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On Day Four of Nutrition and Hydration Week, our residents at Woodstock Residential Care Home loved tasting fresh rosemary, thyme and chive bread, which smelt delicious! We served a selection of different soups with is - pea and mint, carrot and coriander, and tomato and basil.

Our residents really enjoyed sampling the different flavours on offer and decided they enjoyed the pea and mint soup the most!

On Day Five of the awareness week, our ladies made fruit salad together, using apples, pears, grapes and oranges. All our residents tasted some - a great source of those 'five a day'!

On Friday 15 March we also enjoyed celebrating *Red Nose Day* with fun, games and of course, lots of red noses!





