

# TIPS ON MENU PLANNING FOR NURSING HOMES!

## Breakfast

### EGG, BACON, SAUSAGE, CEREALS, WHOLE GRAIN CEREALS

- Cornflakes, Rice Krispies, Porridge made with milk, Weetabix,
- Branflakes and/or Shredded Wheat should always be available

### WHOLEMEAL AND HIGH FIBRE WHITE BREADS

- Both should be offered: toast should be available also

### PRESERVES OR SPREADS

- Jam, marmalade, honey, Marmite

### FRUIT

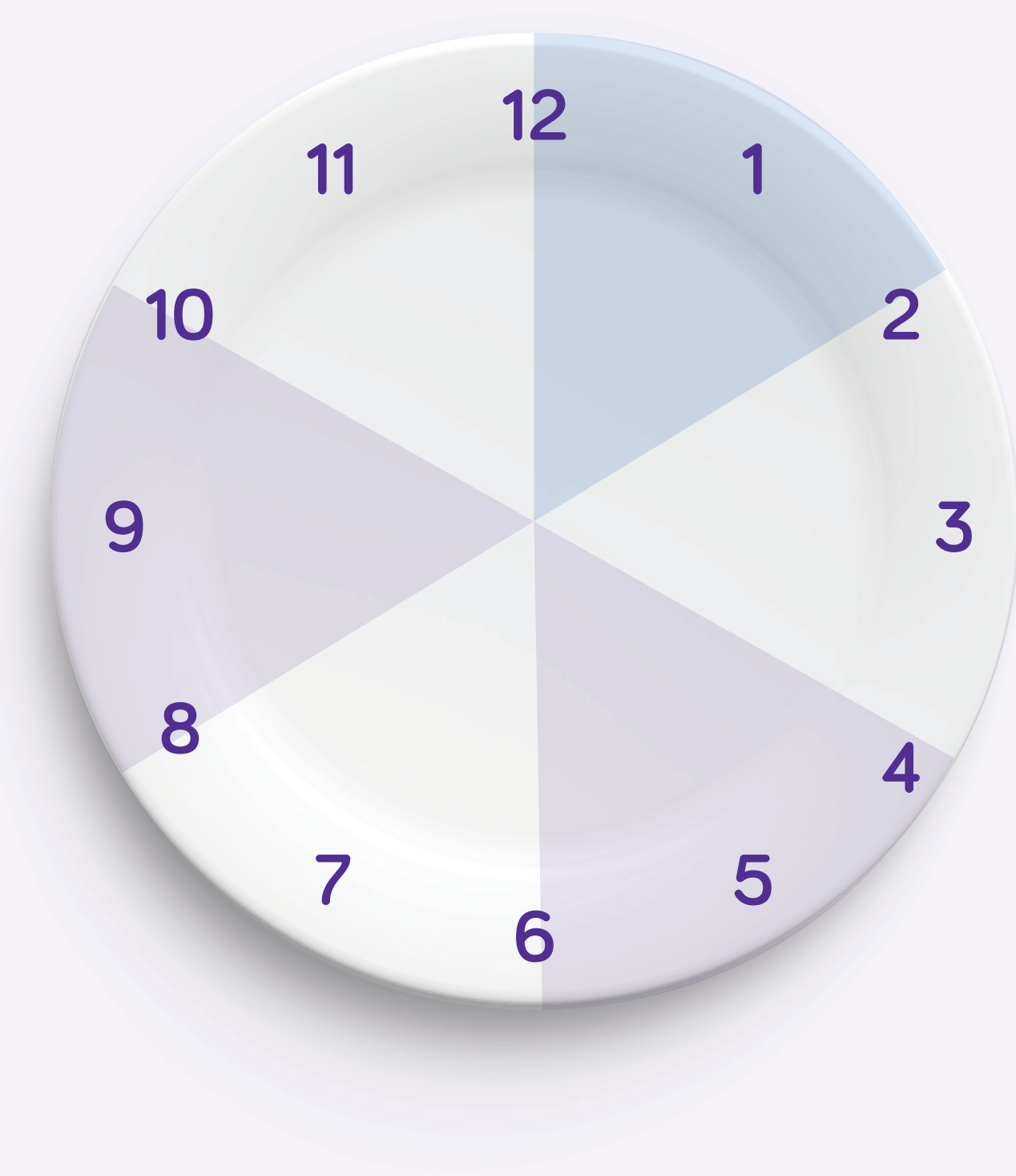
- Stewed apricots, prunes, fresh fruit salad

## Beverages

Water, milk, milk based drinks (Ovaltine, hot chocolate, Horlicks) fruit juices, squash, tea or coffee, should be offered throughout the day.

## Morning and Evening Snacks

Yoghurt, small pots custard, semolina, milk / milky drinks, biscuits, scones, cakes, sandwiches, crackers and cheese, fruit, bowl of cereal



## Middy Meal

### MAIN MEAL

### MEAT, POULTRY, OFFAL, FISH, EGG, CHEESE, HAM OR BACON

- A choice of at least 2 main courses

### POTATOES OR BREAD

- Should always be available

### RICE OR PASTA

- May be offered as an alternative to potatoes or bread

### VEGETABLES

- Fresh, frozen, tinned or salad must be offered

### DESSERTS

#### FRUIT OR FRUIT BASED DESSERT

- Fresh fruit, tinned fruit or stewed fruit should always be available. Serve with cream or custard to increase calorie intake e.g. rhubarb and custard.

#### MILK BASED DESSERT

- Rice pudding, custard, yoghurt

#### CHEESE AND BISCUITS

## Evening Meal

### MEAT, POULTRY, OFFAL, FISH, EGG, CHEESE, HAM OR BACON

- A choice should be made available

### POTATOES OR BREAD

- Should be available

### PASTA OR RICE

- May be offered as an alternative to potatoes or bread

### VEGETABLES

- Fresh, frozen or tinned vegetables or salad

### DESSERTS

- Milk based pudding, fruit based cake, fruit

For more information about Nutricia Care, please contact our Customer Care Team on **Freephone 1800 923 404** or email [nutriciacare@nutricia.com](mailto:nutriciacare@nutricia.com)

This leaflet is intended for healthcare professionals only.