



**Larchfield
house**
Dementia care specialists

Menu



Week one menu

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**Nutrition is part of the wellness
we promote along with Hydration
both of which enhance the health
of the residents.**

At Larchfield House we took a different approach to providing a nutritional menu that supports the residents demographic. With predominantly Dementia residents we challenged the Head chef to gain some knowledge of the personal favourites of the residents currently in residence. We felt strongly that we promote choice and the importance of personal centered care.

The chef and catering team spoke to all the residents with some support from the relatives and loved ones in finding out what the residents favourite foods are or was. This information is important as recognition of familiar foods and meals helps better and sustained nutrition for the residents, to put in simple terms we offer the food they enjoy, recognise and remember.

We took it one stage further by incorporating Dementia friendly foods that research has shown has benefits for the wellbeing and health benefits. We looked at the menu balance incorporating the 5 a day principle, allergen recognition and identification, full nutritional breakdown, we also considered the implication of soft and pureed diets to minimise altering the menu too much to accommodate specialist diets and keep the menu choices the intact from individual preferences.

This is ideal for tracking caloric intake for the residents and ensuring a healthy well balanced nutritional diet, with a menu they designed and choice. We feel strongly that where possible it is important to maintain a healthy diet without supplements in the first instance and of course if additional support is required we would contact the dietician.

Breakfast

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Cereals and Pre Breakfast

Assorted Individual Cereals
(All Bran, Weetabix, Musseli,
Cornflakes, Fruit & Fibre)
Porridge (V)
Yoghurts (natural, Fruit Corners,
Mandarin, Strawberry)(S)
Grapefruit & Orange Segments (V) - Prunes (V)(S)
Fruit Smoothies (V)(S)

Cooked Breakfast

Grilled Sausage
Grilled Bacon
Scrambled Egg (V)(S)
Baked Beans (V)
Grilled Tomatoes (V) or Mushrooms (V)
Sauté Potatoes (V) or Hash Browns (V)
Eggs to Order (Poached, Omelette, Fried, Boiled) (V)

Accompaniments

Assorted Preserves (Jam, Marmalade Honey)
Assorted Breads (Rye, Wholemeal, Bloomer)
Toast (V)

Beverages

Tea - Coffee
Orange Juice - Cranberry Juice - Apple Juice
Fruit Squash

All day menu

Soups

Vegetable Soup & Croutons - Monday
Carrot & Coriander Soup & Croutons - Tuesday
Tomato Soup & Croutons - Wednesday
French Onion Soup & Croutons - Thursday
Broccoli & Stilton Soup & Croutons - Friday
Mushroom Soup & Croutons - Saturday
Leek & Potato Soup & Croutons - Sunday

Omelettes

Three egg Omelette with the choice of Fillings,
Cheese, Ham, Mushroom, and Tomato

Assorted Gourmet sandwiches

Egg Mayonnaise & Water Cress (V)
Tuna with Mayonnaise & Cucumber
Ham Salad (Lettuce, Tomatoes and Cucumber)
Grated Cheese & Pickle (V)
(All Sandwiches will be served with a choice
of White, Rye, Bloomer, Whole Grain)

Additional Snacks

Fruit Yoghurts
Fresh fruit Salad
Cheese & Biscuits
Fresh fruit
Assorted Biscuits

Beverages

Tea - Coffee
Orange Juice - Cranberry Juice - Apple Juice
Fruit Squash



Monday Lunch

Main

Chicken Supreme
(Stuffed with Asparagus &
Creamed Cheese wrapped in Bacon)

or

Beef Stroganoff served with Braised rice

Potatoes & Vegetables

Lyonnais Potatoes
Broccoli Dansk
Buttered Baton Carrots
Gravy

Desserts

Fresh fruit Salad
Mandarin Cheese Cake
Fresh Cream
Individual Fruit Jelly

Beverages

Tea
Coffee
Orange Juice
Cranberry Juice
Apple Juice
Fruit Squash

Monday Dinner

Main

Jacket Potatoes - Fillings Baked Beans, Grated Cheese

Soup

Vegetable Soup & Croutons

Assorted Gourmet sandwiches

Egg Mayonnaise & Mustard Cress

Tuna with Mayonnaise & Cucumber

Roast Meat and accompaniment

Grated Cheese & Pickle

All Sandwiches can be served on a variety of White,

Rye, Bloomer, Whole Grain,

Potato or Vegetable Crisps

Desserts

Fruit Yoghurts

Fresh fruit Salad

Cheese & Biscuits

Fresh fruit

Assorted Biscuits

Beverages

Tea

Coffee

Orange Juice

Cranberry Juice

Tuesday Lunch

Main

Chicken & Leek Pie
or
Irish Stew

Potatoes & Vegetables

Minted New Potatoes
Cauliflower Polonaise
Green Beans Niscoise
Gravy

Desserts

Fresh fruit Salad
Rice Pudding with Raisins
Individual Fruit Jelly

Beverages

Tea
Coffee
Orange Juice
Cranberry Juice
Apple Juice
Fruit Squash

Tuesday Dinner

Main

Ravioli on Toast

Soup

Carrot & Coriander Soup & Croutons

Assorted Gourmet Sandwiches

Egg Mayonnaise & Water Cress

Tuna with Mayonnaise and Cucumber

Ham Salad (Lettuce, Tomatoes and cucumber)

Grated Cheese & Tomato Relish

All Sandwiches can be served on a variety of White, Rye, Bloomer,
Whole Grain,
Potato or Vegetable Crisps

Desserts

Fruit Yoghurts

Fresh fruit Salad

Cheese & Biscuits

Fresh fruit

Assorted Biscuits

Beverages

Tea

Coffee

Orange Juice

Cranberry Juice

Apple Juice

Fruit Squash

Wednesday Lunch

Main

Roast Topside of Beef & Yorkshire Puddings
Served with Mustard & Horseradish

or

Roasted Salmon with Roasted Root Vegetables

Potatoes & Vegetables

Roast Potatoes
Leeks in a cheese sauce
Diced buttered Swede
Roast Gravy

Desserts

Fresh fruit Salad
Spotted Dick
Custard
Individual Fruit Jelly

Beverages

Tea
Coffee
Orange Juice
Cranberry Juice
Apple Juice
Fruit Squash

Wednesday Dinner

Main

Club Sandwiches
(filled with Ham and Cheese coated in Egg and pan fried)

Soup

Tomato Soup & Croutons
Assorted Gourmet Sandwiches
Egg Mayonnaise & Mustard Cress
Tuna with Mayonnaise and Cucumber
Brie & Cranberry
Coronation Chicken
All Sandwiches can be served on a
variety of White, Rye, Bloomer, Whole Grain,
Potato or Vegetable Crisps

Desserts

Fruit Yoghurts
Fresh fruit Salad
Cheese & Biscuits
Fresh fruit
Assorted Biscuits

Beverages

Tea
Coffee
Orange Juice
Cranberry Juice
Apple Juice
Fruit Squash

Thursday Lunch

Main

Poached Chicken Served with Béarnaise Sauce
or
Lancashire Hot Pot

Potatoes & Vegetables

Lyonnaise Potatoes
Broccoli Dansk
Buttered Baton Carrots
Gravy

Desserts

Fresh fruit Salad
Apple & Almond Crumble
Custard
Individual Fruit Jelly

Beverages

Tea
Coffee
Orange Juice
Cranberry Juice
Apple Juice
Fruit Squash

Thursday Dinner

Main

Jacket Potatoes
Fillings Tuna Mayonnaise, Baked Beans

Soup

Tomato Soup & Croutons

Assorted Gourmet Sandwiches

Egg Mayonnaise & Water Cress
Tuna with Mayonnaise and Cucumber
Roast Meat and accompaniment
Grated Cheese & Gerkan Mayonnaise
All Sandwiches can be served on a variety
of White, Rye, Bloomer, Whole Grain,
Potato or Vegetable Crisps

Desserts

Fruit Yoghurts
Fresh fruit Salad
Cheese & Biscuits
Fresh fruit
Assorted Biscuits

Beverages

Tea
Coffee
Orange Juice
Cranberry Juice
Apple Juice
Fruit Squash

Friday Lunch

Main

Battered Cod Served with Tartare sauce
(Served on a special Newspaper Sheet)

or

Ham & fried Egg

Potatoes & Vegetables

Chips

Minted Garden Peas

Buttered Sweetcorn

Desserts

Fresh fruit Salad

Rice Pudding with Raisins

Individual Fruit Jelly

Beverages

Tea

Coffee

Orange Juice

Cranberry Juice

Apple Juice

Fruit Squash

Friday Dinner

Main

Quiche Lorraine & Salad Garnish

Soup

Broccoli & Stilton Soup & Croutons

Assorted Gourmet Sandwiches

Egg Mayonnaise & Mustard Cress

Tuna with Mayonnaise and Cucumber

Marmite & Little Gem

Grated Cheese & Spring Onion relish

All Sandwiches can be served on a variety

of White, Rye, Bloomer, Whole Grain,

Potato or Vegetable Crisps

Desserts

Fruit Yoghurts

Fresh fruit Salad

Cheese & Biscuits

Fresh fruit

Assorted Biscuits

Beverages

Tea

Coffee

Orange Juice

Cranberry Juice

Apple Juice

Fruit Squash

Saturday Lunch

Main

London Roast

or

Chicken a La King Served with Rice

Potatoes & Vegetables

Mashed Potatoes

Lemon Straw Carrots

Buttered Broad Beans

Gravy

Desserts

Fresh fruit Salad

Jam Rolly Polly

Custard

Individual Fruit Jelly

Beverages

Tea

Coffee

Orange Juice

Cranberry Juice

Apple Juice

Fruit Squash

Saturday Dinner

Main

Jacket Potatoes
Fillings Baked Beans, Grated Cheese

Soup

Mushroom Soup & Croutons

Assorted Gourmet Sandwiches

Egg Mayonnaise & Water Cress
Tuna with Mayonnaise and Cucumber
Pate with Onion Relish
Cream Cheese with Chives
All Sandwiches can be served on a variety
of White, Rye, Bloomer, Whole Grain,
Potato or Vegetable Crisps

Desserts

Fruit Yoghurts
Fresh fruit Salad
Cheese & Biscuits
Fresh fruit
Assorted Biscuits

Beverages

Tea
Coffee
Orange Juice
Cranberry Juice
Apple Juice
Fruit Squash

Sunday Lunch

Main Course

Roast loin of Pork served with Apple Sauce
or
Roasted Salmon with Roasted Root Vegetables

Potatoes & Vegetables

Roast Potatoes
Leeks in a cheese sauce
Brussel Sprouts Forrestiere
Roast Gravy

Desserts

Fresh fruit Salad
Cherry Pie and Custard
Individual Fruit Jelly

Beverages

Tea
Coffee
Orange Juice
Cranberry Juice
Apple Juice
Fruit Squash

Sunday Dinner

Main

Club Sandwiches

(Filled with Ham and Cheese coated in Egg and pan fried)

Soup

Leek & Potato Soup & Croutons

Assorted Gourmet Sandwiches

Egg Mayonnaise & Mustard Cress

Tuna with Mayonnaise and Cucumber

Prawn, Shredded lettuce & Marie Rose sauce

Grated Cheese & Chutney

All Sandwiches can be served on a variety of

White, Rye, Bloomer, Whole Grain,

Potato or Vegetable Crisps

Desserts

Fruit Yoghurts

Fresh fruit Salad

Cheese & Biscuits

Fresh fruit

Assorted Biscuits

Beverages

Tea

Coffee

Orange Juice

Cranberry Juice

Apple Juice

Fruit Squash

