



	Morning	Afternoon	Evening
World chess day Mon 20th	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- Chess collage making in dining room 3:00pm- Odd one out game	<u>TV in Lounge</u>
Tues 21st	10:00am- Outing to Puxton park 10:00am- Free time	2:00pm- Colouring in dining room 	<u>Movie in Lounge</u>
World brain day Weds 22nd	10:00am- Facts about the brain discussion in dining room 10: 45am- Wordwheel	2:00pm- Winash ice cream parlour and social in dining room 	<u>TV in Lounge</u>
Thurs 23rd	10:00am- Rydal in dining room with Jasmine 11:00am- Boccia with Jasmine	2:00pm- Board games in dining room with Sarah 	<u>TV in Lounge</u>
World self-care day Fri 24th	10:45- Exercise with Jackie in dining room 	2:00pm- Pamper session with Jasmine in Winash lounge 	<u>TV in Lounge</u>
Sat 25th	<u>Free time</u>	2:00pm- Summer quiz with Sarah in dining room 	<u>TV in Lounge</u>
Sun 26th	10.30am –Hymns with Mary in dining room 	2:00pm- Bingo with Jasmine in dining room 	

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	Salmon, Sautéed Potatoes, Sweetcorn, Broccoli & Lemon	Spaghetti bolognese, cherry tomatoes and fine beans	Ham, pineapple, egg, peas & chips	Quorn curry, rice, peas, carrots, mango chutney, poppadoms and naan bread	Fish & chips with mushy peas and curry sauce	Sausage mash, Peas & carrots	Roast lamb, roasted potatoes, spring greens, carrots
Dessert	Peach Melba	Ice cream, blueberries & cream	Pineapple & cream	Bread & butter pudding	Fresh fruit salad and evaporated milk	Raspberry Cheesecake	Strawberry crumble with cream
Afternoon Tea	Fruit scones	Flapjack	Fruit cake	Rocky road	Malt loaf	Biscuits	Lemon drizzle slice
Supper	Tomato Soup Or Mushroom soup	Tomato Soup Or Minestrone Soup	Tomato Soup Or Watercress soup	Tomato Soup Or Spring vegetable soup	Tomato Soup Or Pea & Ham soup	Tomato Soup Or Carrot & coriander soup	Tomato Soup Or Butternut squash soup
Main	Pesto pasta Or Sandwiches	Sardines on toast or Sandwiches	Potato skins with baked beans and grated cheese w side salad or Sandwiches	Corned beef hash wth baked beans Or Sandwiches	Hot dogs or Sandwiches	Tomato pasta or Sandwiches	Sandwiches & crisps
	Shortbread with strawberries & cream	Lemon Cheesecake	Poached pears in red wine with spice and cream	Trifle	Chocolate mousse	Summer berry fool	Fruit jelly