

An important part of providing good care includes varied and nutritionally balanced food. All our meals are prepared and cooked in our kitchen using fresh produce, from our local reputable suppliers.

Our kitchen team has continually been awarded a Local Authority 5 star hygiene rating for over 5 years.

## **DIETARY REQUIREMENTS**

The kitchen and care teams work together very closely to ensure we can accommodate any dietary requirement and food is prepared to suit the changing needs of our residents. A vegetarian option is always available.

## **DAILY ROUTINE**

Lunch is usually a hot meal with dessert course and there is a lighter option or sandwiches at teatime.

We offer a cooked breakfast once a week and residents can request a light cooked breakfast - e.g. poached egg on toast daily.

We offer a variety of drinks throughout the day, and residents can help themselves to snacks in the dining room.

Our kitchen staff are always happy to discuss meal ideas or alternatives with residents.

## **SPECIAL OCCASIONS**

Our kitchen team create special themed menus for occasions and holidays, such as Chinese New Year or Burns Night, as well as food of the world tasting sessions.

Birthdays and achievements are always celebrated with a cake or an alternative if desired.

## **SAMPLE MENU**

Smoked Haddock in a Herb Sauce Colcannon or Mashed Potato Button Sprouts Carrots

V. Stuffed Pepper

Sultana and Whiskey Bread & Butter
Pudding

• • • • • • • • • • • • •

Roast Beef with Horseradish Roast or Mashed Potatoes Yorkshire Pudding Roast Parsnips Green Beans

V. Mushroom & Stilton Stroganoff

Rhubarb Crumble

. . . . . . . . . . . . . . . .

Freshly Made Scotch Egg or Sausage Roll with Baked Beans

Sandwiches: Corned Beef & Pickle, Salmon Mayonnaise, Cheese & Tomato, Roast Ham & Mustard

> Crème Caramel or Fresh Fruit Salad & Cream Assorted Cakes