



Somerset
Council



TRADITIONAL RECIPE IDEAS TAILORED FOR THE ELDERLY

A full week of recipe cards

Welcome to this range of recipe cards, created to inspire those who find cooking and preparing food a bit more challenging.

As we get older and less active, our dexterity can decline and nutritional requirements change. We are encouraging you to prepare meals at home which will nourish you.

It has been recognised that older people may lack confidence and knowledge with cooking, so all the recipes are quick and simple to make. While being adaptable to your personal taste.

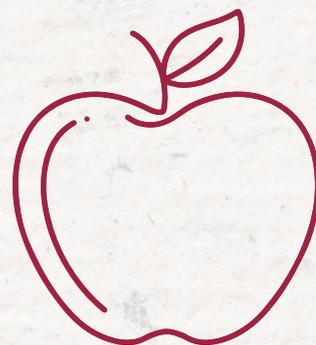
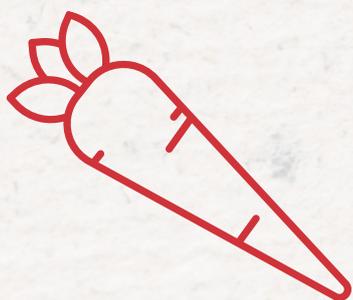
They can also be doubled up, ready for those days when you have less energy and do not feel like cooking.

With thanks to Bath Spa University's student Eloise Montgomery for her role in designing these recipes.

◆ These recipes are designed to inspire you but
◆ please consider your safety when cooking and
◆ using knives. If you are unsure, ask for
◆ guidance from a family member, carer or
◆ friend.

We recommend washing fruit and vegetables
before use.

Please note all allergens are listed in a
box on each recipe card. It is also best to
check any packaging for allergens.



Happy cooking

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Breakfast Ideas

Quick and Easy Options:

Apple and cinnamon porridge

Warm weetabix with banana

Banana and honey on toast

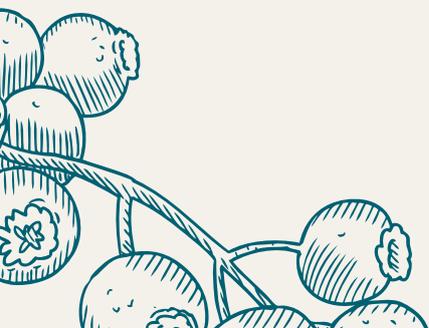
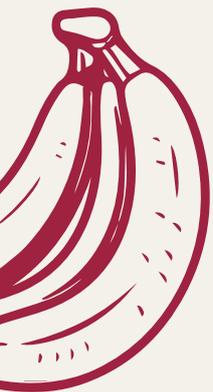
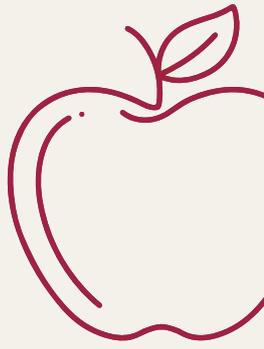
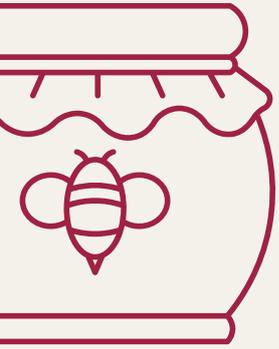
Bran flakes, Greek yogurt and berries

Crumpets with peanut butter

Meals that require a little more time and preparation:

English muffin with boiled egg

Fried egg on bagel



APPLE AND CINNAMON PORRIDGE

Difficulty Level: Easy

Serves: 1

Cooking Time: 2 Minutes

Preparation Time: 5 Minutes



INGREDIENTS

3 to 4 frozen apple wedges
1 sachet of measured oats
(ideally plain oats)
Whole milk (180 ml)
Cinnamon

Allergy Advice: **Milk**

Contains 1 of your
5 a day



STEP BY STEP INSTRUCTIONS

Step 1: Defrost apple wedges in the microwave for 60 seconds

Top Tip: Apple wedges can be cut to make them easier to eat

Step 2: Measure out 180 ml of whole milk

Top Tip: Milk provides calcium which can help with bone health

Step 3: Pour contents of oat sachet into a bowl and mix with milk

Step 4: Place in the microwave for 2 minutes to cook

Step 5: Serve porridge with apple wedges and sprinkle cinnamon on top

WARM WEETABIX WITH BANANA

Difficulty Level: Easy

Serves: 1

Cooking Time: 30 Seconds

Preparation Time: 5 Minutes



INGREDIENTS

1 banana

1 or 2 weetabix (depending on how hungry you are)

Whole milk

Allergy Advice: **Gluten, milk**

Contains 1 of your
5 a day



STEP BY STEP INSTRUCTIONS

Step 1: Place one or two weetabix in a bowl along with some milk

Step 2: Place in the microwave for 30 seconds until warm

Step 3: Slice a banana and place on top of the weetabix

Top Tip: For variety, add strawberries and blueberries

Top Tip: Hydration is essential, make sure you drink enough! Serve with either a cup of tea or glass of orange juice

BANANA AND HONEY ON TOAST

Difficulty Level: Easy

Serves: 1

Cooking Time: 2 Minutes

Preparation Time: 5 Minutes



INGREDIENTS

1 banana

1 tsp of honey

1 slice of wholemeal bread

Butter/spread for toast

Allergy Advice: **Gluten, milk**

Contains 1 of your
5 a day



STEP BY STEP INSTRUCTIONS

Step 1: Place bread in toaster

Top Tip: If you usually have white bread why not try wholemeal bread which will provide more fibre

Step 2: Slice or mash banana

Step 3: Lift bread out of toaster and butter

Step 4: Place banana on top and drizzle with honey

BRAN FLAKES, GREEK YOGURT AND BERRIES

Difficulty Level: Easy

Serves: 1

Cooking Time: 0 Minutes

Preparation Time: 5 Minutes



INGREDIENTS

- 1 portion of bran flakes
- 1 tbsp of Greek yogurt
- 1 cup of frozen mixed berries
- 1 tsp of honey

Allergy Advice: **Gluten, milk**

Contains 1 of your
5 a day



STEP BY STEP INSTRUCTIONS

Step 1: Pour a portion of bran flakes into a bowl

Step 2: Defrost frozen fruit in the microwave for 30-60 seconds, put on top of cereal

Step 3: Add a tablespoon of Greek yogurt on top

Step 4: Add a drizzle of honey

Top Tip: Frozen berries are cheaper than fresh and last longer

CRUMPETS WITH PEANUT BUTTER

Difficulty Level: Easy

Serves: 1

Cooking Time: 2 Minutes

Preparation Time: 3 Minutes



INGREDIENTS

1 or 2 crumpets

2 tsp of peanut butter, or
yeast extract

Allergy Advice: **Gluten, peanuts**

STEP BY STEP INSTRUCTIONS

Step 1: Place crumpets in toaster for 2 to 3 minutes or until toasted

Step 2: Add your chosen topping of choice

Top Tip: peanut butter is a useful source of fibre and yeast extract contains B vitamins which can help increase energy

ENGLISH MUFFINS WITH BOILED EGGS

Difficulty Level: Medium

Serves: 1

Cooking Time: 10 Minutes

Preparation Time: 5 Minutes



INGREDIENTS

1 medium egg

1 English muffin

Butter/spread for muffin

Allergy Advice: **Gluten, egg, milk**

STEP BY STEP INSTRUCTIONS

Step 1: Place 1 egg in a pan of boiling water, turn down the heat and simmer for 10 minutes for hard boiled and 6 minutes for soft boiled

Step 2: While waiting for the egg to boil, slice muffin in half and place in toaster

Step 3: Once the egg is boiled, run under cold water. Take it out of the saucepan and remove the shell.

Step 4: Butter muffin and either slice or mash the egg on top (add seasoning if desired)

Top Tip: Pour yourself a glass of either apple or orange juice to get one of your five a day

FRIED EGG ON A BAGEL

Difficulty Level: Medium

Serves: 1

Cooking Time: 7 Minutes

Preparation Time: 2 Minutes



INGREDIENTS

1 bagel thin (use English muffin instead if you prefer)
1 or 2 medium eggs
1 tsp of oil
Butter/spread for bagel

Allergy Advice: **Gluten, egg, milk**

STEP BY STEP INSTRUCTIONS

Step 1: Slice a bagel or English muffin in half and place in the toaster for 2 to 3 minutes

Top Tip: Using bagel thins over normal bagels will be easier to eat and digest as they are less thick and dense

Step 2: While the bagel is toasting, place a teaspoon of oil in a frying pan and crack 1 or 2 eggs into the frying pan (depending on how hungry you are)

Step 3: Fry on a low-medium heat for 3 to 4 minutes until cooked

Step 4: Butter bagel or English muffin and place egg on top (add seasoning if desired)

Top Tip: Have a piece of seasonal fruit on the side to aid digestion and to avoid constipation

Lunch Ideas

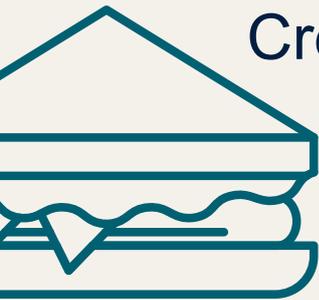
Quick and Easy Options:



Sardines on toast

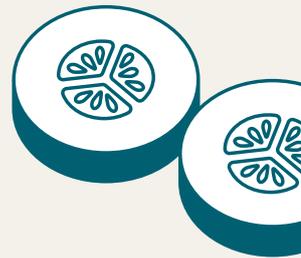


Beans on toast with cherry tomatoes and spinach



Cream cheese and cucumber sandwich

Cheese and tomato toastie

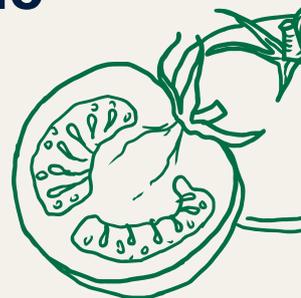


Vegetable soup with bread roll

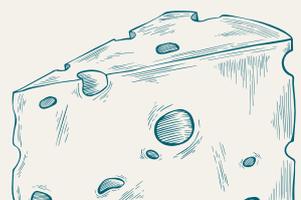
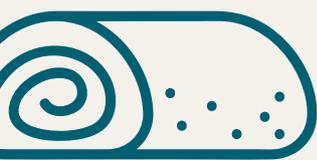
Meals that require a little more time and preparation:



Cheese and mushroom omelette



Ham and pineapple pizza muffins



SARDINES ON TOAST

Difficulty Level: Easy

Serves: 1

Cooking Time: 5 minutes

Preparation Time: 3 minutes



INGREDIENTS

1/2 can of sardines

1 tsp of oil

1 or 2 slices of granary bread

1/2 tsp of garlic powder

1/2 lemon (juice)

Parsley (fresh or dried)

Allergy Advice: **Gluten, fish**

STEP BY STEP INSTRUCTIONS

Step 1: Heat oil in a frying pan on a medium heat and add garlic powder

Step 2: Add the sardines and heat through for a few minutes until warm

Step 3: Toast the bread in the toaster

Step 4: Chop the parsley (if using fresh), stir it into the sardines, add some lemon juice and serve the sardines on the toast

Top Tip: It is recommended that we eat 2 portions of fish a week

Top Tip: You can take the sardines straight from the tin and place them on toast without prior cooking

BEANS ON TOAST WITH CHERRY TOMATOES AND SPINACH

Difficulty Level: Easy

Serves: 1

Cooking Time: 10 Minutes

Preparation Time: 3 Minutes



INGREDIENTS

1 portion of beans

3 or 4 cherry tomatoes

Spinach (fresh or frozen)

1 or 2 slices of 50/50 bread

Butter/spread for toast

Allergy Advice: **Gluten, milk**

Contains 2 of your 5 a day



STEP BY STEP INSTRUCTIONS

Step 1: Wash the cherry tomatoes and chop them up

Step 2: Place the tomatoes in a frying pan and cook for 3 minutes

Step 3: Add the beans and the spinach to the pan and cook for a further 3 minutes. If using frozen spinach, defrost in the microwave and drain before adding to the pan

Top Tip: If you struggle to open tins, buy snap pots of beans which are easier to open and can be resealed to store in the fridge

Step 4: Put bread in the toaster

Step 5: Once everything is warm and the toast is ready, butter the toast and place the mixture on top

Top Tip: Spinach is a good source of iron and calcium. A glass of milk could complement this meal

CREAM CHEESE AND CUCUMBER SANDWICH

Difficulty Level: Easy

Serves: 1

Cooking Time: 0 minutes

Preparation Time: 5 minutes

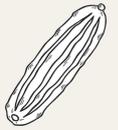


INGREDIENTS

2 slices of 50/50 bread
10-12 slices of cucumber
2 tbsp of cream cheese
Pepper to season

Allergy Advice: **Gluten, milk**

Contains 1 of your 5
a day



STEP BY STEP INSTRUCTIONS

Step 1: Wash and cut cucumber into slices

Step 2: Add one tablespoon of cream cheese to each of the bread slices and spread evenly, season with pepper

Step 3: Place cucumber on top

Top Tip: Follow with a piece of seasonal fruit of your choice and either a pot of yogurt or rice pudding

CHEESE AND TOMATO TOASTIE

Difficulty Level: Easy

Serves: 1

Cooking Time: 4 minutes

Preparation Time: 3 minutes



INGREDIENTS

2 slices of 50/50 bread

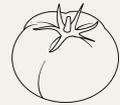
1/2 cup of grated cheddar cheese

1 medium tomato

Butter/spread for toastie

Allergy Advice: **Gluten, milk**

Contains 1 of your
5 a day



STEP BY STEP INSTRUCTIONS

Step 1: Butter the bread on both sides, then turn over so that the fillings go on the unbuttered side

Step 2: Wash and finely slice tomato

Step 3: Sprinkle the cheese on one slice of the bread, then arrange the tomato slices on top of the cheese. Place the other slice of bread on top

Top Tip: You can buy grated cheese in the supermarket which saves cutting/grating if you find that difficult

Step 4: Preheat a non-stick pan on a low to medium heat and cook the toastie evenly on both sides for 3 to 4 minutes to melt the cheese

VEGETABLE SOUP

Difficulty Level: Easy

Serves: 1

Cooking Time: 5 minutes

Preparation Time: 3 minutes



INGREDIENTS

One portion of ready made vegetable soup (chilled from the supermarket)

A handful of frozen peas

Sprinkle of herbs or spices

1 bread roll

Butter/spread for bread

Allergy Advice: **Gluten, milk, celery**

Contains 1 of your
5 a day



STEP BY STEP INSTRUCTIONS

Step 1: Pour one portion of soup into a saucepan. Add the peas and any herbs or spices you have in your cupboard

Step 2: Heat on the ring for 3 to 5 minutes until piping hot, stirring occasionally

Top Tip: Soup can also be heated using the microwave if you find this easier

Step 3: Serve with a bread roll and butter

Top Tip: Bread roll can be toasted if you fancy it warm

CHEESE AND MUSHROOM OMELETTE

Difficulty Level: Medium

Serves: 1

Cooking Time: 10 minutes

Preparation Time: 5 minutes



INGREDIENTS

3 eggs

1 tsp of oil

1/2 cup of grated cheese

A handful of mushrooms

Allergy Advice: **Egg, milk**

Contains 1 of your 5
a day



STEP BY STEP INSTRUCTIONS

Step 1: Crack 3 eggs into a bowl, season with salt and pepper and beat

Step 2: Slice the mushrooms

Step 3: Heat the oil in a frying pan over a low-medium heat, fry the mushrooms for a few minutes

Step 4: Pour the eggs into the pan, to cover the mushrooms evenly

Step 5: Sprinkle on the grated cheese, place a lid until cooked on top

Step 6: If you prefer, fold the omelette in half

Top Tip: Add spring onion for added colour, flavour and nutrition

HAM AND PINEAPPLE PIZZA MUFFINS

Difficulty Level: Medium

Serves: 1

Cooking Time: 10 Minutes

Preparation Time: 5 Minutes



INGREDIENTS

1 tbsp of tomato puree

1/2 cup of grated cheese

1 tbsp tinned pineapple (rings or chopped)

2 slices of ham

1 English muffin

(You can use different toppings of your choice, e.g., sweetcorn)

Allergy Advice: **Gluten, milk, eggs**

Contains 1 of your
5 a day



STEP BY STEP INSTRUCTIONS

Step 1: Preheat the grill

Step 2: Grill the outside of the muffin and then spread tomato puree on the soft inside

Top Tip: Freeze the remaining muffins in an air tight bag for another meal

Step 3: Finely chop the ham and the pineapple

Step 4: Place ham and pineapple on the tomato puree and sprinkle grated cheese on top

Step 5: Place under the grill until cheese is melted (approx 3-5 minutes)

Top Tip: Add some salad on the side (grated carrot, sliced cucumber, salad leaves)

Dinner Ideas

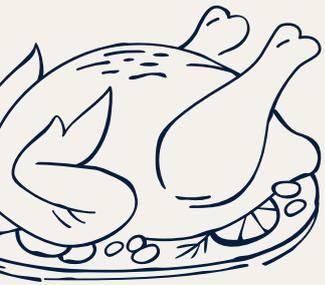
Quick and Easy Options:



Tuna and sweetcorn baked potato



Sausage and mash served with gravy and cabbage



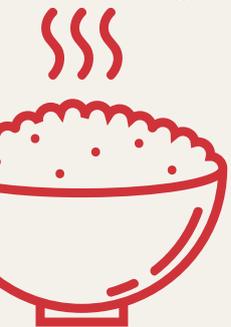
Chicken and leek pot pie

Beef stew

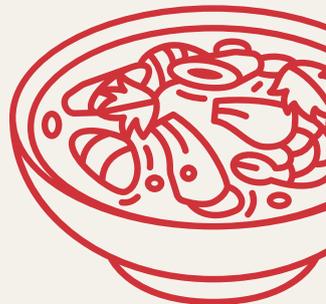


Meals that require a little more time and preparation:

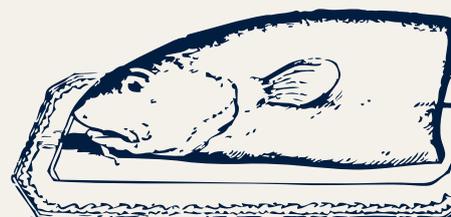
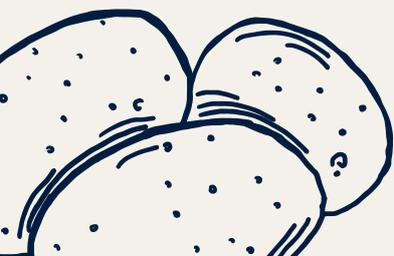
Fish served with a white sauce, baby potatoes, carrots and broccoli



Chicken casserole with rice



Liver and bacon with baby boiled potatoes and cauliflower



TUNA AND SWEETCORN BAKED POTATO

Difficulty Level: Easy

Serves: 1

Cooking Time: 10 minutes

Preparation Time: 5 minutes



INGREDIENTS

1 fist sized potato
1/2 can of tinned tuna
1/2 cup of frozen sweetcorn
1 tbsp of mayonnaise

Allergy Advice: **Fish, eggs**

Contains 1 of your
5 a day



STEP BY STEP INSTRUCTIONS

Step 1: Pierce the potato skin with a fork in several places. Put in the microwave for 4 minutes. Take it out, let it rest for 2 minutes. Turn it over and put it back in the microwave for a further 4 minutes. Let it rest for further 2 minutes

Step 2: Defrost the frozen sweetcorn in the microwave

Step 3: Put the tuna, sweetcorn and mayonnaise in a bowl and mix together.

Top Tip: If you struggle to open tins, buy the fridge pot tuna which is easy to open

Step 4: Cut open potato and season if desired. Add the tuna mixture

SAUSAGE, MASH AND GRAVY SERVED WITH CABBAGE

Difficulty Level: Easy

Serves: 1

Cooking Time: 20 Minutes

Preparation Time: 10 Minutes



INGREDIENTS

2 pork sausages

2 small potatoes

1 tbsp of gravy granules

1 cup of frozen cabbage

1 tsp of oil

A knob of butter

Allergy Advice: **Milk**

Contains 1 of your 5
a day



STEP BY STEP INSTRUCTIONS

Step 1: Add a teaspoon of oil to a non stick frying pan on a medium heat and add the sausages with a lid on top. Frequently turn and cook for 15 to 20 minutes

Top Tip: Cook the whole packet of sausages for another meal throughout the week. Place the remaining in an air tight container, allowing to cool before placing in the fridge or freezer

Step 2: Boil the potatoes for 10-15 minutes and the cabbage for 3-4 minutes

Step 3: Add a tablespoon of gravy granules to a measuring jug and mix with boiling water until you reach the desired thickness

Top Tip: For more flavour and nutrition, add the juices from the cabbage water into the gravy instead of kettle water

Step 4: Mash the potatoes adding butter and seasoning

CHICKEN AND LEEK POT PIE

Difficulty Level: Easy

Serves: 4

Cooking Time: 25 Minutes

Preparation Time: 15 Minutes



INGREDIENTS

2 potatoes
4 chicken breasts
2 tsp of cornflour
1 tbsp of oil
2 to 4 leeks
1 tbsp wholegrain mustard
2 tbsp single cream
2 tbsp chopped parsley

Allergy Advice: **Milk, mustard**

Contains 1 of your
5 a day



STEP BY STEP INSTRUCTIONS

Step 1: Preheat the oven to 200 °C

Step 2: Chop the potatoes into chunks, boil for 10 minutes until tender, drain and then mash or blend (whatever you find easier)

Step 3: Cut chicken into chunks and sprinkle with cornflour

Step 4: Heat the oil in a frying pan, add the chicken then cook for 10 minutes, until the chicken is just tender

Step 5: Add the leeks and fry for 3 minutes until they start to soften

Step 6: Remove from the heat, then stir in the parsley, cream and mustard

Step 7: Divide filling between 2 pie dishes, spoon over the mash and bake for 25 minutes until the topping is crisp and golden

Top Tip: Place the second pie in the freezer for a quick meal another day

BEEF STEW

Difficulty Level: Easy

Serves: 2

Cooking Time: 1 1/2 hour

Preparation Time: 10 minutes



INGREDIENTS

340g cubed stewing beef

1 tbsp of oil

1 large onion

85g pearl barley

1 heaped tbsp plain flour

3 carrots (fresh, frozen or tinned)

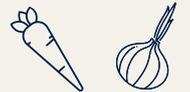
4 small potatoes

1 finely shredded cabbage

900ml of stock (more if needed)

Allergy Advice: **Gluten, celery**

Contains 2 of your 5
a day



STEP BY STEP INSTRUCTIONS

Top Tip: This recipe makes 2 meals, one can be frozen and saved for a day you feel like a quick easy meal

Step 1: Start by chopping up the onion and potatoes

Step 2: Sprinkle the flour over the meat. Using a large pan, fry the meat in the oil, then add the onion for a few minutes until soft

Step 3: Add the carrots, potatoes and pearl barley. Add the stock to cover, place a lid on the pan and leave to simmer on a low heat for 1 1/2 hours, adding more stock if necessary, so that there is always gravy in the stew

Step 4: Boil the cabbage in a separate pan for 7-10 minutes

Top Tip: Use a slow cooker instead of a saucepan as this is a more economical way to make this meal. The longer the meat is cooked for, the more tender it will be

Top Tip: You can use any other vegetables you have

FISH SERVED WITH A WHITE SAUCE, BABY POTATOES, CARROTS AND BROCCOLI

Difficulty Level: Medium

Serves: 1

Cooking Time: 10 Minutes

Preparation Time: 10 Minutes



INGREDIENTS

1 frozen cod fish fillet
3 baby boiled potatoes
1 cup of frozen carrots and broccoli
1/2 a packet of white roux sauce

Allergy Advice: **Fish, milk, gluten**

Contains 1 of your 5
a day



STEP BY STEP INSTRUCTIONS

Step 1: Wash and slice the baby potatoes and boil for 5 to 10 minutes

Step 2: Place fish fillet in a frying pan, season and fry for around 5 minutes until the fish begins to flake, turning it halfway

Step 3: Boil the frozen vegetables for 3 minutes

Step 4: While the veg, potatoes and fish are cooking, prepare the white sauce as per packet instructions

Step 5: Serve the fish, drain the veg and potatoes and pour sauce on top

Top Tip: This recipe can be done with salmon, which is good for Omega 3

CHICKEN CASSEROLE WITH RICE

Difficulty Level: Medium

Serves: 2

Cooking Time: 1 Hour

Preparation Time: 10 Minutes



INGREDIENTS

1/2 sachet of chicken casserole mixture

1 tbsp of oil

425 ml of cold water

1 medium onion

3 carrots, sliced

2 x skinless chicken breasts

1 pack of microwavable rice

Allergy Advice: **Gluten, soya**

Contains 1 of your 5
a day



STEP BY STEP INSTRUCTIONS

Top tip: Buy pre diced chicken pieces and vegetable stew packs if you find preparation difficult

Step 1: Preheat oven to 180 °C

Step 2: Cut up chicken into small pieces

Step 3: Chop up onion and carrots

Step 4: Heat the oil in a frying pan, and fry the chicken and onions for 3 to 4 minutes until browned, stirring frequently

Step 5: Place ingredients in an ovenproof dish with the carrots

Step 6: Using the casserole sachet, blend contents with water and add to the mixture

Step 7: Cover and cook for an hour, making sure chicken is thoroughly cooked

Step 8: Cook the microwave rice following the instructions and serve with casserole

Top Tip: This recipe is slow cooker friendly

Top Tip: You can double the quantities and freeze the leftovers for another time

LIVER AND BACON WITH BABY BOILED POTATOES AND CAULIFLOWER

Difficulty Level: Medium

Serves: 1

Cooking Time: 25 minutes

Preparation Time: 10 minutes



INGREDIENTS

2 rashers of smoked bacon
1 tbsp plain flour
Pinch of dried sage (optional)
200g of lamb's liver
1 tsp of oil
1 onion
150ml of stock
1 cup of frozen cauliflower
2 small potatoes

Allergy Advice: **Gluten, celery**

Contains 1 of your
5 a day



STEP BY STEP INSTRUCTIONS

- Step 1: Cut the bacon with scissors into small pieces and cook in a frying pan until crispy. Set aside
- Step 2: Chop the potatoes into chunks and boil for 10 minutes. Add the cauliflower for a further 5 minutes
- Step 3: Cut the liver with scissors and roll in the flour and sage
- Step 4: Add the liver and the onions to the frying pan and cook for 3 minutes until cooked through
- Step 5: Return the bacon to the pan, crumble a stock cube over, add boiling water and mix. Let it bubble until sauce has thickened
- Step 6: Serve with the potatoes and cauliflower

Top Tip: You can add any vegetables you have available