

TRAINEE CHEF MIGUEL'S MARVELLOUS MUSHROOMS AND MACARRONADA

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PORTUGUESE THEMED LUNCH

As Catering Services Manager for Nellsar Limited, a large part of my role is supporting our Chefs and Kitchen teams. On a visit to Hengist Field Care Home in Sittingbourne on 3 March, I was delighted to discover our Trainee Chef Miguel Silva serving a delicious Portuguese themed lunch.

With real travel out of the question while restrictions continue, Nellsar residents have embarked upon a virtual travel adventure – "Around the World with Nellsar Cruises". On the second Wednesday of each month, our **Homes** will celebrate themed activities, arts and crafts and food from a different country.

Hong Kong and Chinese New Year celebrations were a big hit in **February** and tomorrow we disembark at **India**. **Hengist Field** decided to 'make an extra stop' at **Portugal** – thanks to **Trainee Chef Miguel** – his home country. **Head Chef Kay Smith** supported **Miguel** with a special Portuguese lunch – much to the delight of our residents!

Portuguese lunch menu

Main meal

Beef macarronada

Vegetable stuffed mushrooms

Dessert

Tarte da nata

Mango pulp mousse

Our **Dining Room Assistants** are always there to support our residents at mealtimes and they were very pleased to give feedback on how some of our residents enjoyed Miguel's delicious food:

DD – *"He really enjoyed the stuffed field mushrooms and said the mango mousse was delicious."*

EF – *"Thoroughly enjoyed all her lunch."*

EB – *"Cleared her plate of stuffed mushrooms and mango mousse."*

RF – *"Although this gentleman finds communication difficult, he couldn't get enough of his meal and clearly enjoyed it!"*

As **Hengist Field's Head Chef, Kay** is supporting **Miguel** on his **Chef Apprenticeship**; she encourages and supervises him to cook for a minimum of one day per week. **Miguel** feels proud to be able to do this and looks forward to creating his next lunch menu.



Mouthwatering mushrooms by Miguel



Trainee Chef Miguel Silva



Adrian Silaghi (Catering Services Manager) enjoying the mango mousse