

Springfield Care Homes – Example Menu Week



SPRINGFIELD
CARE HOMES

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	French onion	Mushroom	Sweet potato & apple	Broccoli	Spiced parsnip	Chicken	Butternut squash & red pepper
Starter	Chicken & bacon salad	Gammon ham & egg salad	Melon, orange & ginger	Tuna & cucumber salad	Turkey & cranberry salad	Melon trio	Prawn cocktail
Main 1	Pangasius in tomato & red pepper sauce	Minted lamb	Fisherman's pie	Beef in peppercorn sauce	Battered cod	BBQ pork	Roast gammon with all the trimmings
Main 2	Cottage pie	Chicken & veg pie	Roast turkey with all the trimmings	Liver & bacon	Chicken stroganoff	Beef lasagne	Salmon in dill sauce
Veg	Red cabbage & sweetcorn	Broccoli & parsnips	Carrots, peas & green beans	Spinach & carrots	Mushy peas & garden peas	Savoy cabbage & swede	Carrots, peas & sprout's
Potato	Garlic potatoes	Creamy mashed potato	Roast potato	Herby new potatoes	Chunky chips	Creamy mashed potato	Roast potatoes
Dessert	Peach & raspberry crumble with cream	Orange sponge with custard	Rice pudding	Apricot sponge with cream	Apple crumble with custard	Semolina with jam	Toffee sponge with custard
Supper							
Soup	Tomato & basil	Mixed vegetable	Leek & potato	Red lentil	Carrot & coriander	Cauliflower & curry	Pea & mint
Starter	Selection of sandwiches	Selection of sandwiches	Selection of sandwiches	Selection of sandwiches	Selection of sandwiches	Selection of sandwiches	Selection of sandwiches
Main 1	Ham & cheese pasta	Bacon, leek & mushroom bake	Chicken cassoulet	Minced beef & potato pie	Pasta Neapolitan	Corn beef hash	Jacket potato with selection of fillings
Main 2	Smoked haddock fishcake	Cornish pasty	Toasted teacake	Chipolatas, mash & beans	Gala pie with pickle & salad	Buttered crumpets	Egg mornay
Dessert	Chocolate & banana whip	Spiced apples with cream	Fruit custard pot	Jelly whip	Chocolate mousse	Lemon cheesecake	Eaton mess