

Aged care catering menu: 7-day meal plan

Older adults need up to four serves of dairy a day. If they don't get this, they may be at risk of falls and fractures. This dairy-rich 7-day meal plan provides recipes that will help your residents get the dairy they need to keep their bones and muscles strong.

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Fortified porridge	Fortified porridge	Fortified porridge	Fortified porridge	Fortified porridge	Fortified porridge	Fortified porridge
	Cereal Yoghurt Fruit salad Toast	Cereal Yoghurt Fruit salad Toast	Cereal Yoghurt Fruit salad Toast Cheesy scrambled eggs, bacon	Cereal Yoghurt Fruit salad Toast	Cereal Yoghurt Fruit salad Toast	Cereal Yoghurt Fruit salad Toast	Cereal Yoghurt Fruit salad Toast Protein pancakes, Fruit Compote and Greek yoghurt
Morning tea	High fibre smoothie Biscuits	Buttermilk scones	Cheese and tomato on crackers	Mixed berry parfait	Banana bread with cheesecake filling	Scones with jam and cream	Savoury muffins
Hot choice 1	Potato cakes with fish stew	Lamb koftas with feta flatbread and tzatziki	Baked cod and pea gratin	Roast pork with apple sauce and gravy	Battered and baked fish	Braised beef with cheesy mashed potato	Roast lamb with rosemary gravy
Hot choice 2	Shepherds Pie	Fish cakes with sautéed greens	Spaghetti bolognese	Chicken and parmesan gnocchi	Beef ragu pasta bake	Sea trout with lemon and dill	Baked gnocchi, roast veg and ricotta
Vegetables/sides	Roast pumpkin Broccoli	Cauliflower Green beans	Creamed mashed potato Vichy carrot and parsnip	Buttered baby potatoes Cauliflower cheese Peas	Chips Green beans Carrots	Roasted veg Broccoli	Herb roast carrot Cauliflower mornay, Peas
Dessert	Rice pudding	Crème brulee	Eton mess	Lemon drizzle cake	Apple crumble and custard	Fruit jelly and ice-cream	Chocolate mousse
Afternoon tea	Cheese and crackers Sandwiches	Cheese and crackers Sandwiches	Cheese and crackers Sandwiches	Cheese and crackers Sandwiches	Cheese and crackers Sandwiches	Cheese and crackers Sandwiches	Cheese and crackers Sandwiches
Soup	Mixed bean	Carrot and cumin	Tomato and basil	Corn chowder	Pea and ham	Roast veg	Cream mushroom
Dinner hot choice	Beef lasagne	Pork and apple casserole	Risoni chicken caesar salad	Philly cheese steak sub rolls	Chicken rissoles	Ham and feta quiche Muffins	Chicken fritters with baby potatoes
Vegetables	Garden salad	Mashed potato and peas	Roasted cherry tomatoes	Sweet potato wedges	Roast potato roast veg and mozzarella	Warm potato salad	Carrot and broccoli bake
Dessert	Chocolate cake	Fruit salad and custard	Fruit bread and butter pudding	Peach cobbler and ice-cream	Raspberry and orange sunrise polenta parfait	Creamy sago pudding	Sticky date pudding with custard
Supper	Full milk hot chocolate/ malt drink Sandwiches, biscuits	Full milk hot chocolate/ malt drink Sandwiches, biscuits	Full milk hot chocolate/ malt drink Sandwiches, biscuits	Full milk hot chocolate/ malt drink Sandwiches, biscuits	Full milk hot chocolate/ malt drink Sandwiches, biscuits	Full milk hot chocolate/ malt drink Sandwiches, biscuits	Full milk hot chocolate/ malt drink Sandwiches, biscuits

NB. Recipe card available for shaded meals above