

Nutrition and Hydration Week 2019 at Loose Valley Care Home



Monday Bake Off

As part of our **Nutritional and Hydration Week** celebrations here at Loose Valley Care Home, we started with a **fruit and cheese scones bake off on Monday 11 March – following a Mary Berry recipe**. We also made tasty St Clement's muffins with fresh oranges and lemons. The smell coming from the kitchen while these were baking was just yummy. Our residents loved making these for the afternoon tea that we had yesterday, Tuesday 12 March.

Afternoon Tea

For day two of **Nutrition and Hydration Week (12 March)**, our ladies and gents enjoyed a traditional afternoon tea with fresh fruit scones, strawberry jam and clotted cream. They ate these long with the cheese scones and St Clement's muffins that we made on Monday, with a nice cup of tea or coffee. *Perfect!*

Click [here](#) to book a visit to **Loose Valley** or click [here](#) to download our brochure.







