

FABULOUS FESTIVE MENUS AT PRINCESS CHRISTIAN CARE HOME

Posted on November 30, 2023



As Head Chef, I am delighted to showcase our new seasonal menus for the winter period that I created with the help of Eduard and Adelina, our Nutrition Champions at Princess Christian Care Home.

New Seasonal Menus

Our new four-weekly A La Carte menus were created based on our residents' suggestions, following a short survey designed to collect feedback on their favourite meals and snacks.

It was very fulfilling to create this season's menu in collaboration with so many of our ladies and gentlemen. I am very grateful for Eduard and Adelina who spent time with our residents gathering their preferences for breakfast, lunch, supper, dessert and drinks.

We discovered that our ladies and gents enjoy a wide range of meals from traditional English favourites including pies, roasts and stews, many also enjoy different types of pasta and pizza. And some of our residents prefer smaller plates of food and lighter options with plenty of vegetables and a choice of salads.



Breakfast (from 8am)
Served with a selection of fresh fruit, jam, tea and coffee.
Cereals, porridge, yoghurts and fruits.
Full English breakfast with toast and a choice of egg.
(Omelette / Scrambled / Poached / Fried)
Please also consult the supplementary menu.

Mid-Morning (7.15am)
Hot and cold drinks served with the option of biscuits, fruit, yoghurt and cakes.
Mid-Afternoon (3pm)
Hot and cold drinks served with the option of cheese and crackers, biscuits, fruit, yoghurt and cakes.

Lunch

(12.30pm)
Each lunch is served with a choice of potatoes and a variety of seasonal vegetables, along with a punks menu option.
If an alternative is required please consult the supplementary and A La Carte menus.

Desert

Chef's Desert Traylay will offer a few choices of desert including a diabetic option.

Supper

(8pm)
Choose from a variety of hot and cold options and an assortment of sandwiches.
Enjoy with a choice of salad dressing and classic dips.
Including: dress, french, strawberry and yogurt, dressing, and salad cream, tomato, mayonnaise, herb and onion sauce.

Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch	Sunday Lunch
Steak and kidney pie Or Cauliflower cheese Followed by Trickle sponge	Sweet and sour pork Or Cod fillets with white wine sauce Followed by Victorian sponge with strawberries and cream	Shepherd's pie Or Macaroni cheese Followed by Apple and Rhubarb crumble	Pork casserole with dumplings Or Country-style vegetable quiche Followed by Vanilla ice cream	Lancashire hot pot Or Fish & chips with garden peas Followed by Brownie and chocolate sauce	Banger's sausages with fried onions Or Scampi & potato croquettes Followed by Upside-down pineapple cake	Roast turkey Or Steamed haddock with Hollandaise sauce Followed by Tiramisu
Monday Supper	Tuesday Supper	Wednesday Supper	Thursday Supper	Friday Supper	Saturday Supper	Sunday Supper
Leek & potato soup And Bubble & Squeak with cocktail sausages Followed by Lime jelly	Tomato soup And Corried beef hash Followed by Apple pie and custard	Chicken soup And Vegetable noodles Followed by Bread & butter pudding	Roast carrot soup And Pasta Followed by Strawberry Delight	Vegetable soup And Egg on muffin Followed by Rice pudding	Mushroom soup And Cheese, biscuits and grapes Followed by Cream caramel	Creamy broccoli soup And Spaghetti rings Followed by Strawberry trifle



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Chicken and ham pie Or Vegetable gratin Followed by Apple strudel and custard	Chili con carne with rice or mash Or Tomato pasta bake Followed by Strawberry jelly	Cottage pie Or Tuna pasta Followed by Plum crumble custard	Sweet and sour chicken Or Rice with Chickpeas Followed by Lemon cheesecake	Cherry beef lasagne Or Fish & chips with garden peas Followed by Carrot cake and custard	Chicken and mushroom pasta Or Cheesy tomato pie Followed by Day and night sponge custard	Roast beef Or Steamed haddock with white wine sauce Followed by Cream caramel
Monday Supper	Tuesday Supper	Wednesday Supper	Thursday Supper	Friday Supper	Saturday Supper	Sunday Supper
Mixed bean soup And Sausages, beans, bread and butter Followed by Fruit tart	Tomato soup And French potatoes Followed by Serrano and jam	Chicken soup And Fish fingers and fries Followed by Panna cotta	Misoshiru soup And Jacket potato with chicken Followed by Banana and custard	Vegetable soup And Spring rolls and salad Followed by Rice pudding	Mushroom soup And Samosa and pea purée Followed by Panna cotta	Creamy pea soup And Egg, bacon and chips Followed by Lime trifle

Joan: "I like plenty of fresh vegetables and roast potatoes, beef stew with dumplings, chicken pie and chips, chicken casserole, steak and kidney pie and meat and potato pie."

Gladys: "My favourite desserts include sticky toffee pudding, jam roll poly and treacle sponge!"

Christmas Menus

The festive season is upon us and we're looking forward to serving an array of delicious foods for residents and guests to enjoy throughout **Christmas Eve, Christmas Day** and **Boxing Day**. From the traditional feast of roast turkey with all the trimmings, to pan-fried fish and tasty grilled chops, there is something for everyone.





Many of our residents have special dietary requirements involving food allergies or modified food textures, which is why I have a specially tailored menus including those for a softened or puréed palate, vegetarian, finger foods and healthy options.

If you would like to discuss your loved ones dietary requirements as part of a broader care plan, please contact the Home, or why not book a visit?

Princess Christian Care Home

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Call: 01483 488917

Email: Princess.Christian@Nellsar.com

Book a visit: www.nellsar.com/contact/book-a-visit