



YOUR GUIDE TO  
**CARE HOME  
FOUR-WEEK  
MENU CYCLES**

HELPING YOU MEET  
YOUR RESIDENTS' NEEDS



# FOUR-WEEK MENU CYCLES

## Inspiration for your culinary teams

Our healthcare chefs have developed a four-week menu cycle to provide inspiration for your own culinary teams. Based on recommendations within the BDA Care Home Digest, the menu has been designed to support the nutrition and hydration needs of your residents.

There is lots of choice and variation across the cycle and the dishes have been carefully designed to help make every meal a highlight of the day for your residents.

We have colour-coded the main meal and tea option to help your team choose a balanced choice across the week, with the flexibility to choose your beef, chicken, fish, pork and plant-based dishes.

Our handy menu maker tool will allow you to build your own weekly menu by simply using the drop-down boxes on the template. This is available through your local sales manager.

### The BDA Care Home Digest

To read and understand more on menu content use the Care Home Digest. For example, table 4 on pages 50-52 can be used to demonstrate how much protein (meat/pulses/Quorn), carbohydrates (potatoes, rice, pasta) and vegetables are needed within recipes. The table covers breakfast, main meal and a simple second main meal or tea.



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# Care Home Menu Builder

## Week One



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Morning	Breakfast	Porridge, a selection of cereals including Wheat Biscuits, Corn Flakes & Rice Krispies, White or Wholemeal Toast with a choice of Preserves, Fresh Fruit						
	Cooked Breakfast	Scrambled Eggs on Toast	Sausage Sandwiches	Full English Breakfast	Fried Eggs on Toast	Poached Eggs on Toast	Full English Breakfast	Bacon Sandwiches
	Mid-Morning Snack	Tea, Coffee, Fortified Drinks, Fruit Juice, Biscuits & Cake						
Lunch	Soup of the Day (if applicable)	Carrot & Coriander	Leek & Potato	Tomato & Basil	Cream of Cauliflower	Mushroom & Tarragon	Cream of Red Lentil	Broccoli & Potato
	Starter (if applicable)	Smoked Mackerel Salad	Salt & Pepper Squid, Tartare Sauce and Salad	Chicken Caesar Salad	Buttermilk Chicken Goujons with Salad	Ham & Cheese Salad	Breaded Brie with Cranberry Sauce and Salad	Brussels Pate with Toast and Mixed Salad
	Lunch Option 1	Beef Bourguignon	Chicken & Leek Pie	Roasted Gammon & Parsley Sauce	Liver & Bacon in Gravy	Battered Fish with Tartare Sauce	Beef Lasagne	Roast Pork, Stuffing and Apple Sauce
	Lunch Option 2	Cauliflower Cheese with Tofu	Macaroni Cheese	Vegetable & Chickpea Curry	Sausages in Onion Gravy	Southern Fried Chicken	Pollock with Parsley Sauce and Leeks	Nut Roast
	Vegetarian Option	Additional Vegetarian options available upon request						
	Carbohydrate 1	Mashed Potato	Mashed Potato	Mashed Potato	Mashed Potato	Chips	Garlic Bread	Roast Potatoes
	Carbohydrate 2	New Potatoes	Pasta	Rice	Sauteed Potatoes	Mashed Potato	Mashed Potato	Mashed Potato
	Vegetable 1	Savoy Cabbage	Broccoli	Peas	Brussels Sprouts	Peas	Mixed Leaves	Broccoli
	Vegetable 2	Carrots	Carrot & Parsnip Mash	Swede	Cauliflower	Baked Beans	Courgettes	Carrots
	Dessert 1	Apple & Blackberry Crumble	Pineapple Upside Down Cake with Custard	Baked Rice Pudding	Marmalade Sponge with Custard	Chocolate Fudge Cake with Ice Cream	Sultana Sponge with Custard	Sticky Toffee Pudding
Dessert 2	Ice Cream, Yoghurt, Fresh or Tinned Fruit, Cheese & Biscuits							
Afternoon Tea	Tea, Coffee, Fortified Drinks, Fruit Juice, Biscuits, Cake & Savoury Snacks							
Tea - Soup	Carrot & Coriander	Leek & Potato	Tomato & Basil	Cream of Cauliflower	Mushroom & Tarragon	Cream of Red Lentil	Broccoli & Potato	
Tea Option 1	A selection of sandwiches on white or wholemeal bread including: ham, cheese, egg mayonnaise and tuna mayonnaise. All tea choices in option 2 should be served with a choice of vegetables (80g portion) or salad and a source of carbohydrate – minimum of 180g potatoes or 120g cooked rice, pasta, noodles, couscous, bulgar wheat, buckwheat, cornmeal, maize, wheat, barley, rye, sweet potato, cassava, yams or plantain or two slices of bread							
Tea Option 2	Sausage Roll with Chips and Baked Beans	Quiche Lorraine with Potato Salad and Mixed Leaves	Smoked Salmon with Scrambled Eggs, Wilted Spinach and Toast	Cheese, Onion & Potato Pasty with Baked Beans	Baked Jacket Potato with a choice of fillings and Salad	Toasted Sourdough Crumpets with Cheddar Cheese and Spinach	Ham & Cheese Ploughman's	
Evening Dessert	Chocolate Marshmallow Mousse	Ice Cream Roll	Eton Mess	Orange Jelly with Mandarins and Whipped Cream	Peach Melba	Chocolate Profiteroles	Classic Trifle	
Dessert 2	Ice Cream, Yoghurt or Hot Dessert of the Day							
Supper	Sandwiches, Tea, Coffee, Horlicks, Ovaltine, Fortified Drinks, Biscuits & Fresh Fruit							

Key  Poultry  Pork  Red Meat  Vegetarian  Fish/Seafood

# Care Home Menu Builder

## Week Two



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Morning	<b>Breakfast</b>	Porridge, a selection of cereals including Wheat Biscuits, Corn Flakes & Rice Krispies, White or Wholemeal Toast with a choice of Preserves, Fresh Fruit						
	<b>Cooked Breakfast</b>	Scrambled Eggs on Toast	Sausage Sandwiches	Full English Breakfast	Fried Eggs on Toast	Poached Eggs on Toast	Full English Breakfast	Bacon Sandwiches
	<b>Mid-Morning Snack</b>	Tea, Coffee, Fortified Drinks, Fruit Juice, Biscuits & Cake						
Lunch	<b>Soup of the Day (if applicable)</b>	Carrot & Sweet Potato	White Onion & Potato	Tomato & Lentil	Cauliflower & Cheddar	Pea & Ham	Vegetable	Courgette & Potato
	<b>Starter (if applicable)</b>	Smoked Salmon Pate with Salad	Stilton Stuffed Mushrooms	Pasta Pesto Salad with Oven Dried Tomatoes	Chickpea Fritters	Egg Salad	Breaded Mushrooms with Garlic Butter and Tomato Sauce	Ham Hock & Pea Terrine with Salad
	<b>Lunch Option 1</b>	Chicken Tikka Masala with Naan	Smoked Haddock Shepherd's Pie	Beef Stroganoff	Sausage Casserole with Sage Dumplings	Battered Fish with Tartare Sauce	Cottage Pie	Roast Chicken with Stuffing
	<b>Lunch Option 2 (optional)</b>	Cheese & Potato Pie with Baked Beans	Tomato & Basil Pasta Bake	Potato, Lentil & Goats Cheese Gratin	Quorn Cottage Pie	Sweet & Sour Chicken	Bubble & Squeak with Bacon	Breaded Fishcakes
	<b>Vegetarian Option</b>	Additional Vegetarian options available upon request						
	<b>Carbohydrate 1</b>	Rice	Mashed Potato	Brown Rice	Mashed Potato	Chips	Mashed Potato	Roast Potatoes
	<b>Carbohydrate 2</b>	Mashed Potato	Garlic Bread	Mashed Potato		Mashed Potato	Croquette Potatoes	Mashed Potato
	<b>Vegetable 1</b>	Kale	Leeks	Mushrooms	Savoy Cabbage	Mushy Peas	Spinach	Brussels Sprouts
	<b>Vegetable 2</b>	Cauliflower	Sweetcorn	Carrots	Parsnips	Baked Beans	Green Beans	Carrots
	<b>Dessert 1</b>	Peach Crumble with Custard	Jam & Coconut Sponge with Custard	Chocolate & Mandarin Bread and Butter Pudding	Syrup Sponge with Custard	Jam Roly Poly with Custard	Warm Bakewell Tart with Custard	Apple Pie with Custard
<b>Dessert 2</b>	Ice Cream, Yoghurt, Fresh or Tinned Fruit, Cheese & Biscuits							
<b>Afternoon Tea</b>	Tea, Coffee, Fortified Drinks, Fruit Juice, Biscuits, Cake & Savoury Snacks							
<b>Tea - Soup</b>	Carrot & Sweet Potato	White Onion & Potato	Tomato & Lentil	Cauliflower & Cheddar	Pea & Ham	Vegetable	Courgette & Potato	
<b>Tea Option 1</b>	A selection of sandwiches on white or wholemeal bread including: ham, cheese, egg mayonnaise and tuna mayonnaise. All tea choices in option 2 should be served with a choice of vegetables (80g portion) or salad and a source of carbohydrate – minimum of 180g potatoes or 120g cooked rice, pasta, noodles, couscous, bulgar wheat, buckwheat, cornmeal, maize, wheat, barley, rye, sweet potato, cassava, yams or plantain or two slices of bread							
<b>Tea Option 2</b>	Ham Hock & Pea Risotto with Dressed Watercress	Beef Burger in a Bun with Salad and Mayonnaise	Chicken Tikka Slice with Bombay Potatoes and Indian Salad	Salmon & Broccoli Quiche with Potato Salad	Baked Beans & Cheese on Toast	Homemade Cheese Scones with Butter & Basil Pesto	Cheese & Biscuits with Celery, Grapes and Pickle	
<b>Evening Dessert</b>	Strawberry Mousse	Banana & Custard	Custard Tart	Strawberry Jelly with Forest Fruits	Fresh Fruit Salad	Lemon Cheesecake	Black Forest Gateau	
<b>Dessert 2</b>	Ice Cream, Yoghurt or Hot Dessert of the Day							
<b>Supper</b>	Sandwiches, Tea, Coffee, Horlicks, Ovaltine, Fortified Drinks, Biscuits & Fresh Fruit							

Key  Poultry  Pork  Red Meat  Vegetarian  Fish/Seafood

# Care Home Menu Builder

## Week Three



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Morning	Breakfast	Porridge, a selection of cereals including Wheat Biscuits, Corn Flakes & Rice Krispies, White or Wholemeal Toast with a choice of Preserves, Fresh Fruit						
	Cooked Breakfast	Scrambled Eggs on Toast	Sausage Sandwiches	Full English Breakfast	Fried Eggs on Toast	Poached Eggs on Toast	Full English Breakfast	Bacon Sandwiches
	Mid-Morning Snack	Tea, Coffee, Fortified Drinks, Fruit Juice, Biscuits & Cake						
Lunch	Soup of the Day (if applicable)	Carrot & Lentil	Pea & Mint	Tomato & Red Pepper	Cauliflower & Leek	Cream of Mushroom	Sweet Potato, Apple & Lentil	Leek, Potato & Bacon
	Starter (if applicable)	Smoked Salmon Salad	Cheddar Salad	Cheesy Garlic Bread with Tomato Passata	Buttermilk Chicken Goujons with Salad	Piri Piri Vegetables with Black Eyed Beans	Scotch Egg with Pickle and Salad	Brussels Pate with Toast and Mixed Salad
	Lunch Option 1	Beef Ragu	Chicken Thighs Braised in Onion Gravy	Roasted Gammon with Cheese Sauce	Mexican Beef Chilli	Battered Fish with Tartare Sauce	Lamb & Apricot Meatballs	Roast Turkey with Sage & Onion Stuffing
	Lunch Option 2 (optional)	Lentil, Sweet Potato & Spinach Balti	Quorn Lasagne	Cauliflower Cheese with Tofu	Pork Meatballs in Gravy	Battered Chicken Chunks	Fisherman's Pie	Nut Roast
	Vegetarian Option	Additional Vegetarian options available upon request						
	Carbohydrate 1	Wholegrain Pasta	Mashed Potato	Mashed Potato	Rice	Chips	Mashed Potato	Roast Potatoes
	Carbohydrate 2	Rice	Garlic Bread	Parmentier Potatoes	Mashed Potato	Mashed Potato		Mashed Potato
	Vegetable 1	Kale	Carrot & Swede	Cauliflower	Spinach	Peas	Spring Cabbage	Parsnips
	Vegetable 2	Butternut Squash	Green Beans	Carrots	Broad Beans	Baked Beans	Leeks	Broccoli
	Dessert 1	Banana & Apricot Crumble	Peach Upside Down Cake with Custard	Rice Pudding with Strawberry Jam	Jam Sponge with Custard	Warm Chocolate Brownie	Warmed Pears in Chocolate Sauce	Spotted Dick Roly Poly
Dessert 2	Ice Cream, Yoghurt, Fresh or Tinned Fruit, Cheese & Biscuits							
Afternoon	Afternoon Tea	Tea, Coffee, Fortified Drinks, Fruit Juice, Biscuits, Cake & Savoury Snacks						
	Tea – Soup	Carrot & Lentil	Pea & Mint	Tomato & Red Pepper	Cauliflower & Leek	Cream of Mushroom	Sweet Potato, Apple & Lentil	Leek, Potato & Bacon
	Tea Option 1	A selection of sandwiches on white or wholemeal bread including: ham, cheese, egg mayonnaise and tuna mayonnaise. All tea choices in option 2 should be served with a choice of vegetables (80g portion) or salad and a source of carbohydrate – minimum of 180g potatoes or 120g cooked rice, pasta, noodles, couscous, bulgar wheat, buckwheat, cornmeal, maize, wheat, barley, rye, sweet potato, cassava, yams or plantain or two slices of bread						
	Tea Option 2	Sausage Roll with Spaghetti Loops and Potato Wedges	Quiche Lorraine with Potato Salad and Mixed Leaves	Mackerel in Tomato Sauce on Toast	Margherita Pizza	Baked Jacket Potato with Baked Beans and Salad	Toasted Teacakes with a choice of Preserves	Hot Dogs with Sautéed Onions
Evening	Evening Dessert	Caramel Mousse with Banana with Whipped Cream	Forest Fruits Meringue Nests with Whipped Cream	Tiramisu	Lemon Meringue Pie	Peaches and Cream	Toffee & Pecan Roulade	Classic Trifle
	Dessert 2	Ice Cream, Yoghurt or Hot Dessert of the Day						
	Supper	Sandwiches, Tea, Coffee, Horlicks, Ovaltine, Fortified Drinks, Biscuits & Fresh Fruit						

Key  Poultry  Pork  Red Meat  Vegetarian  Fish/Seafood

# Care Home Menu Builder

## Week Four



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Morning	<b>Breakfast</b>	Porridge, a selection of cereals including Wheat Biscuits, Corn Flakes & Rice Krispies, White or Wholemeal Toast with a choice of Preserves, Fresh Fruit						
	<b>Cooked Breakfast</b>	Scrambled Eggs on Toast	Sausage Sandwiches	Full English Breakfast	Fried Eggs on Toast	Poached Eggs on Toast	Full English Breakfast	Bacon Sandwiches
	<b>Mid-Morning Snack</b>	Tea, Coffee, Fortified Drinks, Fruit Juice, Biscuits & Cake						
Lunch	<b>Soup of the Day (if applicable)</b>	Carrot & Ginger	Pea & Potato	Cream of Tomato	Potato & Spinach	Root Vegetable	Broccoli & Stilton	Squash & Sweet Potato
	<b>Starter (if applicable)</b>	Creamy Garlic Mushrooms on Toast	Malay Spiced Lentil Salad	Chicken Caesar Salad	Pork Pie with Crusty Bread, Piccalilli and Salad	Ham Salad	Breaded Mushrooms with Garlic Butter and Tomato Sauce	Ham Hock & Pea Terrine with Salad
	<b>Lunch Option 1</b>	Chicken Thighs in a Mushroom Cream Sauce	Breaded Scampi with Lemon Mayonnaise	Lamb Hotpot	Sausages in Onion Gravy	Battered Fish with Tartare Sauce	Shepherd's Pie	Roast Beef, Yorkshire Pudding and Horseradish Sauce
	<b>Lunch Option 2 (optional)</b>	Macaroni Cheese	Quorn Chilli	Cheese & Potato Pie with Baked Beans	Mushroom & Lentil Stroganoff	Hunter's Chicken	Grilled Pork with Grain Mustard Sauce	Salmon & Broccoli Crumble
	<b>Vegetarian Option</b>	Additional Vegetarian options available upon request						
	<b>Carbohydrate 1</b>	Mashed Potato	Potato Wedges	Sauteed Potatoes	Mashed Potato	Chips	Mashed Potato	Roast Potatoes
	<b>Carbohydrate 2</b>	Garlic Bread	Brown Rice	Mashed Potato	Pasta	Mashed Potato	New Potatoes	Mashed Potato
	<b>Vegetable 1</b>	Savoy Cabbage	Peas	Root Vegetable Medley	Brussels Sprouts	Mushy Peas	Kale	Braised Red Cabbage
	<b>Vegetable 2</b>	Green Beans	Cauliflower	Baked Beans	Mixed Vegetables	Baked Beans	Parsnips	Carrots
	<b>Dessert 1</b>	Rhubarb Crumble with Custard	Chocolate Sponge with Custard	Traditional Bread & Butter Pudding	Eve's Pudding	Treacle Roly Poly Pudding	Toffee Sponge with Custard	Cherry Pie with Custard
<b>Dessert 2</b>	Ice Cream, Yoghurt, Fresh or Tinned Fruit, Cheese & Biscuits							
<b>Afternoon Tea</b>	Tea, Coffee, Fortified Drinks, Fruit Juice, Biscuits, Cake & Savoury Snacks							
Afternoon	<b>Tea - Soup</b>	Carrot & Ginger	Pea & Potato	Cream of Tomato	Potato & Spinach	Root Vegetable	Broccoli & Stilton	Squash & Sweet Potato
	<b>Tea Option 1</b>	A selection of sandwiches on white or wholemeal bread including: ham, cheese, egg mayonnaise and tuna mayonnaise. All tea choices in option 2 should be served with a choice of vegetables (80g portion) or salad and a source of carbohydrate - minimum of 180g potatoes or 120g cooked rice, pasta, noodles, couscous, bulgar wheat, buckwheat, cornmeal, maize, wheat, barley, rye, sweet potato, cassava, yams or plantain or two slices of bread						
	<b>Tea Option 2</b>	Ham Hock, Cheese & Spring Onion Croquette with Passata	Cornish Pasty with Mash, Gravy & Mushy Peas	Chicken & Tomato Pasta Bake with Dressed Leaves	Breaded Fishcakes	Baked Beans & Cheese on Toast	Tomato & Spinach Frittata with Mixed Leaves	Cheese Ploughman's
Evening	<b>Evening Dessert</b>	Crème Caramel	Treacle Tart	Fruit Cocktail with Cream	Baked New York Style Cheesecake	Apricots with Cream	Lemon Tart	Strawberry Gateau
	<b>Dessert 2</b>	Ice Cream, Yoghurt or Hot Dessert of the Day						
	<b>Supper</b>	Sandwiches, Tea, Coffee, Horlicks, Ovaltine, Fortified Drinks, Biscuits & Fresh Fruit						

Key  Poultry  Pork  Red Meat  Vegetarian  Fish/Seafood