



Abbey Healthcare  
Caring for the community

# Catering *news*

Summer at  
Abbey!

Summer Edition 2026



NACC Semi Finals (Page 4)

*Dignity*  
in Dining

Summer  
Food  
Trends

Our greatest *wealth* is our *health* – food is **healthcare**.

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*Jo Ankers*

**Jo Ankers**  
**Group Catering Manager**

## *A note from the editor*

Well, summer has certainly come with a vengeance this year. The heat has been intense! Yet our chefs still give 100% in our kitchens every day, providing delicious, nutritious food for our wonderful residents.

When we talk about life in a care home, we often focus on clinical support, activities, and comfortable rooms. But the heart of the day—the anchor that brings everyone together—is the food on the table. In a care home, catering is not just about serving meals. It is about nourishment, dignity, and creating a true sense of home.

For our residents, the dining room is the heart of the community. It is where they socialise, share stories, and enjoy familiar routines. That is why the role of a care home caterer goes far beyond cooking. It requires empathy, creativity, and dedication.

First and foremost, we recognise that every resident is an individual. A one-size-fits-all menu simply does not work, which is why our chefs receive nutritionally analysed seasonal menus six weeks in advance. This gives each home time to adapt them to residents' likes, dislikes, and regional or cultural favourites. Our catering teams work hard to understand personal tastes, cultural backgrounds, and nutritional needs. Whether

it is preparing a traditional Sunday roast that brings back fond memories or accommodating dietary restrictions, the goal is always to provide choice and respect.

Nutrition and hydration are, of course, vital to the health and well-being of our residents. Excellent care catering ensures these nutrients are delivered in delicious, beautifully presented dishes. Catering teams also adapt meals for residents living with complex conditions, such as dementia or dysphagia. By using specialised texture-modified diets, we help every resident dine with confidence and reduce the risk of choking.

Mealtimes should always be a time of calm, connection, and enjoyment. From the warm lighting and table settings to the respectful support from care staff, every aspect should uphold the dignity of the individual. Ultimately, great care catering supports the home's healthcare goals by keeping residents physically strong and emotionally uplifted. It bridges the gap between clinical care and the comforts of daily life.

I want to extend my deepest appreciation to all the chefs, kitchen staff, and care teams who make this possible. Your dedication ensures our residents are not just fed, but genuinely nurtured.

# NACC Semi Finals

## Here We Come!

**We are delighted to announce that our Head Chef, Ben Simmonds-Grant of Elmcroft Essex, has reached the semi-finals of the NACC Cook Off.**

Ben will have 90 minutes to prepare a two-course nutritionally analysed meal within budget, under the watchful eye of the judges. Unfortunately we cannot show his meal until after this event has concluded.

Ben has put a great deal of thought into both his meal and its presentation. I will be attending the venue with him on 21st July, and the whole Abbey team will be supporting him every step of the way.



**We are all so very proud of you Ben !**



# THE GREAT DEBATE!



**I was honoured to be asked to attend the first ever great debate to care home catering with the National magazine “Care home catering Uk”, held at Brakes UK Covent Garden offices, joining a group of care industry leaders.**

The energy and engagement in the room were excellent, with open and honest conversations around some of the biggest challenges facing the sector: rising costs, the impacts and challenges of the cost-of-living crisis, recruitment, retention, and the continued need to invest in skills and training.

A key part of the discussion focused on developing chef skills, supporting teams to be more innovative with menus, and continuing to deliver flavour, quality, and consistency in care home settings.

Food is about far more than just service. It is about; dignity, wellbeing, nutrition, comfort, social connection, and creating moments of genuine joy for residents every single day.

There is so much passion, skill, commitment and innovation happening in this sector - quietly, under pressure, and often without the recognition it truly deserves and yet the care

sector is still too often judged by an outdated perception of what care home catering used to be, rather than the reality of what it is today! Chefs requiring higher skill sets than that of a restaurant; more technique to the plate, specialist diets, many eLearning's and unannounced regulator visits, spot checks and audits... it is not a profession for the light-hearted... but one for those with passion for delivering the best standards of food to service.

But food is about far more than just service. As my motto goes “our greatest wealth is our health... food is healthcare... medicine is sick care... we are what we eat”. It is about dignity, wellbeing, nutrition, comfort, social connection, and creating moments of genuine joy for residents every single day.

Speaking up for health and social care chefs is a passion of mine, to ensure their value & skill is recognised in the catering sector. With 45 years' experience behind me, I know more than most how far we have come.

# ULTIMEAT

Our Summer menus at Abbey Healthcare commenced on 1st June.

Good nutrition and reduced saturated fat are essential for supporting the health and wellbeing of our residents. We promote better health naturally through nutritious food and hydration every day for those in our care. Food is healthcare: we are what we eat! Our greatest wealth is our health!

This is why we are substituting everyday burgers, meatballs, and minced meat products with the ULTIMEAT range.

## ULTIMEAT IS MADE FROM 60% MEAT AND 40% MYCOPROTEIN.



- **Reduces cooking loss;** a standard summer BBQ burger loses around 18% during cooking, whereas an ULTIMEAT burger loses just 5%.
- **Cooks like the equivalent meat product,** with the same handling and versatility in the kitchen.
- **No retraining required**—staff simply need to understand the product content.
- **No new equipment, processes, or cooking methods required.**
- **Easy menu integration** by simply replacing standard minced meat products with ULTIMEAT.
- **More cost-effective** within the allocated food budget.
- **More sustainable.**
- **Adds dietary fibre** to dishes that would usually contain none, helping to support bowel and metabolic health.
- **High in protein,** providing a complete source of amino acids for muscle maintenance and recovery.
- **Lower in saturated fat and calories.**
- **A good source of key vitamins and minerals,** including zinc, selenium, and choline.
- **Mycoprotein is one of the most environmentally friendly protein sources available.**
- **Looks, cooks, and tastes like meat,** delivering the same juicy flavour and texture.



## SUSTAINABILITY

### LOWER CARBON. SAME MENU.

The carbon footprint of mycoprotein-based mince is **95% lower than UK minced beef**.

Replacing minced beef with the mycoprotein mince used in **ULTIMEAT** products can help support our sustainability goals by reducing carbon emissions and our overall environmental impact.

HERE'S TO HEALTHY EATING... EAT TO LIVE...

# CATERING STANDARDS, SEASONAL MENUS & NUTRITICS

## Jo Ankers – Group Catering Manager



## Abbey Healthcare menus

**Food and nutrition are part of everyday life. Most of us in this country take it for granted.**

We also know that what we eat affects our health no matter what age we are and no matter whether we are well or have a disease or condition such as cancer, diabetes, irritable bowel syndrome, or another.

We are surrounded by information about food and nutrition but often we need help to make the right food choices to maximise our health and know what's fact or fiction.

As a group we strive to offer the best possible service and person-centred care to our residents. Nowhere is this more important than mealtimes – which is one of the most important times in our residents' day. This is critical from a nutritional, social/mental wellbeing and care perspective.

Our chefs and catering teams form a key part of the care we provide to our residents.

### What does this mean?

#### 1. Choice:

- We offer our residents freedom of choice of their seating arrangements at mealtimes; from where they wish to sit and whom they wish to sit with, or private dining in a quiet area, which we provide in all homes, along with resident choice of having tray meals delivered to their own rooms.
- On entering our homes all residents have a meal information sheet completed, these states likes/ dislikes/ allergens/ any specialist cutlery/ crockery for us to provide to aid independent eating/ level of IDDSI if required - this is passed directly onto our catering teams and updated on a regular basis or if the individual's requirement change with immediate action to take, along with all medical advice directly given for the individuals enjoyment of food.

#### 2. Nutrition

- All our menus are nutritionally analysed and a nutritics card is developed by our group catering manager for every dish on our menu- with full nutritional evaluation, calorie content, allergen content and traceability to all ingredients.
- All our seasonal 4-week menu plans are sent out every 3 months to our teams with recipes for every item on our menu, along with the recipe method and pictorial menu to aid presentation skills. The pictorial menu



is also present in all our dining rooms to aid client's freedom of ability in meal choices.

### 3. Dysphagia

- We understand how sensitive it is to eat with dysphagia and the need for some people to want to eat in privacy, within their own space. Food is a perfect antidote to isolation: the delicious smells of our home cooking, taste and texture all combine to create a comforting sensory experience. Equally we feel the importance of visual appearance of our meals, which can also be challenging for people living with levels of dysphagia or dementia.
- We puree to IDDSI puree levels as medically advised for the individual's requirement to swallowing ability and present in an attractive manner, whilst also offering the same choices as our seasonal menus. This gives all our resident the full dining experience we have on offer of fresh seasonal produce leading to a healthy nutritional diet.
- Our key aim is to provide all nutrition and hydration to ensure safety of texture to modified foods and the individual's eating ability.

### 3. Feedback

- We welcome feedback from residents and relatives – our chefs, home managers and group catering manager are all available to discuss any feedback.
- We provide all our residents and their relatives a freedom of voice with their dining experience through our Group Dining Experience questionnaires, which are always available and residents are encouraged to fill these in at regular intervals for our feedback. These can also be filled in with the relative's participation.
- We read through all feedback and make amends to improve our service to our clients' requirements and tastes. All our menus are adapted to suit the region and multicultural diets. We encourage all feedback to ensure a solid catering system to be enjoyed with healthy meal

choices, nutrition and hydration.

- We also discuss with individual clients their needs to foods and help all we can to provide to their specification.



### 4. Support

- We give great support to all our catering teams, our Group Catering Manager is on hand to all of them daily through email and text with advice, encouragement and knowledge to improve all skills as required.
- Our Group Catering Manager regularly attends each of our homes and shows hands on food skills/ presentation/ product codes/ budget management.
- We provide a Group Catering Magazine with all national food day events and charity food day events for all our chefs to participate in with recipes and fund-raising packs for dementia/ cancer/ Alzheimer research. This helps maintain a group standard and our chefs work is showcased within the Catering News for all to observe the achievements of our catering teams.

## 5. Training

- We have and are sending our chefs to IDDSI workshops on an annual basis to improve their levels of puree technique and presentation skills. Our Group Catering Manager attends all these workshops with our teams and helps to adapt their abilities once returning to the homes catering kitchen. All our homes have had purchased new Robot Coupe Blixers, which greatly helps achieve the puree level requirements.
- All our chefs are trained to city and guilds or NVQ requirements. All chefs have level 3 in food hygiene. The whole catering teams are trained with FSA allergen control management and food labelling courses, along with mandatory in-house training programs to coincide with SFBB packs and cook safe system (Scotland).
- All our catering teams go on our eLearning system and also do courses that nursing staff participate in, in order to increase their understanding of dementia. This we feel is invaluable help in producing sensory foods to encourage healthy eating, nutrition and hydration within our care.
- We provide toolbox talks and regular updates to all catering teams on EHO issues and specialist diets.

## 6. Compliance

- We are proud that all our homes are EHO 5\* rated – the top rating (or Scottish equivalent).
- To maintain this, we have a rigorous system of cleaning, checks and audits in place.



## Our seasonal menus are commencing as follows:

Spring; March to May

Summer; June to August

Autumn; September to November

Winter; December to February

## Our Menus;

All menus are nutritionally planned, to include fresh seasonal produce.

All menus provide choice- please see our spring menu 4-week plan in this magazine.

All menus contain meat free options to aid good health and well-being.

All our soups are plant based.

Mid-Morning healthy snacks of fresh fruit/ yoghurts.

Afternoons teas- homemade bakery, cheese and biscuits, fresh fruits.

Menus are tweaked to cater for the individual and regional likes / dislikes.

Pictorial menus are available in each dining room to aid residents understanding of the meal choices on offer and also plates of choices offered to visual sight to aid decisions.

We have 6 alternative healthy options on the main menu daily.

We hold the EHO healthy eating award to our fresh seasonal menus.

We hold menu tasting events, so relatives can come along and try the delights of our menus along with their loved one. This has given great feedback to our sites and chef standards.

## Nutritics cards are printed and available for all;

- Calorie content to dish.
- Nutritional evaluation.
- Allergen content to all ingredients within the dish.
- Ingredient product code for traceability and sustainability.
- Standardised recipe.
- Footprint to environmental impact and water content.

# The importance of hydration to the elderly is essential, especially during heat intense summer months.

**Adequate hydration is vital for older adults to maintain health, support organ function, and prevent severe complications. Older adults face a higher risk of dehydration due to a lower total body water percentage, a reduced sense of thirst, and medication side effects. Detailed insights are outlined below.**

## Why Hydration Matters;

- **Brain Function:** Prevents confusion, fatigue, and memory issues.
- **Physical Health:** Lowers the risk of urinary tract infections (UTIs), constipation, and falls from dizziness.
- **Body Regulation:** Helps control body temperature and keeps joints lubricated.

## Risk Factors in Aging;

- **Reduced Thirst:** The natural urge to drink fades over time, meaning older adults may not feel thirsty even when dehydrated.
- **Medications:** Common prescriptions like water pills (diuretics) increase fluid loss.
- **Mobility or Bladder Concerns:** Physical pain or fear of nighttime bathroom trips can lead some to avoid drinking.

## Practical Tips to Stay Hydrated;

- **Keep Drinks Close:** Leave a cup of water or preferred fluid nearby throughout the day.
- **Eat Water-Rich Foods:** Offer soups, yogurt, cucumbers, and melons.
- **Offer Variety:** Tea, coffee, milk, and flavoured juices all count toward daily fluid goal.

Abbey Healthcare have recently taken on **WaterADE** hydration stations to our homes; the residents are enjoying these very much and the independence of helping themselves to refreshing chilled drinks on offer. WaterADE is a high-quality vitamin drink, specifically designed for the elderly to boost hydration, while supporting overall well-being. With its powdered sachet form, each packet can be mixed with water to create over 2 litres of refreshing, fruit-flavoured drink packed with Essential Vitamins:

**Vitamin C** – Necessary for growth, development and repair of all body tissues.

**Vitamin A** – Essential for maintaining healthy vision and ensuring the normal function of the immune system and organs.

**Vitamin D** – Helps the body to absorb calcium, helping build and maintain healthy bones.

**Vitamin E** – Helps maintain healthy skin and eyes, and strengthens the body's natural defence against illness and infection.

WaterADE is; **Sugar Free** and **Gluten Free**

- The machines are visually appealing.
- Encourages residents to drink more with its enticing taste.
- There are many different flavours to choose from.

We also encourage decaffeinated drinks in our homes as care England showcases it's many benefits!



# ***SUMMER MENU COMMENCED MONDAY 1ST JUNE 2026***

**All our seasonal menus are nutritionally analysed to coincide with the CQC outcome 5 nutrition & hydration in care.**

Every dish has a Nutritics card with full nutritional evaluation to health benefits, along with allergen content, calorie / protein / fat / carbohydrates, and footprint to environmental sustainability.

Every mealtime there are six alternative options, for residents requesting different meal choices to the main menu.

Residents on IDDSI diet can choose from the menu and the chef will recreate the dish to their individual level of requirements.



## **WEEK 1 - SELECTION**



## **WEEK 2 - SELECTION**





## WEEK 3 - SELECTION



## WEEK 4 - SELECTION



# Abbey Healthcare Summer Menu 2026 - Week 1

|           | MONDAY                   | TUESDAY                  | WEDNESDAY                | THURSDAY                 | FRIDAY                   | SATURDAY                 | SUNDAY                   |
|-----------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| BREAKFAST | Chilled fruit juice      | Chilled fruit juice      | Chilled fruit juice      | Chilled fruit juice      | Chilled fruit juice      | Chilled fruit juice      | Chilled fruit juice      |
|           | Hot breakfast of the day | Hot breakfast of the day | Hot breakfast of the day | Hot breakfast of the day | Hot breakfast of the day | Hot breakfast of the day | Hot breakfast of the day |
|           | Porridge                 | Porridge                 | Porridge                 | Porridge                 | Porridge                 | Porridge                 | Porridge                 |
|           | Choice of Cereal         | Choice of Cereal         | Choice of Cereal         | Choice of Cereal         | Choice of Cereal         | Choice of Cereal         | Choice of Cereal         |
|           | Toast & preserves        | Toast & preserves        | Toast & preserves        | Toast & preserves        | Toast & preserves        | Toast & preserves        | Toast & preserves        |

| SNACK | Fresh fruit platter | Fresh fruit platter | Fresh fruit platter | Fresh fruit platter | Fresh fruit platter | Fresh fruit platter | Fresh fruit platter |
|-------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
|       | Yoghurts            | Yoghurts            | Yoghurts            | Yoghurts            | Yoghurts            | Yoghurts            | Yoghurts            |

| LUNCH | Salmon fillet with prawn sauce & vine ripe cherry tomatoes        | Traditional minced steak & onion cottage pie                   | Tender lamb, root vegetable & red onion casserole        | Chicken & mushroom fricassee                         | Crispy battered fish & tartare sauce           | Braised neck of pork with apples            | Roast chicken with sage & onion stuffing and gravy   |
|-------|-------------------------------------------------------------------|----------------------------------------------------------------|----------------------------------------------------------|------------------------------------------------------|------------------------------------------------|---------------------------------------------|------------------------------------------------------|
|       | OR                                                                | OR                                                             | OR                                                       | OR                                                   | OR                                             | OR                                          | OR                                                   |
|       | Teriyaki bao                                                      | Quorn Escalope                                                 | Creamy cheddar cauliflower cheese                        | Courgette, ricotta & tomato tart                     | Roast butternut squash risotto                 | Stuffed woodland mushrooms in cheese sauce  | Vegetable meatballs in herby tomato sauce & linguine |
|       | Croquette potatoes<br>Buttered cauliflower<br>Tender spring leeks | Minted new potatoes<br>Fresh Broccoli spears<br>Roast parsnips | Steamed curly kale<br>Buttered carrots<br>Sauté potatoes | Creamed potatoes<br>Tender beetroot<br>White cabbage | Chips<br>Garden/mushy peas                     | Potato wedges<br>Diced carrot<br>Courgettes | Roast Potatoes<br>Savoy Cabbage<br>Seasoned swede    |
|       | Braeburn apple pie & cream                                        | Warm baked pear & cinnamon cobbler with custard                | Golden syrup & sultana sponge with custard               | Zesty lemon & orange meringue pie with cream         | Homemade cherry Swiss roll & vanilla ice cream | Sago pudding with a sweet peach compote     | Warm oaty rhubarb & ginger crumble with custard      |
|       |                                                                   |                                                                |                                                          |                                                      |                                                |                                             |                                                      |

| EVENING MEAL | Spinach & potato soup<br>Sandwich selection | Garden pea & mint soup<br>Sandwich selection | Cream of tomato & basil soup<br>Sandwich selection | Warm butterbean soup<br>Sandwich selection | Country vegetable soup<br>Sandwich selection | Broccoli & cheese soup<br>Sandwich selection | Roast red pepper soup<br>Sandwich selection |
|--------------|---------------------------------------------|----------------------------------------------|----------------------------------------------------|--------------------------------------------|----------------------------------------------|----------------------------------------------|---------------------------------------------|
|              | OR                                          | OR                                           | OR                                                 | OR                                         | OR                                           | OR                                           | OR                                          |
|              | Thai fishcake, diced potatoes & peas        | Mushroom ravioli & cheese topping            | Eggs Benedict                                      | Sausage baguettes & red onion marmalade    | Spanish omelette/salad                       | Egg, chips & beans                           | Buffet selection                            |
|              | Soft peaches & cream                        | Strawberry Eton mess                         | White chocolate & raspberry cheesecake             | Mixed berry panna cotta                    | Chocolate mousse                             | Key lime pie                                 | Lemon posset & shortbread                   |

# Abbey Healthcare Summer Menu 2026 - Week 2

|           | MONDAY                   | TUESDAY                  | WEDNESDAY                | THURSDAY                 | FRIDAY                   | SATURDAY                 | SUNDAY                   |
|-----------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| BREAKFAST | Chilled fruit juice      | Chilled fruit juice      | Chilled fruit juice      | Chilled fruit juice      | Chilled fruit juice      | Chilled fruit juice      | Chilled fruit juice      |
|           | Hot breakfast of the day | Hot breakfast of the day | Hot breakfast of the day | Hot breakfast of the day | Hot breakfast of the day | Hot breakfast of the day | Hot breakfast of the day |
|           | Porridge                 | Porridge                 | Porridge                 | Porridge                 | Porridge                 | Porridge                 | Porridge                 |
|           | Choice of Cereal         | Choice of Cereal         | Choice of Cereal         | Choice of Cereal         | Choice of Cereal         | Choice of Cereal         | Choice of Cereal         |
|           | Toast & preserves        | Toast & preserves        | Toast & preserves        | Toast & preserves        | Toast & preserves        | Toast & preserves        | Toast & preserves        |

| SNACK | Fresh fruit platter | Fresh fruit platter | Fresh fruit platter | Fresh fruit platter | Fresh fruit platter | Fresh fruit platter | Fresh fruit platter |
|-------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
|       | Yoghurts            | Yoghurts            | Yoghurts            | Yoghurts            | Yoghurts            | Yoghurts            | Yoghurts            |

| LUNCH | Pork loin with Sauvignon cream          | Slow braised chicken breast & pearl barley             | Creamy fisherman's pie<br>OR<br>Warm lentil salad<br>Sauté potatoes Savoy cabbage Buttered carrots<br>Gooseberry crumble & custard | Steak & kidney pie with suet pastry                      | Battered cod & tartare sauce           | Minced lamb & vegetable pie with puff pastry topping | Traditional roast beef & Yorkshire pudding  |
|-------|-----------------------------------------|--------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|----------------------------------------|------------------------------------------------------|---------------------------------------------|
|       | OR                                      | OR                                                     |                                                                                                                                    | OR                                                       | OR                                     | OR                                                   | OR                                          |
|       | Roasted peppers stuffed with couscous   | Mushroom & cheddar wellington                          |                                                                                                                                    | Baked potato with cheese & red onion                     | Creamy mushroom & leek wholemeal pasta | Cauliflower & broccoli gratin                        | Root vegetable & butterbean stew            |
|       | Croquette potatoes Cauliflower Broccoli | Parsley potatoes Sliced green beans Buttered sweetcorn |                                                                                                                                    | Minted new potatoes Braised red cabbage Broccoli florets | Chips Garden/mushy peas                | Mashed potatoes Mixed vegetables                     | Roast potatoes Baton carrots Roast parsnips |
|       | Vanilla cheesecake with berry compote   | Lemon sponge & vanilla sauce                           |                                                                                                                                    | Warm apple cake & vanilla sauce                          | Red cherry Queen of Puddings & cream   | Jam & coconut sponge & custard                       | Spiced plum crumble & custard               |

| EVENING MEAL | Mushroom soup Sandwich selection          | Tuscan bean soup Sandwich selection         | Cream of cauliflower & chervil soup Sandwich selection<br>OR<br>Chicken & herb terrine, apricot compote on mini toast & salad<br>Butterscotch mousse | Parsnip soup Sandwich selection                      | Tomato & basil soup Sandwich selection<br>OR<br>Baked ham, eggs & beans<br>Apricot fool | Vegetable soup Sandwich selection<br>OR<br>Prawn cocktail & grain bread and butter<br>Strawberry delight | Leek & potato soup Sandwich selection<br>OR<br>Buffet selection<br>Pears in butterscotch |
|--------------|-------------------------------------------|---------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
|              | OR                                        | OR                                          |                                                                                                                                                      | OR                                                   |                                                                                         |                                                                                                          |                                                                                          |
|              | Chicken goujons, BBQ sauce & tossed salad | Tuna & herb fishcake with minted mushy peas |                                                                                                                                                      | Vegetable spring rolls, sweet 'n' sour sauce, & rice |                                                                                         |                                                                                                          |                                                                                          |
|              | Jelly & ice-cream                         | Fruit flan & cream                          |                                                                                                                                                      | Fruit cocktail & cream                               |                                                                                         |                                                                                                          |                                                                                          |
|              |                                           |                                             |                                                                                                                                                      |                                                      |                                                                                         |                                                                                                          |                                                                                          |

# Abbey Healthcare Summer Menu 2026 - Week 3

|           | MONDAY                   | TUESDAY                  | WEDNESDAY                | THURSDAY                 | FRIDAY                   | SATURDAY                 | SUNDAY                   |
|-----------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| BREAKFAST | Chilled fruit juice      | Chilled fruit juice      | Chilled fruit juice      | Chilled fruit juice      | Chilled fruit juice      | Chilled fruit juice      | Chilled fruit juice      |
|           | Hot breakfast of the day | Hot breakfast of the day | Hot breakfast of the day | Hot breakfast of the day | Hot breakfast of the day | Hot breakfast of the day | Hot breakfast of the day |
|           | Porridge                 | Porridge                 | Porridge                 | Porridge                 | Porridge                 | Porridge                 | Porridge                 |
|           | Choice of Cereal         | Choice of Cereal         | Choice of Cereal         | Choice of Cereal         | Choice of Cereal         | Choice of Cereal         | Choice of Cereal         |
|           | Toast & preserves        | Toast & preserves        | Toast & preserves        | Toast & preserves        | Toast & preserves        | Toast & preserves        | Toast & preserves        |

| SNACK | Fresh fruit platter | Fresh fruit platter | Fresh fruit platter | Fresh fruit platter | Fresh fruit platter | Fresh fruit platter | Fresh fruit platter |
|-------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
|       | Yoghurts            | Yoghurts            | Yoghurts            | Yoghurts            | Yoghurts            | Yoghurts            | Yoghurts            |

| LUNCH | Coq au vin                            | Lincolnshire fishcakes               | Shepherd's pie & gravy                    | Minced beef & onion pie shortcrust pastry | Breaded haddock with tartare sauce   | Chicken chasseur                       | Roast loin of pork with apple sauce  |
|-------|---------------------------------------|--------------------------------------|-------------------------------------------|-------------------------------------------|--------------------------------------|----------------------------------------|--------------------------------------|
|       | OR                                    | OR                                   | OR                                        | OR                                        | OR                                   | OR                                     | OR                                   |
|       | Cherry tomato, pea, & potato frittata | Balsamic vegetable & cheese slice    | Mushroom stroganoff & savoury rice        | Mediterranean vegetable casserole         | Warm mushroom tart                   | Cheese and pesto whirls                | Baked ratatouille & cheese topping   |
|       | New potatoes Broccoli Carrot & swede  | Sauté potatoes Green beans Sweetcorn | Thyme roast potato Celeriac Carrot batons | Mashed potatoes Mixed vegetables          | Chips Garden/mushy peas              | Boiled potatoes Cauliflower Courgettes | Roast potatoes Savoy cabbage Carrots |
|       | Bakewell tart & custard               | Chocolate fudge brownie & cream      | Peach crumble & custard                   | Pear cobbler & pouring cream              | Warm sticky toffee pudding & custard | Rice pudding & apricot jam sauce       | Sultana sponge pudding & custard     |

| EVENING MEAL | Summer vegetable soup Sandwich selection      | Parsnip soup Sandwich selection | French onion soup Sandwich selection | Cream of leek soup Sandwich selection  | Red lentil soup Sandwich selection      | Tomato soup Sandwich selection | Potato & parsley soup Sandwich selection |
|--------------|-----------------------------------------------|---------------------------------|--------------------------------------|----------------------------------------|-----------------------------------------|--------------------------------|------------------------------------------|
|              | OR                                            | OR                              | OR                                   | OR                                     | OR                                      | OR                             | OR                                       |
|              | Chilli con carne & rice                       | Macaroni cheese                 | Quorn Ceasar salad & tossed salad    | Baked potatoes with choice of fillings | Baked ham & pineapple with potato salad | Tuna pasta bake                | OR                                       |
|              | Banana, warm toffee sauce & vanilla ice cream | Berry fruit tart                | Strawberry delight                   | Rhubarb fool                           | Strawberry cheesecake                   | Victoria sandwich cake         | Buffet selection                         |
|              |                                               |                                 |                                      |                                        |                                         |                                | Ice cream roll                           |

# Abbey Healthcare Summer Menu 2026 - Week 4

|           | MONDAY                   | TUESDAY                  | WEDNESDAY                | THURSDAY                 | FRIDAY                   | SATURDAY                 | SUNDAY                   |
|-----------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| BREAKFAST | Chilled fruit juice      | Chilled fruit juice      | Chilled fruit juice      | Chilled fruit juice      | Chilled fruit juice      | Chilled fruit juice      | Chilled fruit juice      |
|           | Hot breakfast of the day | Hot breakfast of the day | Hot breakfast of the day | Hot breakfast of the day | Hot breakfast of the day | Hot breakfast of the day | Hot breakfast of the day |
|           | Porridge                 | Porridge                 | Porridge                 | Porridge                 | Porridge                 | Porridge                 | Porridge                 |
|           | Choice of Cereal         | Choice of Cereal         | Choice of Cereal         | Choice of Cereal         | Choice of Cereal         | Choice of Cereal         | Choice of Cereal         |
|           | Toast & preserves        | Toast & preserves        | Toast & preserves        | Toast & preserves        | Toast & preserves        | Toast & preserves        | Toast & preserves        |

| SNACK | Fresh fruit platter | Fresh fruit platter | Fresh fruit platter | Fresh fruit platter | Fresh fruit platter | Fresh fruit platter | Fresh fruit platter |
|-------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
|       | Yoghurts            | Yoghurts            | Yoghurts            | Yoghurts            | Yoghurts            | Yoghurts            | Yoghurts            |

| LUNCH | Cumberland sausage & onion gravy | Chicken Bordelaise                   | Roast bacon loin with pineapple salsa             | Traditional Lancashire hot pot               | Battered cod & tartare sauce            | Meatloaf & red onion gravy                | Roast turkey sage & onion stuffing          |
|-------|----------------------------------|--------------------------------------|---------------------------------------------------|----------------------------------------------|-----------------------------------------|-------------------------------------------|---------------------------------------------|
|       | OR                               | OR                                   | OR                                                | OR                                           | OR                                      | OR                                        | OR                                          |
|       | Roasted vegetable strudel        | Puff pastry topped leek & potato pie | Oriental vegetable frittata                       | Vegetarian sausages in red onion gravy       | Vegetable tikka masala & rice           | Sweet 'n' sour veggies with egg noodles   | Vegetable chilli & basmati rice             |
|       | Mashed potatoes Broccoli Swede   | New potatoes Mixed vegetables        | Croquette potatoes Cauliflower Sliced green beans | Creamed potatoes Warm beetroot Diced carrots | Chips Minted garden peas                | Sauté potatoes Green beans Carrot & swede | Roast potatoes Red cabbage Carrots          |
|       | Bread & butter pudding & cream   | Apple & blackberry sponge & custard  | Peach tart & custard                              | Chocolate pudding warm vanilla sauce         | Pineapple upside down pudding & custard | Tiramisu                                  | White chocolate & raspberry brioche & cream |

| EVENING MEAL | Country vegetable soup Sandwich selection | Butternut squash bisque Sandwich selection | Leek & potato soup Sandwich selection | Watercress soup Sandwich selection | Yellow split pea soup Sandwich selection | Carrot & coriander soup Sandwich selection      | Courgette & rosemary soup Sandwich selection |
|--------------|-------------------------------------------|--------------------------------------------|---------------------------------------|------------------------------------|------------------------------------------|-------------------------------------------------|----------------------------------------------|
|              | OR                                        | OR                                         | OR                                    | OR                                 | OR                                       | OR                                              | OR                                           |
|              | Smoked haddock florentine                 | Lasagne, salad & garlic bread              | Quorn cheeseburger with chips & salad | Ham & mushroom carbonara           | Quiche lorraine & baked beans            | Cornish sardines with lemon butter & mushy peas | Buffet selection                             |
|              | Strawberry gateaux                        | Meringue nests with apricot & chocolate    | Banana mousse                         | Strawberry ice cream               | Victoria sandwich cake                   | Banoffee pie                                    | Traditional English trifle                   |
|              |                                           |                                            |                                       |                                    |                                          |                                                 |                                              |

# Ryan Murray: New Head Chef Abbey Lodge

We congratulate Ryan Murray on his promotion to Head Chef at our Abbey Lodge home in East Kilbride, Scotland.

Ryan is one talented chef, his home baking skills, presentation to plate, and attention to detail are amazing!

Ryan recently held a summer menu tasting event, which I attended, and the feedback was outstanding from relatives and residents alike.

Well done Ryan, you fit right in with catering team Abbey!



# Innovation Training



**Our Northern Head Chefs attended Brake HQ Scotland for the annual innovation training, IDDSI refresher & warehouse tour!**

A very eventful day, much learnt to new ideas & latest ingredient promotions. As always, it is great to get my team together at these events, the chef's banter to discussing issues globally and locally to food prices, key ingredients, nutrition & hydration in care & new ideas!

Great to have a couple of home managers attend this event too- Grace Sloan of Abbeydale Court & Salve Rull of Abbey Lodge, both of which very much enjoyed the event.

A big thank you to Phil Nichololson, our Brakes account manager, who as always kept us much entertained and up to date on Brakes News.



# Kendal Summer menu tasting

Dave Wood our Head Chef at Kendal, along with Alex, his second chef, held the most delicious food tasting event to their summer menu!

The food here is exceptional to homemade & special events put on throughout the annual calendar year.

The feedback given to me verbally at the event from relatives and visitors to the standard of the food was excellent.

It is always great when we hold food tasting events to our menus, outsiders can sample the delicious food, see the presentation to plate, and meet our hardworking chefs who are the backbone to nutritional menus within our homes.





# Summer Food Trends 2026

This summer's food trends focus on functional hydration, "swicy" (sweet-and-spicy) tropical flavours, and gut health. Diners are gravitating toward upgraded classics, nostalgic comfort food, and vibrant, locally sourced ingredients to boost their wellness and energy.

**These bold profiles are shaping up this season:**

- **Fruit-Forward Heat:** "Swicy" combinations are dominating menus, moving beyond standard hot honey. Look for tropical fruits like mango, yuzu, and guava paired with complex chili heat from gochujang, habanero, or Tajín. These flavours are popping up in everything from marinades to spicy-sour "spour" cocktails.
- **Functional Hydration & Gut Health:** Consumers are eating and drinking with their wellbeing in mind, seeking meals with anti-bloat or clean energy benefits. Foods rich in seeds (chia, soaked basil) and fermented staples (kimchi, kombucha, and kefir) are heavily trending.
- **Premium Pistachio:** The popular nut is breaking out of its winter shell and moving into warm-weather treats. Expect to see pistachio infused in cold desserts, iced beverages, and frozen novelties.
- **Elevated Al Fresco & British Bistros:** The way people dine out is shifting, with relaxed British bistros serving as the go-to restaurant format. Meanwhile, "rooftop spritz culture" and Riviera-inspired dining are leading the al fresco scene.



**Here's what's making a splash this year and is set for take-off over August.**

### **1. Smashed everything (especially cucumbers and tacos)**

Smashed burgers might not be new, but they've never before had the airtime on restaurant menus that they basked in last summer.

At the same time, smashed potato salads promptly started doing the rounds.

This year, the trend for flattening food is sticking around, albeit with some tempting developments: tacos filled with smashed meat (pork is up there as a favourite) and our old friend smashed cucumber salad. This traditional Chinese dish isn't a newcomer, but has only recently been getting noted.

### **2. Dumpling salad**

Having recently joined the ranks of supermarket freezer aisles, ready-made Asian-style dumplings (think gyoza).

Last winter we saw them added to soups, curry sauces and stir-fries. And now, they're being used to build salads, which incidentally often co-star – you guessed it – smashed cucumbers.



### **3. Bougie butter beans**

Healthy? For sure. Easy to cook with? Of course. But they're not the sexiest ingredient in the cupboard, let's be honest.

Their plainness is actually part of the appeal though – they're a dream vehicle to carry all kinds of flavours.

And bougie butter beans take things to a whole new level. Jars of these super-sized legumes, with impossibly creamy insides and barely-there skins, are now joining their tinned counterparts in supermarkets.



### **4. Hot honey beef bowl**

This is something of a super-trend, in that it's a bit of a mash-up of three hot-right-now foods.

Hot honey grew in popularity, becoming the must-have sauce for everything from roast chicken to halloumi and avocado on toast, while everyone's obsession with protein has given beef a boost.

### **5. Matcha tea**

Whether you love that grassy flavour or hate its earthiness, matcha is a trend that's sticking around for the summer.

While matcha tea has existed for centuries, the vibrant powder has been making serious popularity gains in the last year. Iced matcha lattes, lemonades and even cold brew matcha are the green drinks everyone is ordering this season.



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