WINTON HOUSE SAMPLE MENU

For many of us food is an important part of life, and we want our
residents to enjoy every meal as well as making sure they're eating well and staying healthy.

The Winton House menu is devised by our chefs to be balanced, seasonal and simple
as well as delicious and nutritous, with special requirements always accommodated.

Classics such as roast beef, yorkshire pudding, roast potatoes and vegetables
or fish and chips often appear, alongside the likes of tagliatelle carbonara or
Cheddar and caramelised onion tart to ensure every week has a rich variety to enjoy.

The highlight is usually dessert with options which change every day.
Lemon meringue pie, strawberries and cream, homemade apple crumble and custard,
or raspberry panna cotta.

The menu itself is designed to be bright with visual prompts.
Printed daily it is placed in high visibility locations to entice residents to look forward
to their main meal of the day; all part of a recommended specialist
approach to dementia care.

A host of small touches that make a world of difference
for someone suffering with dementia.

Week sample menu

Monday 6th May

Lasagne with green salad

Stuffed peppers with jacket potato

Tuesday 7th May

Steak & ale pie with mash, carrots and tenderstem brocolli

Pasta carbonara with garlic bread

Wednesday 8th May

Roast shoulder of pork with apple sauce, roast potatoes and vegetables

Spanish omelette with tomato and chive salad

Thursday 9th May

Cottage pie with buttered savoy cabbage and leeks

Cauliflower cheese with homemade crusty bread and butter

Friday 10th May

Scampi, chips, peas and tartare sauce

Baked potato with grated cheese and homemade coleslaw

Saturday 11th May

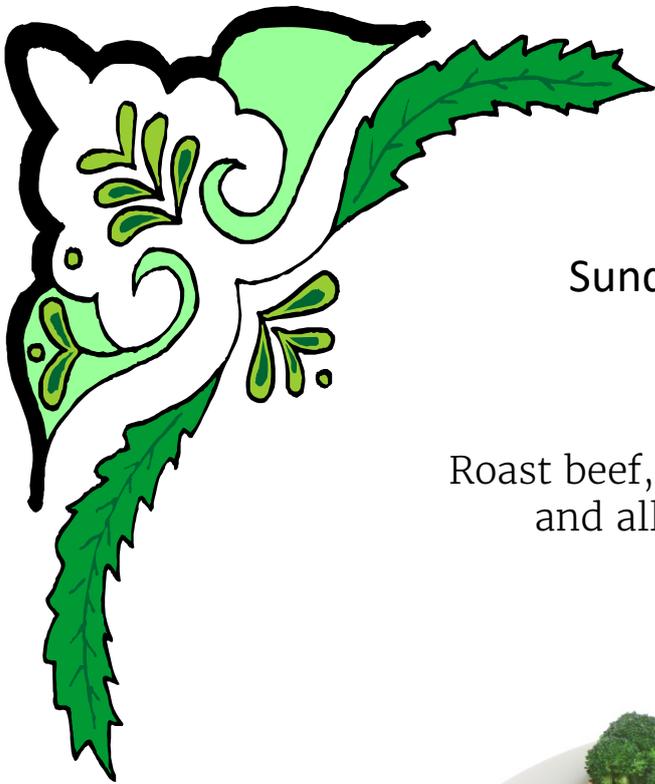Chicken in mushroom sauce with diced potatoes and roasted vegetables

Cheese & onion quiche

Sunday 12th May

Roast beef, Yorkshire puddings and all the trimmings

Macaroni Cheese with roasted tomatoes

Menu

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and all the trimmings

Macaroni Cheese