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 nutritious, 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 broccoli
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

Sunday 12th May

Roast beef, Yorkshire puddings and all the trimmings

Macaroni Cheese