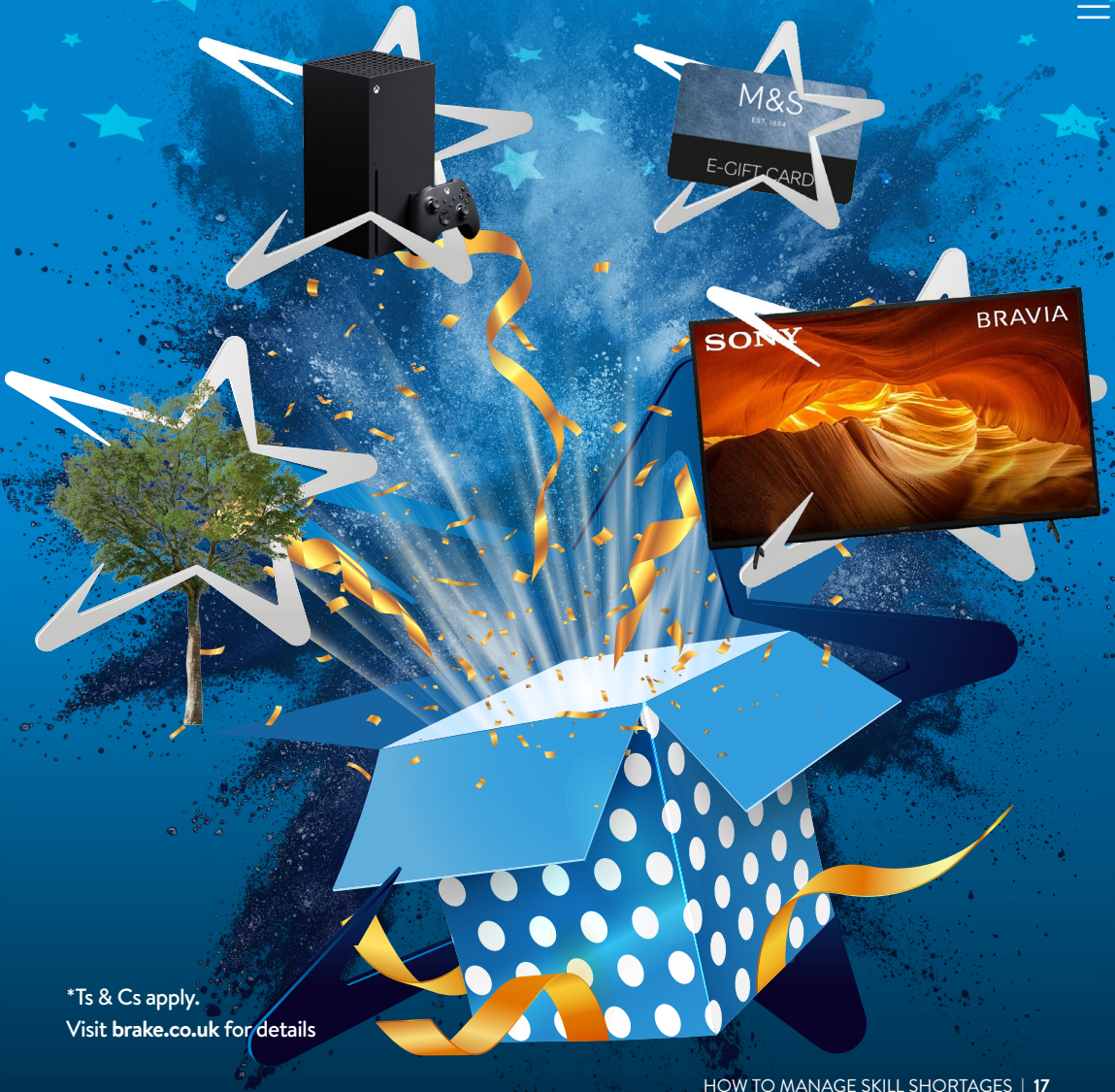
As a bonus, whenever you redeem your cashback, we'll plant trees through our partner Eden Reforestation Projects in community forest projects worldwide.



"It just does what you want it to do"

Sanjay Dhrona, Owner of The Close Care Home, Oxfordshire and Director of The Outstanding Society explains how mybrakes rewards benefits his business. To watch the video, scan the QR code or visit brake.co.uk/wecare





*Ts & Cs apply.
Visit brake.co.uk for details

ALL THE SUPPORT YOU NEED.

In today's challenging conditions, you still need to meet your residents' individual, often complex needs.

We also provide a range of free support including IDDSI guidance and accredited nutritional training, allergen and dietary guidance, menu cycles plus themed menus, recipes and activities to help maintain residents' wider health, wellbeing and quality of life.

You'll find all these resources and more on our dedicated webpages at brake.co.uk/wecare



For more products, guidance and support to help you meet the other major challenges facing UK care homes today, please see our accompanying booklets:



HOW TO REDUCE WASTE.

Guidance to help you reduce wastage, cut costs and make your kitchen more sustainable.



HOW TO SAVE MONEY.

Practical guidance, products and support to help you cut costs while meeting your residents' needs.

Available to download from brake.co.uk/wecare

“Brakes should be applauded for its efforts to educate about catering for individuals with dysphagia. Brakes chefs have taken great care to develop products and recipes suitable for the dysphagia community.”

Dr Ben Hanson FIMechE
Associate Professor in Mechanical Engineering,
University College London and IDDSI Board Member

YOUR NEXT STEP.

To enjoy all the benefits of working with the UK's leading care home food specialist:



- Scan the QR code or visit brake.co.uk/wecare and follow the links to ‘Become a customer’
- Call us on 0344 873 0736
- Email us at customer.services@brake.co.uk

We care, because you do.

