

## **A delicious Nutrition and Hydration Week at Princess Christian Care Home**



**We were treated to some wonderful food and hydrating drinks last week here at Princess Christian Care Home as our Chefs, Cosmin and Cristian, worked together with our Dining Assistant and Nutrition Lead Adelina and Olivia from our Recreation and Well-Being Team to deliver an array of tasty delights for Nutrition and Hydration Week.**

During the week, our residents enjoyed delicious **green salads with feta cheese and olives, colourful fresh fruit salads, melon and watermelon, rainbow jellies, trifle, ice-creams, panna cotta and more!**

Drinks on offer included **juices, homemade lemonade, smoothies and tempting Dalgona coffee.**

The perfect way to enjoy the week – *thank you to our wonderful staff for all their hard work, you really did us proud!*









