

## Chocolate cake and cheese love at Sonya Lodge Residential Care Home



We do love a reason to celebrate good food here at Sonya Lodge Residential Care Home, and recently we've had two!

### Chocolate Cake Day

**National Chocolate Cake Day** ran over last weekend and we took full advantage of this holiday! Our Chefs very kindly made us some **chocolate cupcakes** and together our Recreation and Well-Being Team and residents whipped up some chocolate buttercream for decorating.

Lots of beautiful cupcakes were created and then garnished with fresh tangy raspberries, chocolate sprinkles and sparkly edible glitter.

Next came the fun part – *eating them!* Everyone enjoyed a choccy cupcake washed down with a hot drink. Our residents enjoyed decorating them, but enjoyed taste testing them even more!

## Cheese Lovers

If chocolate cake wasn't enough, we moved on to our love of cheese! We celebrated **National Cheese Lover's Day** on Saturday 20 January and loved tucking into a variety of cheesy treats.

We had **brie (served hot and cold), blue cheese, cheddar, sandwiches, crackers, breadsticks and a selection of wines**. These all went down beautifully and everyone enjoyed a cheeky tippie. Our cheese trolley was empty by the end!

This was a **wonderful sensory activity** too, as there were lots of different textures for our residents to feel and try.

*Here's to our next national celebration day!*

















