

Sonya Lodge Residential Care Home residents take trip to Sainsburys cafe



We love outings at Sonya Lodge Residential Care Home and last week we ventured out to our local Sainsbury's as they have a lovely cafe there, with lots of different tasty food options.

*Our lovely Ellen chose a small **full English**; she tucked into a hash brown, eggs, tomatoes, baked beans, bacon, sausage and a slice of toast! Our other ladies enjoyed sweet treats and chose a **blueberry muffin** and a slice of **Victoria Sandwich**, all of this accompanied by a big mug of tea!*

After fuelling up, they enjoyed a wander around the shop and picked out some chocolate and sweets for our residents.

It was a great way to spend a Saturday morning and on the way home we had a singalong!