

NELLSAR CARE HOMES SAY FAREWELL TO INSTANT SOUPS

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Adrian Silaghi is the Head of Catering Services at Nellsar for our group of 13 Care Homes throughout Kent, Surrey and Essex. Read on for his take on the wonderful nutritious soups prepared by our Chefs and Catering Teams:

"The way soup is prepared helps to preserve nutrients even after cooking, making it high in vitamins, minerals and proteins. Some soups are high in fibre and help to keep the digestive system healthy and prevent bloating and constipation.

The era in which instant soup is consumed is a thing of the past, and Nellsar does not approve or encourage this at all. Over time, our body exerts less physical effort and as a result, our food consumption also decreases. That is why it is vital that this wonderful comfort food must be full of nutritious ingredients.

We serve soup in a ceramic dish, but we consider many other various adaptive solutions for special dishes that are suitable with individual needs to promote independence. There are double-handled ceramic soup bowls available in melamine version for a lighter handling, and various coloured

dementia-friendly soup bowls too.

The most popular soups are tomato and other creamy soups. They are the perfect solution for all food textures and dietary needs and because of this, we can cover the inclusion principle where nobody must feel special, as everyone has the same choices offered. Creamy soups are generous as they can be produced in different versions, from roast carrot, potato and leek, broccoli, and mixed vegetables. They can also be combined in many ingenious ways. This promotes a zero-waste objective as you can shop your fridge for contents first before heading to your local supplier. The saved resources allow us to purchase good quality ingredients, and all this process goes together and allows us to produce food to our high quality standards.

Top sides for our soups are garlic bread or croutons, although some residents prefer their favourite sandwich along with their soup if they have it for dinner. Other residents prefer soup as a starter before their main lunch, or just as a late-night snack."

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