Platewell

Free download

4-week cycle menu for care homes

A ready-made, traditional British menu with two choices at lunch and tea every day, a cooked breakfast option, and a pudding every day. Print it as it is, or use it as a starting point for your own.

Includes a blank template so you can write your own weeks, and a page of practical tips for planning menus residents will enjoy.

Week 1
Roast chicken, beef stew & dumplings, fish pie, sausage & mash

Week 2
Shepherd's pie, chicken & mushroom pie, lamb hotpot, toad in the hole

Week 3
Cottage pie, steak & kidney pudding, gammon, roast turkey

Week 4
Lasagne, chicken curry, Cornish pasty, roast lamb

How to use this menu

1. **Ask your residents.** Swap in their favourites and drop anything that never gets chosen. A residents' meeting or a quick survey works well.
2. **Check every dish for allergens** using your own recipes and the labels on the products you actually buy. Recipes and suppliers vary, so this menu isn't allergen-checked.
3. **Plan for texture-modified diets.** Make sure each choice can be prepared at the IDDSI level each resident needs, as set out in their care plan or SLT assessment.
4. **Rotate the four weeks** and review the cycle each season. This version is for autumn and winter.
5. **Share it.** Put the week's menu on the dining-room wall and give a copy to the kitchen and care team.

This is an example menu, not dietary or clinical advice. Your home remains responsible for meeting each resident's nutritional, allergen, texture and cultural or religious needs. Follow your own food safety management system and the Food Standards Agency's guidance.

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Week 1 of 4

Four-week cycle menu for care homes · autumn / winter

Home: _____ Week starting: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast cooked option	Boiled egg & soldiers	Scrambled egg on toast	Beans on toast	Poached egg on toast	Smoked haddock & poached egg	Bacon sandwich	Full cooked breakfast
Lunch choice 1	Roast chicken, sage stuffing & roast potatoes	Beef stew & dumplings	Fish pie & peas	Pork casserole & mash	Battered fish, chips & mushy peas	Sausage, mash & onion gravy	Roast beef, Yorkshire pudding & roast potatoes
Lunch choice 2	Cauliflower cheese & jacket potato	Vegetable lasagne	Cheese & onion pie, mash	Vegetarian sausage & mash	Macaroni cheese	Vegetable curry & rice	Nut roast & roast potatoes
Pudding	Apple crumble & custard	Rice pudding & jam	Syrup sponge & custard	Bread & butter pudding	Lemon mousse	Fruit trifle	Jam roly-poly & custard
Tea choice 1	Tomato soup & cheese sandwich	Jacket potato, tuna mayo or beans	Leek & potato soup, soft roll	Egg mayonnaise sandwiches	Pea & ham soup, bread & butter	Welsh rarebit	Sandwich selection & cake
Tea choice 2	Scrambled egg on toast	Ham salad, bread & butter	Crumpets with cheese	Beans on toast	Cheese scone & butter	Chicken sandwich	Soup of the day

Every breakfast: choice of cereals, porridge, toast with butter, preserves or marmalade, fruit juice, tea or coffee.

Every lunch: served with seasonal vegetables and potatoes (unless included). A soft or puréed version of each choice for residents who need it.

Every evening (supper): milky drinks, biscuits, yoghurt, fruit, and sandwiches on request.

All day: water, squash, tea and coffee offered regularly. Fresh fruit and snacks available between meals.

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Week 2 of 4

Four-week cycle menu for care homes · autumn / winter

Home: _____ Week starting: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast cooked option	Scrambled egg on toast	Boiled egg & soldiers	Beans on toast	Poached egg on toast	Kippers or bacon & tomato	Bacon & egg	Full cooked breakfast
Lunch choice 1	Shepherd's pie & carrots	Chicken & mushroom pie, mash	Liver & onions, mash	Lamb hotpot	Salmon fishcakes, parsley sauce & new potatoes	Toad in the hole & onion gravy	Roast pork, apple sauce & roast potatoes
Lunch choice 2	Vegetable & lentil cottage pie	Broccoli & cheese bake	Cheese & potato pie	Vegetable hotpot	Cheese & onion quiche, new potatoes	Vegetarian toad in the hole	Stuffed peppers & roast potatoes
Pudding	Banana custard	Chocolate sponge & chocolate sauce	Rhubarb crumble & custard	Semolina & jam	Arctic roll	Peaches & evaporated milk	Treacle tart & custard
Tea choice 1	Minestrone soup, bread & butter	Jacket potato, cheese or coleslaw	Carrot & coriander soup, roll	Tuna mayonnaise sandwiches	Cream of chicken soup, bread	Sausage roll & beans	Ham sandwiches & Victoria sponge
Tea choice 2	Cheese on toast	Salmon paste sandwiches	Scrambled egg on toast	Spaghetti on toast	Crackers, cheese & pickle	Egg & cress sandwiches	Soup of the day

Every breakfast: choice of cereals, porridge, toast with butter, preserves or marmalade, fruit juice, tea or coffee.

Every lunch: served with seasonal vegetables and potatoes (unless included). A soft or puréed version of each choice for residents who need it.

Every evening (supper): milky drinks, biscuits, yoghurt, fruit, and sandwiches on request.

All day: water, squash, tea and coffee offered regularly. Fresh fruit and snacks available between meals.

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Week 3 of 4

Four-week cycle menu for care homes · autumn / winter

Home: _____ Week starting: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast cooked option	Boiled egg & soldiers	Scrambled egg on toast	Beans on toast	Poached egg on toast	Smoked haddock & poached egg	Bacon sandwich	Full cooked breakfast
Lunch choice 1	Cottage pie & peas	Chicken casserole & mash	Steak & kidney pudding	Gammon, pineapple & parsley mash	Fish in parsley sauce, mash & peas	Faggots, mash & gravy	Roast turkey, stuffing & roast potatoes
Lunch choice 2	Mushroom stroganoff & rice	Leek & cheese bake	Vegetable pasty & mash	Cheese omelette & chips	Cheese & potato pasty	Vegetable chilli & rice	Cheese & vegetable roast
Pudding	Sticky toffee pudding & custard	Fruit jelly & ice cream	Apple pie & custard	Sago or tapioca pudding	Chocolate mousse	Eve's pudding & custard	Bread pudding & custard
Tea choice 1	Vegetable soup & cheese sandwich	Jacket potato, tuna or cheese	Butternut squash soup, roll	Egg mayonnaise sandwiches	Lentil soup, bread & butter	Cheese & onion pasty	Sandwich selection & fruit cake
Tea choice 2	Poached egg on toast	Corned beef sandwiches	Cheese & tomato toastie	Crumpets & butter	Beans on toast	Ham & tomato sandwiches	Soup of the day

Every breakfast: choice of cereals, porridge, toast with butter, preserves or marmalade, fruit juice, tea or coffee.

Every lunch: served with seasonal vegetables and potatoes (unless included). A soft or puréed version of each choice for residents who need it.

Every evening (supper): milky drinks, biscuits, yoghurt, fruit, and sandwiches on request.

All day: water, squash, tea and coffee offered regularly. Fresh fruit and snacks available between meals.

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Week 4 of 4

Four-week cycle menu for care homes · autumn / winter

Home: _____ Week starting: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast cooked option	Scrambled egg on toast	Boiled egg & soldiers	Beans on toast	Poached egg on toast	Kippers or bacon & tomato	Bacon & egg	Full cooked breakfast
Lunch choice 1	Beef lasagne & garlic bread	Chicken curry & rice	Cornish pasty, mash & gravy	Braised steak & onions, mash	Fish fingers, chips & peas	Chilli con carne & rice	Roast lamb, mint sauce & roast potatoes
Lunch choice 2	Spinach & ricotta cannelloni	Chickpea & potato curry	Cheese & leek pasty, mash	Vegetable stew & dumplings	Veggie burger, chips & peas	Cheese & potato bake	Mushroom & lentil roast
Pudding	Pineapple upside-down cake & custard	Rice pudding & sultanas	Spotted dick & custard	Mandarin & yoghurt	Jam sponge & custard	Strawberry blancmange	Lemon meringue pie & cream
Tea choice 1	Chicken noodle soup, bread	Jacket potato, chilli or beans	Tomato & basil soup, roll	Prawn or egg sandwiches	Mushroom soup, bread & butter	Pork pie & pickles	Sandwich selection & scones
Tea choice 2	Cheese & crackers	Tuna & sweetcorn sandwiches	Scrambled egg on toast	Pikelets & butter	Cheese scone & butter	Egg & cress sandwiches	Soup of the day

Every breakfast: choice of cereals, porridge, toast with butter, preserves or marmalade, fruit juice, tea or coffee.

Every lunch: served with seasonal vegetables and potatoes (unless included). A soft or puréed version of each choice for residents who need it.

Every evening (supper): milky drinks, biscuits, yoghurt, fruit, and sandwiches on request.

All day: water, squash, tea and coffee offered regularly. Fresh fruit and snacks available between meals.

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Your own week — blank template

Print one for each week of your cycle and fill in your own dishes.

Home: _____ Week: _____ of _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast cooked option							
Lunch choice 1							
Lunch choice 2							
Pudding							
Tea choice 1							
Tea choice 2							

Every breakfast: choice of cereals, porridge, toast with butter, preserves or marmalade, fruit juice, tea or coffee.

Every lunch: served with seasonal vegetables and potatoes (unless included). A soft or puréed version of each choice for residents who need it.

Every evening (supper): milky drinks, biscuits, yoghurt, fruit, and sandwiches on request.

All day: water, squash, tea and coffee offered regularly. Fresh fruit and snacks available between meals.

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Tips for a menu residents enjoy

Practical ideas from care home kitchens

Give real choice

Offer at least two options at main meals and be ready with alternatives on request. Show residents the food or a picture where it helps them choose.

Ask the night before

Taking choices the evening before (or at breakfast) gives the kitchen accurate numbers and cuts waste. Keep a note of who usually changes their mind.

Fortify where needed

For residents at risk of malnutrition, add energy and protein: full-fat milk, butter, cream or cheese in mash, sauces and puddings, in line with their care plan.

Keep people hydrated

Offer drinks with every meal and regularly in between. Jelly, soup, fruit and milky puddings all add fluid too.

Texture-modified meals

Prepare puréed and minced meals from the same menu choices so everyone gets the same variety, and present them so each part of the meal can be seen.

Mark special days

Plan birthdays, themed days and seasonal treats (Burns Night, Pancake Day, a summer barbecue) into the cycle. They give residents something to look forward to.

Turn this menu into tomorrow's kitchen sheet

Platewell holds your 4-week cycle, prints a menu sheet for each resident with the dishes they can't have greyed out, then gives the kitchen a count of every dish and a label for every plate. Try it free for 14 days. No card needed.

platewell.co.uk