

# NUTRITION AT DANFORTH CARE HOMES

---

At Danforth Care Homes, where we prioritise both taste and nutrition in every meal we serve. Our sample menu reflects our commitment to providing residents with delicious, wholesome dishes that tie in with the seasons and nourish the body and soul. From seasonal vegetables brimming with fibre and essential vitamins to butter beans packed with protein, each ingredient is thoughtfully selected to support overall well-being. Indulge in our homemade soups, crafted to provide a perfect balance of minerals and nutrients, while savouring the richness of smoked haddock, a delectable source of omega-3 fatty acids and protein. And don't forget to enjoy the refreshing burst of citrus fruits, bursting with Vitamin B and C, along with fibre. At Danforth Care Homes, we believe in the power of good food to enhance quality of life, one meal at a time. Enjoy our sample menu and embark on a culinary journey that nourishes body and mind alike.



Danforth Care

# LUNCH

---

## MAIN CHOICE

Slow braised lamb and mint casserole with braised baby carrots, tender stem broccoli and creamed potato

Spring vegetable and butterbean cobbler with spring greens, braised baby carrots and a cheese and chive scone

## DESSERT

Sticky apple and ginger sponge with vanilla sauce

Selection of local cheeses with checkers chutney

Fresh fruit or a selection of yoghurts and ice creams

If you have any allergens or intolerances please speak to a member of staff



Danforth Care

# DINNER

---

## STARTER

Cream of wild mushroom soup served with a freshly baked bread roll

## MAIN COURSE

Smoked haddock kedgerree with a mild curry sauce and poached egg

## LITE BITES

Selection of sandwiches  
Ham or cheese Ploughman's  
Selection of filled jacket potatoes

## DESSERT

Lemon and raspberry roulade with cream

If you have any allergens or intolerances please speak to a member of staff



Danforth Care