

Brilliant breakfasts and fantastic fruit at Bromley Park Care Home



Last week we focused our activities around Nutrition and Hydration Week, to celebrate the value of food and drink in maintaining health and well being in health and social care. We were excited to have some fun with our food and drink!

Day 1: Breakfasts

On Monday we focused on **breakfasts**. As well as the ever-popular 'full English', Ellen prepared fruity porridge, crumpets, scrambled eggs, and pancakes with fruit and maple syrup. What a feast to start the day on!

Day 2: St Patrick's Day

On Tuesday we took the opportunity to make some cakes for **St Patrick's Day** and squeeze them into the theme of Nutrition & Hydration (and why not!). Later on in the afternoon our residents enjoyed some beautifully prepared cheese boards, which went down really well.

Day 3: Global Tea Party

We held a **Global Tea Party** on Wednesday 18 March as part of the celebrations. Our residents loved the scones! It was lovely to be part of a shared tea party experience, as it's something that takes place across the world;

'The highlight of every Nutrition and Hydration Week is the Global Tea Party which takes place on Wednesday.

On this day we invite all of our community taking part in Nutrition and Hydration Week to hold tea parties in their

organisations.

Not only does it show your commitment to nutritional care, and help to people improve nutritional intake for your patients and customers, but it's also a great way to bring people together and create some joy and fun.

In the past we have seen tea parties take place in countries all over the world!"

Day 5: All about the fruit

This was **Fruity Friday!** We were delighted to share an amazing display of delicious fruit, including freshly sliced pineapple, fruit cocktails, a watermelon basket and banana dolphin! What's not to love?!

Our Head of Catering Services, Adrian Silaghi and Nutrition and Wellness Manager Leni were very impressed at our efforts;

Adrian commented: "Bromley Park is AMAZING! Creative, talented and flexible! Well done!"

Huge thanks to everyone who helped make this such a fun and delicious week at Bromley Park!









