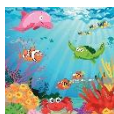




	Morning	Afternoon	Evening
Rock Day Mon 13th	 10:00am- Hairdresser in Winash lounge 10:00am- 1:1 with Amy 11:00am- 1:1 with Jackie 	 2:00pm- Mary's fellowship in Winash lounge 2:00pm- colouring in dining room 3:00pm- Paint rocks for the garden 	<u>Movie in Lounge</u>
Shark awareness Tues 14th	10:00am- Coffee, discussion and facts about sharks in dining room 	 1:45pm- Singing at the community centre with Mary& Jasmine 2:00pm – Make under the sea collages in dining room 3:00pm- Sea themed crossword 	<u>TV in Lounge</u>
Meg C Birthday Weds 15th Hot Dog Day	 10:00am- Memory joggers game in the dining room 11:00am- Dominoes 	 12:00pm- 1:00pm- Winash Diner for lunch. Sausages and burgers 2:00pm- High tea for Meg's birthday in dining room 	<u>TV in Lounge</u>
Thurs 16th	 10:00am- Rydal in dining room 10:30am- Walks with Amy 	 2:00pm- Movie afternoon in Winash lounge  2:00pm- make emoji stickers for photo shoot 3:00pm- Finish the lyrics game 	<u>TV in Lounge</u>
Emoji Day Fri 17th	 10:00am- Boccia in dining room 10: 45am- Exercise with Jackie 	2:00pm- Garden party in the back garden 	<u>TV in Lounge</u>
Nelson Mandela Day Sat 18th	<u>Free Time</u>	2:00pm- Sing along with Mary in dining room 	<u>TV in Lounge</u>
Sun 19th	10:30am– Hymns with Mary in dining room 	2:00pm- Trivia quiz in dining room with Rachel 	

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.

Meal Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch	Cornish pasty, new potatoes, peas & sweetcorn	Sweet & sour chicken, Rice	Salmon, Asparagus, cauliflower cheese, peas	Chicken supreme, new potatoes, runner beans, peas	Scampi & chips with tomatoes & peas	Lasagne, salad, crispy bread	Roast chicken, Roast potatoes, Courgettes, Broccoli
Dessert	Chocolate sponge & custard	Pineapple sponge & cream	Lemon mousse	Apple & Raspberry pie & cream	Trifle	Banoffee pie	Sticky toffee pudding & ice cream
Afternoon Tea	Shortbread	Fruit scones	Tea loaf	Butter biscuits	Fruit cake	Cheese scones	Chocolate Muffins
Supper	Tomato Soup Or Broccoli & stilton Soup	Tomato Soup Or Thai sweet potato soup	Tomato Soup Or Bean soup	Tomato Soup Or Asparagus Soup	Tomato Soup Or Thai noodle soup	Tomato Soup Or Chicken soup	Tomato Soup Or Spring vegetable soup
Main	Ham & Egg salad or Sandwiches	Pizza with garnish or Sandwiches	Mushrooms on toast or Sandwiches	Sausage rolls, baked beans or Sandwiches	Coronation chicken couscous or Sandwiches	Sardines on toast or Sandwiches	Assorted Sandwiches & crisps
	Eton Mess	Fruit fool	Custard tart	Brownie with cream	Ice cream sundae	Jam sponge with coconut on top	Fruit salad with evaporated milk