

C&C - Care homes - Example menu

Caterplus Assisted Living - Winter 2019 LUNCH MENU WEEK 1								
OFFER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	NOTES
Main Course Selection 1	Somerset Pork - Delicate chunks of pork in a rich apple & mushroom sauce	Spanish Style Chicken - Tender chunks of chicken in a rich Mediterranean style tomato sauce	Honey Roasted Gammon with Mustard Gravy - Succulent gammon ham roasted with honey and brown sugar with mustard gravy	Braised Chicken with Seasonal Vegetables & Pearl Barley - Slow braised chicken with root vegetables & pearl barley	Fish Friday - Deep Fried/Poached/Steamed Tender fish cooked in any of above formats	Saturday Brunch - A full and indulgent plate of bacon, sausage, egg, hash brown and baked beans.	Sunday Roast - Traditional Roast Beef with Gravy - Great British classic with gravy, horseradish sauce and crisp Yorkshire puddings	
Main Course Selection 2	Lambs Liver & Onion Casserole - Tender braised pieces of liver in a sweet onion gravy finished with parsley	Beef & Vegetable Pie - Shortcrust Pastry Topped Meat and Vegetable Pie in a Rich Beef Gravy	Baked Pollock with Herbed Breadcrumbs & Lemon sauce - Tender white fish with a crisp topping and a zingy lemon sauce	Burgundy Style Braised Beef - Tender pieces of beef with soft chunks of vegetables in a rich Burgundy wine sauce	Bacon & Leek Crumble - Aromatic seasonal leeks and bacon oven baked with a rich crumble top	Chicken & Mushroom Hot Pot - A Creamy Chicken and Mushroom Sauce, with Tender Chunks of Chicken and Topped with Golden Potatoes	Creamy Pasta with Salmon & Peas - Creamy Fusilli Pasta, with Salmon, Creme Fraiche and Fresh Herbs	
Vegetarian Main Course of the Day - V	Thai Red Vegetable Curry - Sautéed vegetables simmered in Thai red curry paste & coconut milk finished with freshly chopped coriander (V)	Lentil & Field Mushroom Moussaka - Layers of tender slow cooked mushrooms with aubergines, spices and a rich creamy sauce topped with cheese and oven baked. (V)	Leek, Spinach & Potato Cakes with a Fried Egg - Fluffy potatoes and tender leeks in a crunchy crust with a tomato finish. (V)	Cheese & Potato Hot Pot - Cheese & Potato Hot Pot with Seasonal Root Vegetables in a Tomato Sauce (V)	Vegetarian Sausage Mash & Rich Onion Gravy - Tender meatless sausages with carrots and onions in a rich gravy (V)	Chinese Style Quorn & Crispy Vegetable Stir Fry - Quorn with soy, ginger & crisp vegetables - served with rice	Mushroom Risotto - Slowly cooked rice with mushrooms & chives finished with natural yoghurt (V)	
Potatoes & Starch (Select From)	Mashed Potatoes, Steamed Rice,	Mashed Potatoes, Hand Cut Potato Wedges	Mashed Potatoes, Roast Potatoes	Mashed Potatoes, Boiled Potatoes	Mashed Potatoes, Chipped Potatoes,	Mashed Potatoes, Crushed Potatoes with Parsley	Mashed Potatoes, Roasted Potatoes,	
Freshly Cooked Seasonal Vegetables (Select From)	Garden Peas, Mashed Carrot & Swede	Roasted Butternut Squash, Fine Green Beans	Cauliflower Florets Steamed Spinach Leaves	Roasted Carrots & Parsnips, Broccoli Florets	Mushy Peas, Herby Grilled Tomatoes	Baton Carrots- Buttered Savoy Cabbage,	Roasted Celeriac Wilted Curly Kale	
Puddings	Apple Crumble with Custard	Semolina & Jam	Poached Pears with Yoghurt	Baked Jam & Coconut Sponge with Custard	Steamed Treacle Sponge Pudding with Custard	Gooseberry Crumble with Custard	Chocolate Sponge Pudding with Chocolate Sauce	

Caterplus Assisted Living - Winter 2019 LUNCH MENU WEEK 2								
OFFER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	NOTES
Main Course Selection 1	Creamy Chicken and Courgette with a Tarragon Sauce - Succulent Chicken and Courgettes in a Creamy Tarragon infused sauce.	Lamb & Vegetable Stew - Slow cooked pieces of lamb with onions, potatoes, cabbage, leeks, celery and parsley	Roast Turkey, Sage & Onion Stuffing - Tender slices of turkey breast with a classic stuffing and gravy	Meat & Potato Pie - Minced beef in gravy with onion, carrots & potatoes baked in Shortcrust pastry	Fish Friday - Deep Fried/Poached/Steamed Tender fish cooked in any of above formats	Cumberland Pie - Tender braised mince beef in a rich gravy topped with mashed potatoes and mixed cheeses	Sunday Roast-Roasted Lamb with Gravy - Slow roasted shoulder of lamb, with a rich gravy & mint sauce	
Main Course Selection 2	Bacon with Pease Pudding - Tender bacon steaks with a traditional pease pudding and onion gravy	Baked Haddock in a Cheesy sauce - Oven baked haddock in a rich cheesy sauce with nutmeg and lemon	Braised Pork Steaks with Creamy Sauce - Slowly cooked pork loin steak in a rich creamy sauce	Chicken Fricassee - Succulent chicken breast and mushrooms in a creamy sauce.	Home Baked Ploughmans Sausage - Succulent seasoned sausagemeat roll in a light flaky pastry	Saturday Brunch - A full and indulgent plate of bacon, sausage, egg, hash brown and baked beans.	Courgette Dill and Salmon Quiche - A crumbly shortcrust pastry with courgette, dill and salmon baked in a traditional egg custard	
Vegetarian Main Course of the Day- V	Mushroom Stroganoff - A creamy sauce with mushrooms, white wine and fresh herbs(V)	Homemade Cheese & Onion Pasty -Cheddar cheese, potatoes and mustard wrapped in a light flaky puff pastry (V)	Squash Parsnip & Red Cabbage Cassoulet - A braised selection of vegetables and beans in a rich red wine sauce (V)	Vegetarian Cottage Pie - Vegetable mince in a herb & tomato sauce topped with cheesy potatoes (V)	Tomato & Basil Pasta Bake - Made with roasted fresh tomatoes and basil and finished with a little cheese (V)	Potato, Spinach & Chickpea Korma - A delicatly spiced sauce with chunks of potato, chickpeas & spinach leaves (V)	Mushroom & Spinach Lasagne - Succulent mushrooms & spinach leaves layered with pasta & topped with cheese (V)	
Potatoes & Starch (Select From)	Mashed Potatoes, Steamed Rice,	Boiled Potatoes, Herby Baked Mini Potatoes	Mashed Potatoes, Roasted Potatoes	Potato Gratin, Steamed Rice	Chipped Potatoes, Buttered New Potatoes	Boiled Potatoes Steamed Rice	Roasted Potatoes, Dauphinoise Potatoes	
Freshly Cooked Seasonal Vegetables (Select From)	Wilted Seasonal Greens- Cauliflower Florets	Garden Peas, Broccoli	Roasted Beetroot- Steamed Leeks-	Buttered Carrots, Sweetheart Cabbage,	Mushy Peas, Side salad	Roasted Butternut Squash, Brussel Sprouts	Steamed Cauliflower Braised Red Cabbage	
Puddings	Warm Apple Tart & Cream	Traditional Monmouth Pudding	Toffee Apple Crumble & Custard	Chocolate Fudge Pudding	Warm Baked Rice Pudding with Fruit Jam	Fruit Flan with Cream	Warm Banana Sponge & Custard	



LONDON HOMES
SINCE 1926

Caterplus Assisted Living - Winter 2019 LUNCH MENU WEEK 3

OFFER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	NOTES
Main Course Selection 1-	Braised Pork Steaks - Slowly cooked pieces of Pork with a rich Brambley Apple Gravy	Oven Baked Salmon & Lemon Crunch Fishcake - Salmon & potato fishcake - dusted with a lemon crunch coating & oven baked	Traditional Roast Beef with Gravy - Great British classic with gravy, horseradish sauce and crisp Yorkshire puddings	Cheese & Ham Quiche - Home baked quiche made with shortcrust pastry, cheddar cheese and ham	Fish Friday - Deep Fried/Poached/Steamed Tender fish cooked in any of above formats	Oven Baked Beef Lasagne - Slow cooked minced beef in a tomato sauce - layered with pasta & topped with cheese.	Traditional Roast Chicken - Roast chicken breast served with a sage & onion stuffing	
Main Course Selection 2-	Chilli Con Carne - A spicy Mexican classic with minced beef & red kidney beans	Lambs Liver with a Rich Onion Gravy - Pan seared lambs liver served with grilled bacon & rich onion & parsley gravy	Creamy Sage & Lemon Chicken - Zesty lemon and sage white sauce with soft chicken pieces and a little cream	Breaded Turkey Escalope, with Gravy - Succulent British turkey in a crisp coating with a gravy sauce.	Lamb Tagine - Gently spiced slow cooked lamb with sweet dried fruits and almonds	Chicken Chasseur - Creamy chicken with white wine, mushrooms, tarragon & tomato	A Baked Fish Mornay - Delicate flakes of white fish in a creamy cheesy sauce.	
Vegetarian Main Course of the Day- V	Chickpea & Squash Cassoulet - Slow cooked squash & roots in a rich fragrant sauce	Sweet Potato, Spinach & Goats Cheese Pie - Sweet potatoes & spinach in goats cheese béchamel topped with golden & crisp puff pastry (V)	Mushroom Nut Roast - A hearty mushroom and lentil roast packed with nuts and cheddar cheese (V)	Chick Pea & Lentil Dhal - Mildly spiced chick pea, vegetable & red lentil curry (V)	Braised Quorn Sausages in a Rich Onion Gravy - Tender meatless sausages with carrots and onions in a rich gravy (V)	Sweet & Sour Vegetables - A Classic sweet & sour sauce with sweet peppers, broccoli and cauliflower (V)	Herbed Crumbed Macaroni Cheese - Oven baked rich and creamy pasta bake with a golden finish (V)	
Potatoes & Starch (Select From)	Mashed Potatoes, Steamed Rice	Mashed Potatoes, New Potatoes	Roast Potatoes, Crushed New Potatoes with Parsley	Champ Potatoes, Steamed Brown Rice	Mashed Potatoes, Chipped Potatoes	Steamed Rice, Boiled Potatoes	Roasted Potatoes, Boiled Potatoes	
Freshly Cooked Seasonal Vegetables (Select From)	Fine Green Beans, Steamed Cauliflower	Baked Butternut Squash, Garden Peas	Curly Kale, Diced Swede	Steamed Carrots, Broccoli Florets,	Mushy Peas, Herby Grilled Tomatoes	Roasted Beetroot, Mixed Green Salad,	Wilted Green Cabbage, Roasted Carrots	
Puddings	Baked Jam Sponge with Custard	Bread & Butter Pudding	Baked Chocolate Sponge and Custard	Sticky Gingerbread & Apricot Sponge with Custard	Crème Caramel	Baked Rice Pudding with Apricots	Baked Apple Strudel	

Caterplus Assisted Living - Winter 2019 LUNCH MENU WEEK 4

OFFER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	NOTES
Main Course Selection 1-	Lamb & Flagolet Bean Stew - Delicate chunks of lamb with tomatoes, green beans & flagolet beans	Homemade Faggots & Onion Gravy - Homemade faggots, braised in a rich sweet onion gravy	Boiled Brisket of Beef - Traditional boiled beef with gravy and Yorkshire Pud	Moussaka - Layers of tender slow cooked lamb with aubergines, spices and a rich creamy sauce topped with cheese and oven baked	Fish Friday - Deep Fried/Poached/Steamed Tender fish cooked in any of above formats	Savoury Beef Cobbler -Tender slow cooked beef mince in a rich gravy with root vegetables, topped with savoury scones	Sunday Roast-Roast British Pork With Apple Sauce - Roasted pork loin, with sweet apple sauce and gravy	
Main Course Selection 2-	Creamy Beef Stroganoff - Tender strips of beef in a creamy sauce with paprika and fresh parsley	Pollock & Potato Traybake with Pesto - A baked pollock & potato traybake with basil pesto and sweet peppers	Oriental Chicken & Vegetable Stir Fry - Stir fried chicken & noodles with garlic & ginger - finished with crisp vegetables	Bacon, Sausage & Bean Casserole - Slowly cooked pork sausages and bacon with chopped tomatoes and fresh parsley	Tikka Masala Spiced Turkey Meatballs - Braised turkey meatballs in a mildly spiced sauce with fresh coriander	Slow Cooked Tender Irish Stew - Slow cooked pieces of lamb with onions, potatoes, cabbage, leeks, celery and parsley.	Classic Fish Pie - Flakes of Atlantic fish in a creamy white sauce topped with whipped mashed potatoes	
Vegetarian Main Course of the Day - V	Stuffed Courgettes - Roasted courgettes with rice sweet peppers and cheddar cheese (V)	Roasted Vegetable & Sweet Potato Bake - A hearty vegetable and sweet potato bake packed with sweet onions, carrots and cauliflower (V)	Butternut Squash, Feta, Pea & Mint Frittata - Oven baked butternut squash, minted peas, feta & seasoned egg frittata	Spicy Lentil Tikka - Spiced red lentils, with fresh coriander and mango chutney (V)	Spicy Bean, Quorn & Vegetable Goulash - Slow cooked peppers, onions, courgettes, mushrooms, aubergines & potatoes simmered in a smoked paprika, garlic, tomato sauce (V)	Peppers Stuffed with Savoury Rice - Baked sweet peppers filled with rice, with a melted cheesy topping (V)	Bean Cassoulet - Flageolet, borlotti, kidney and cannellini beans in a rich tomato sauce (V)	
Potatoes & Starch (Select From)	Sweet Potato Mash, Buttered New Potatoes,	Mashed Potatoes, Croquette Potatoes	Mashed Potatoes, Roast Potatoes,	Steamed Rice, Crushed New Potatoes with Parsley	Mashed Potatoes, Chipped Potatoes, Penne Pasta	Mashed Potatoes, Boiled Potatoes,	Roast Potatoes, Herby Baked Mids	
Freshly Cooked Seasonal Vegetables (Select From)	Roasted Butternut Squash, Creamed Cabbage Leaves,	Steamed Leeks, Roasted Celeriac	Buttered Carrots, Wilted Spinach,	Steamed Cauliflower, Sauteed Courgettes	Mushy Peas, Herby Grilled Tomatoes	Swede, Sugar Snaps	Roasted Parsnips & Carrots, Seasonal Sprouts	
Puddings	Baked Syrup Sponge Custard	Stuffed Baked Apple	Peach Flan with Cream	Chocolate Fudge Brownie	Butterscotch Sponge & Custard	Stewed Apple & Custard	Sticky Toffee Pudding & Custard	



LONDON HOMES
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Caterplus Care- Winter 2019 SUPPER MENU WEEK 1				Caterplus Assisted Living - Winter 2019 SUPPER MENU WEEK 1				
OFFER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	NOTES
Homemade Bread	Homemade Baguette	Homemade Rustic White Rolls	Homemade Focaccia	Homemade Parmesan & Polenta Rolls	Homemade White Bloomer Loaf Topped with Sesame & Poppy Seeds	Homemade Baked White Split Tin Loaf	Homemade Three Seed Bloomer	
Freshly Made Seasonal Soup-	Curried Cauliflower Soup	Courgette Rocket & Parmesan Soup	Butterbean & Bacon Soup	Minestrone Soup	Chicken Soup	Courgette Tomato & Bail Soup	Chunky Bean Soup	
Supper Option 1	Corned Beef Hash	Homemade Sausage Rolls	Sausage Bolognese	Cauliflower & Bacon Pasta	Ham, Egg & Chips	Baked Ratatouille & Sausage	Quiche Lorraine	
Dessert	Spotted Dick & Custard	Coconut & Pineapple Rice Pudding	Apple Turnover	Berry Jelly with Natural Yoghurt	Chocolate Mousse	Fresh Fruit Salad	Spiced Apple Crumble Cake	
Caterplus Assisted Living - Winter 2019 SUPPER MENU WEEK 2								
OFFER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	NOTES
Homemade Bread	Homemade White Bloomer	Homemade Ciabatta Rolls	Homemade Baguette	Homemade Polenta & Parmesan Rolls	Homemade Rustic White Rolls	Homemade Traditional Split Tin Loaf	Homemade Seeded Bloomer	
Freshly Made Seasonal Soup	Spiced Tomato Soup	Squash & Carrot Soup	Courgette & Watercress Soup	Cajun Corn & Vegetable Soup	Cream Of Celery Soup	Broccoli & Spinach Soup	Turkey, Squash & Kale Soup	
Supper Option 1	Cheese & Potato Bake (V)	Spiced Chicken & Potato Traybake	Chicken Goujons and Salad	Chickpea & Chorizo Stew	Macaroni Cheese	Roasted Mushrooms stuffed with Pate and Herb Crust	Warm Fish Finger Sandwich	
Dessert	Mulled Cranberry & Mandarin Jelly with Cream	Chocolate Brownie	Strawberry Mousse	Berry Posset	Fruit Salad	Apple & Cinnamon Compote	Raspberry & Coconut slice	

Caterplus Care - Winter 2019 SUPPER MENU WEEK 3				Caterplus Assisted Living - Winter 2019 SUPPER MENU WEEK 3				
OFFER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	NOTES
Homemade Bread	Homemade Focaccia Flavoured with Fresh Rosemary & Sea Salt	Homemade Ciabatta Rolls	Homemade White Bloomer Loaf Topped with Sesame & Poppy Seeds	Homemade Crusty Baguette	Homemade Rustic White Rolls	Homemade Split Tin Loaf	Homemade Three Seed Bloomer	
Freshly Made Seasonal Soup	Red Lentil & Coriander Soup	Squash & Red Pepper Soup	Broccoli & Stilton Soup	Carrot & Coriander Soup	Celeriac Soup	Celery & Apple Soup	Creamy Sweetcorn Soup	
Supper Option 1	Jacket Potato with Baked Beans	Scrambled Eggs with Grilled Tomato & Toast	Cheese & Onion Pasty	Creamy Garlic Mushrooms with Ciabatta	Turkey Meatloaf with Beans	Leek & Onion Crumble	Rainbow Frittata	
Dessert	Fruity Chocolate Traybake	Preserved Peach Flan	Banana & Chocolate Mousse	Roasted Rhubarb with Vanilla Ice Cream	Apricot Crumble	Stewed Plums & Custard	Mixed Melon Cocktail	
Caterplus Assisted Living - Winter 2019 SUPPER MENU WEEK 4								
OFFER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	NOTES
Homemade Bread	Homemade Ciabatta Rolls	Homemade Crispy Baguette	Homemade Sesame & Poppyseed Loaf	Homemade Rustic Rolls	Homemade Focaccia	Homemade Traditional Split Loaf	Homemade Parmesan & Polenta Rolls	
Freshly Made Seasonal Soup	Carrot, Ginger & Coriander Soup	Sweet Pea & Ham Soup	Cream of Parsnip Soup	Watercress & Blue Cheese Soup	Leek, Mushroom, Chicken & Chive Soup	Lentil, Kale & Sweet Potato Soup	Chunky Vegetable Soup	
Supper Option 1	Cheese & Red Onion Quiche	Spanish Omelette	Ham, Egg Muffin with Cheese Sauce	Roasted Vegetable Stew Herby Dumplings	Toad in the Hole	Fishcakes & Parsley Sauce	Cauliflower & Broccoli Cheese Bake	
Dessert	Carrot Cake	Sweet Berry Jelly With Natural Yoghurt	Rice Pudding with Raisins	Mixed Berry Fool	Banana & Chocolate Muffins	Apricot Crumble Cake	Plum Pie with Custard	