7 Sample menu for providing adequate fluids within the care home

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early drink	Tea or juice	Tea or juice	Tea or juice	Tea or juice	Tea or juice	Tea or juice	Tea or juice
Full glass of water given out with early morning medication							
Breakfast	Cereals/porridge Fruit juices Egg and bacon Toast or bread Preserves Tea or coffee	Cereals/porridge Fruit juices Scrambled egg Toast or bread Preserves Tea or coffee	Cereals/porridge Fruit juices Sausage/tomato Toast or bread Preserves Tea or coffee	Cereals/porridge Fruit juices Boiled egg Toast or bread Preserves Tea or coffee	Cereals/porridge Fruit juices Bacon/tomato Toast or bread Preserves Tea or coffee	Cereals/porridge Fruit juices Poached egg Toast or bread Preserves Tea or coffee	Cereals/porridge Fruit juices Scrambled egg Toast or bread Preserves Tea or coffee
Water and fruit squashes / cordials available throughout the morning in the residents' lounge							
Mid-morning	Tea or coffee	Tea or coffee	Tea or coffee	Tea or coffee	Tea or coffee	Tea or coffee	Tea or coffee
Water and fruit squashes / cordials served with meal							
Lunch	Roast lamb & mint sauce/ Poached salmon & parsley sauce Roast/new potatoes Broccoli/parsnip Apple pie & custard	Pork/vegetable casserole/ Tuna and pasta bake Creamed potatoes Carrots/peas Lemon meringue pie Tea or coffee	Steak and kidney pie/ Grilled plaice & lemon sauce Boiled potatoes Green beans/ leeks Rice pudding Banana custard Tea or coffee	Chicken & white wine sauce/ Shepherds pie Creamed potatoes Savoy cabbage/ carrots Plum crumble & custard Fruit/ ice-cream Tea or coffee	Lancashire Hot Pot/ Cod Mornay Parsley potatoes Mixed vegetables/ broccoli Spotted dick & custard Yoghurt jelly Tea or coffee	Fried cod/ Cauliflower cheese Chips/mashed potatoes Peas/sweetcorn Fruit compote & custard Blancmange Tea or coffee	Boiled bacon & pease pudding/ Fish pie Boiled potatoes Carrots/swede Bread/butter pudding Peach melba Tea or coffee
Water and fruit squashes / cordials available throughout the afternoon in the residents' lounge							
Mid-afternoon tea	Tea/coffee/juice Iced fancies	Tea/coffee/juice Fairy cake	Tea/coffee/juice Lemon cake	Tea/coffee/juice Fruit scone	Tea/coffee/juice Ginger cake	Tea/coffee/juice Banana cake	Tea/coffee/juice Fruit loaf
Water and fruit squashes / cordials served with meal							
Evening	Cheese and tomato flan & salad/ Sandwiches (salmon/egg) Peaches & cream Tea or coffee	Welsh rarebit & tomato/ Sandwiches (sardines/ham) Cherry flan & cream Tea or coffee	Sausage and baked beans on toast/ Sandwiches (cheese with marmite/tuna) Peaches & cream Tea or coffee	Jacket potato (tuna or cheese) Sandwiches (ham/egg) Apricot & almond tart Tea or coffee	Macaroni cheese & tomato/ Sandwiches (bacon/turkey) Sherry trifle Tea or coffee	Ham with mixed salad/ Sandwiches (salmon/ chicken) Lemon cheesecake Tea or coffee	Broccoli & cheese flan with salad/ Sandwiches (egg/pilchards) Chocolate cake Tea or coffee
Late-evening	Milky drinks Biscuits	Milky drinks Biscuits	Milky drinks Biscuits	Milky drinks Biscuits	Milky drinks Biscuits	Milky drinks Biscuits	Milky drinks Biscuits