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On Sunday 1 October everyone at Woodstock Residential Care Home had fun celebrating World Vegetarian Day by taste testing a range of meat-free alternative foods.

We enjoyed having a 'tasting day' trying **meat-free sausages, Quorn sausage rolls, Quorn nuggets, Quorn scotch eggs, vegetable dippers and a classic Margherita pizza.**

Everyone was curious to try the different **plant-based alternatives** and this was a good way to learn about different diets and lifestyles. Our residents and team members found that the meat-free sausage rolls tasted most akin to what they were used to.

We had lots of different opinions of the alternatives; some individuals preferred the meat-free taste, while others were happy to stick to what they know!

*Everyone enjoyed having the opportunity to try something different and we all enjoyed chatting about the different tastes – it really got our senses stimulated!*



