

- Monday - BREAKFAST



Kick start your day the right way

Breakfast is a great opportunity to give residents the energy they need to start the day. A variety of hot and cold options should always be available.

Wholegrains are a key food group that provide fibre. This helps keep the digestive system healthy and can prevent constipation, but it's frequently lacking in the diet. Porridge oats are a wholegrain cereal that can be easily adapted to offer variety on the menu.

A healthy diet should contain at least two portions of fish each week, and breakfast is a good opportunity to offer this to your residents. One of which should be an oily fish.

Oily fish contains vitamin D, which helps the body absorb calcium and maintain the strong bones essential in older adults. Vitamin D is produced when the skin is exposed to daylight – it's often called the 'sunshine vitamin' – so dietary vitamin D is particularly important for care home residents who may not get outside very often, especially in winter.



Dairy alternatives



C 128154	Alpro Dairy Free Soya Whole Bean Long Life Milk	1x1ltr
C 113653	Alpro Roasted Almond Milk	1x1ltr
C 121939	Alpro Plant-Based Single Soya U.H.T	250ml
C 109618	Alpro Soya Original Milk with Calcium & Vitamins U.H.T.	1x1ltr
C 113655	Alpro Coconut Soy Drink for Professionals	1x1ltr
C 129803	Flora Professional Plant-based Cream Alternative	1x1ltr



Yogurts



C 127816	Rachel's Organic Luscious Raspberry Yogurt	6x150g
C 127817	Rachel's Organic Luscious Strawberry Yogurt	6x150g
C 114931	Brakes Greek Style Yogurt	1x4.64kg
C 71762	Yeo Organic Raspberry Yogurt	12x80g
C 74859	Yeo Valley Fruit Flavour Mixed Yogurt	12x200g
C 31526	Ubley Thick & Creamy Mixed Case Yogurt	12x150g
C 74746	Muller Thick & Creamy Mixed Case Yogurt	12x110g
C 124144	Coconut Yogurt	1x950g
A 112256	Easiyo Natural Yogurt Base	6x1kg



Calorie boosting

Porridge is great for those who need extra energy, whole milk can be fortified with skimmed milk powder as a great alternative.

Quaker Porridge Oats (GF)
A 118890 1x510g

Brakes Oat Flakes
A 114868 4x2kg

Peanut Butter
1 x tablespoon = 100 calories

Single Cream
1 x dessert spoon = 40 calories

Double Cream
1 x dessert spoon = 100 calories

Jam /Honey/Marmalade
2 x teaspoons = 50 calories

Marvel Skimmed Milk Powder
1 x tbps = 43.3 calories/4.4g protein

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Non-bake granola balls

These granola balls are a great way of including fibre while also providing a good hand-held snack for residents with dementia or in need of a calorie boost.

Serves 10



Ingredients

A 25148	Osprio Flaked Oats	180g
A 89781	Brakes Chopped Dates	180g
A 8284	Brakes Dried Apricots	80g
A 35005	Brakes Sesame Seeds	20g
A 100535	Brakes Pure Canadian Maple Syrup	15ml
C 10312	Large Oranges	1ea
C 109345	Müller® Healthy Balance Natural Yogurt	125g

Preparation

1. Roughly chop the dried apricots
2. Zest and juice the oranges

Method

1. Blend everything together, except for the sesame seeds
2. Roll into 10 evenly sized balls and shape using a fork or pallet knife
3. Coat in sesame seeds and chill before serving

Smoked salmon and scrambled eggs

A great source of vitamin D; smoked fish will intensify flavourings and scrambled egg is easily fortified.

Serves 1



Ingredients

A 16392	Brakes 18 British Free Range Fresh Medium Eggs	2ea
A 120586	Millac Gold Double Cream Alternative	40ml
A 6462	Brakes Skimmed Milk Powder	5g
C 74827	Brakes Salted Butter	20g
C 71085	M&J Seafood Smoked Salmon Trimmings	250g
C 113880	Chives	1g

Preparation

1. Crack the eggs into a jug, add the Millac Gold cream alternative and mix
2. Add the skimmed milk powder to the egg mix and continue to stir
3. Chop the chives
4. Remove the fat from the salmon and cut into thin strips

Method

1. Melt the butter in a hot pan
2. Add the egg mix and smoked salmon strips to the pan, cook until core temperature is reached
3. Serve on a plate and top with chives