











Winash Activities – 28th October 2024 to 3rd November 2024

	Morning	Afternoon	Evening
Mon 28 th Oct	<p>10.00am – Hairdresser</p>  <p>10.45am – 1:1 Walk with Jackie</p>	 <p>1.45pm – Wordwheel with Lisa in Day Room</p>	<u>TV in Lounge</u>
Tues 29 th Oct	<p><u>Feed the Birds Day</u></p>  <p>10:45am – Make Bird Feeders with Jeanette in Day Room</p>	 <p>1.45pm –Rehearsal for Christmas Party with Jeanette</p>	<u>TV in Lounge</u>
Wed 30 th Oct	 <p>10:30am – Make Gingerbread Men and Gingerbread Shortbread in Halloween Shapes with June in Day Room</p>	 <p>1.45pm – Pumpkin Carving June in Day Room</p> <p>3.45pm – Jack Hazeldine in New Lounge</p>	<u>TV in Lounge</u>
Thur 31 st Oct	<p>10.00am – Rydal in Day Room</p>  <p>11.00am – Claire’s Bible Class in New Lounge</p>	 <p>1.45pm – Claire’s Crafts in Day Room</p>	<u>TV in Lounge</u>
Fri 1 st Nov	<p>10.30am – 1:1 with Jeanette</p>  <p>10.45am – Exercises with Jackie in Day Room</p>	 <p>1.45pm – Make Pumpkin Soup for Supper with Jeanette in Day Room</p>	<u>TV in Lounge</u>
Sat 2 nd Nov	<p>Winash Shop with Emma and June</p> 	 <p>1.45pm Quiz with Cristina in New Lounge</p>	<u>TV in Lounge</u>
Sun 3 rd Nov	<p>10.00am – Hymns with Alexa in Day Room</p>	 <p>1.45pm –Bingo with Jeanette H 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 Three

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Salmon, Sautéed Potatoes, Sweetcorn, Broccoli & Lemon	Spaghetti Bolognese, cherry tomatoes & Green Beans	Ham, Chips, Peas, Tomato & salad	Minted lamb, Carrots, swede & Boiled potatoes	Cod goujons, Chips, Tomatoes & Peas & salad garnish	Cottage pie, carrots & cabbage	Roast Lamb, Roast Potatoes, Carrots, Green beans
Lemon Sponge with Custard	Apple crumble & custard	Stewed Plums & Evaporated milk	Forest fruits & Ice cream	Trifle	Syrup Sponge & Custard	Bananas & custard
SUPPER	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
Jacket potatoes, Prawns or Baked Beans & Cheese Salad	Sausage Rolls & Beans	Mushrooms on toast	Pizza & Coleslaw	Coronation Chicken & Cous Cous Salad	Fish fingers & wedges	Mixed Sandwiches & Crisps
Peaches & cream	Jelly	Mousse	Yoghurt	Strawberries & cream	Apricots & Evaporated Milk	Rhubarb & Custard

Please advise the team if you have any food allergies