





Winash Activities – 23rd September to 29th September 2024

	Morning	Afternoon	Evening
Mon 23 rd Sep	<p>10.00am – Hairdresser</p> <p>10.30am – DD’s Footcare</p>  <p>10.45am – 1:1 walks with Jackie</p>	 <p>1.45pm – Bingo with Claire in Day Room</p>	<u>TV in Lounge</u>
Tues 24 th Sep	 <p>10:30am – Cake Making for Macmillan with June in Day Room</p>	<p>1.45pm – Cake Making for Macmillan with June in Day Room</p>	<u>TV in Lounge</u>
Wed 25 th Sep	 <p>10:30am – Cake Making for Macmillan with June in Day Room</p>	<p>1.45pm – Cake Making for Macmillan with June in Day Room</p> <p>3.45pm – Jack Hazeldine</p>	<u>TV in Lounge</u>
Thur 26 th Sep	<p>10.00am – Rydal with Claire</p>  <p>10.45am - Claire’s Bible Class in New Lounge</p>	 <p>1.45pm – Claire’s Crafts in Day Room</p> <p style="text-align: center;">CRAFT TIME</p>	<u>TV in Lounge</u>
Fri 27 th Sep	 <p>10.45am – Exercises with Jackie in Day Room</p>	<p>Macmillan Coffee Selling Cakes</p>  <p>1.45pm – Selling Cakes for Macmillan Coffee Afternoon</p>	<u>TV in Lounge</u>
Sat 28 th Sep		 <p>1.45pm Quiz with Kris in Day Room</p>	<u>TV in Lounge</u>
Sun 29 th Sep	<p>10.00am – Hymns with Alexa in Day Room</p>	 <p>1.45pm – Wordwheel with Lisa in Day Room</p>	<u>TV in Lounge</u>

This timetable is a guide that we will do our best to keep to, however activities may change at short notice. Please check the activity whiteboard in the dining room for daily updates.

Summer Menu 2024 - Week Two

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>LUNCH</i>	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Ploughman's Salad, and Crusty Bread	Fish Pie, Peas & Sweetcorn	Cottage Pie, Broccoli, Carrots & Green Beans	Sweet & Sour Chicken, Rice, Peas, and Sweetcorn	Cod Goujons, Chips, Peas & Tomato & salad garnish	Lasagne, Garlic Bread, Peas, and Salad	Roast Chicken, New Potatoes, Carrots, Swede & Cabbage
Banana Split	Rice Pudding with Fruit Compote / Jam	Gooseberry Crumble & Custard	Stewed Apple & Ice Cream	Fruit Salad	Pineapple Upside Down Sponge & Custard	Trifle
<i>SUPPER</i>	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
Tomato/ Soup of the day	Tomato/ Soup of the day	Tomato/ Soup of the day	Tomato/ Soup of the day	Tomato/Soup of the day	Tomato/ Soup of the day	Tomato/ Soup of the day
Loaded potato skins, Beans and Bacon	Cheese/Ham Salad	Sardines on toast	Pizza, Salad & Coleslaw	Bacon Sandwiches	Sausage rolls & baked beans	Mixed Sandwiches & Crisps
Pear with Raspberry Coulis	Fruit & Jelly	Chocolate Ice lollies	Yoghurt	Strawberries & Cream	Fruit Fool	Mandarins & Cream

Please advise the team if you have any food allergies