

Nutrition and hydration focus at Abbotsleigh Care Home



Our celebration of Nutrition and Hydration Week went very well here at Abbotsleigh Care Home.

We promoted hydration every day and ensured that all our residents enjoyed **healthy, nutritious meals and snacks, with lots of inviting, thirst quenching drinks.**

Our ladies and gents were delighted to be treated to a fantastic '**Petit-dejeuner**' on our **French Day**, with delicious **pasties, croissants, pancakes** and **fresh fruit** to delight everyone's tastebuds at breakfast time.

From fish and sautéed potatoes, to muffins, trifles and more during the week – these were all made by our **wonderful Chefs in the kitchen**, earning them an extra big '*Thank you*' from all of us.