

## Loose Valley Care Home residents take a virtual trip to Egypt



This week at Loose Valley Care Home we continued our virtual travel and took our residents to Egypt on our Nellsar mini cruise.

We started in Cairo, travelling through the Sahara desert to the Nile and down to Luxor and the Valley of the Kings, chatting about the mummies and the pyramids as we went.

For lunch we were treated to a wonderful **Egyptian-themed menu** which went down a treat. It included hummus and baba ganoush, lamb koftas and spicy chicken Shawarma. We even had turmeric herbal tea to keep us hydrated in the Egyptian heat!

In the afternoon we enjoyed **Egyptian bingo** and a **themed quiz**. Then **our resident Joy told us stories of her trip to Egypt** with her daughter in the 90s – she has kept her itinerary, tickets and photos, and spoke about her experiences of the country, including the fact that it rained for the first time in months whilst she was there!

*We all thoroughly enjoyed our journey to Egypt and are looking forward to sailing on to Japan!*



EGYPTIAN MENU	
Humas and Baba Gancash	Pitta Bread and Vegetables for dipping.
Lamb Kofta	Eastern Mediterranean ground lamb with onion, garlic, herbs, and spices.
Chicken Shawarma	Spiced and grilled chicken with a flavorful marinade of spices, lemon juice, garlic, and olive oil.
Sanyet el Batates	Sliced potatoes baked in the oven with tomatoes, onions, and chicken broth.





