wilsonvale AT ST BERNARDS



OUR SHARED ETHOS

Wilson Vale is a privately owned niche catering company, established by Andrew Wilson and Carolyne Vale in 2002. As a quality-led, bespoke, fresh-food business, we have quietly developed a reputation for delivering excellent standards.

We share a fresh food ethos with St Bernards which has been the basis of our long-lasting relationship, we understand how emotive food can be for our residents and the importance it has in daily life. St Bernards are committed to providing their residents with nutritious, exciting, well-balanced food, using fresh and locally sourced ingredients. At Wilson Vale we share their commitment and have clear philosophies around the food we serve!

HOW DO WE ACHIEVE THIS?

All our menus are bespoke and developed on a weekly basis to avoid menu fatigue.

We take a focused approach to cooking methods and techniques, with all dishes cooked from scratch using quality, authentic ingredients and seasonal produce.

We roast our own British meats and use locally sourced free-range eggs.

We present the residents with cooking demonstrations, food activities and taster tables.













FRESH, SEASONAL

Working closely with over 250 individual suppliers - many of whom are family-owned enterprises - our goal is to keep quality standards high, environmental impact low and our customers' health and wellbeing to the fore.

Wherever and whenever possible, we use local and regional suppliers because this ensures that our supplies are traceable, in-season and bursting with flavour and goodness.

We celebrate and applaud what these great suppliers have to offer and how they support our fresh food ethos.

All of our meat is farm assured and sourced from a network of NCB-accredited butchers nationwide.

Our fish comes from Marine Stewardship Council fishing

NOURISH

The basic concept of nourish is to include all the nutritional elements you ideally need in each meal: protein (whether it be plant based, dairy, fish or meat), seasonal fruits or vegetables, leafy greens, complex carbohydrates, healthy fats. We have put together a number of delicious recipes, from breakfasts, smoothies and cooked meals that will feature on our menus.

We focus on the importance of a balanced nourishing meal and understand the dietary requirements we need to cater for to achieve this for example;



We keep mealtimes flexible to encourage all day grazing, we find this improves food (and herefore nutrition) intake

We keep well balanced and sufficient portion sizes to ensure residents aren't intimidated by large plate of food





We try to incorporate finger foods as it allows the residents to retain dignity and independence by feeding themselves

The resident's tastes are forever changing so we allow for a broad range of **choice to** allow for this



EXAMPLE

WEEKLY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pork and leek sausage casserole	Chicken and mushroom Pie	Lambs liver & onions with creamed potatoes	Shepherd's pie with a selection of green vegetables	Battered cod	Beef bourguignon	Roast loin of pork with apple sauce
Vegetable curry with boiled rice	Creamy vegetable savoury crumble	Cauliflower & broccoli cheese	Mushroom & spinach risotto	Braised leek & brie tart	Parsnip, leek and mushroom pie	Stuffed pepper
Sticky Ginger pudding with orange infused custard	Warm chocolate brownie with vanilla ice cream	Peach cobbler with cream	Coconut & jam sponge with custard	Raspberry and vanilla cheesecake	Apple crumble	Spotted dick with custard
Yoghurt, Fresh fruit salad & Ice cream	Yoghurt, Fresh fruit salad & Ice cream	Yoghurt, Fresh fruit salad & Ice cream	Yoghurt, Fresh fruit salad & Ice cream	Yoghurt, Fresh fruit salad & Ice cream	Yoghurt, Fresh fruit salad & Ice cream	Yoghurt, Fresh fruit salad & Ice cream
EVENING						
Fried egg & chips	Cheese on toast	Fresh soup of the day with croutons	Stuffed baked mushroom	Sausage roll and baked beans	Jacket potato with cheese & coleslaw	Fresh soup of the day with croutons
Roast Ham salad sandwich	Local pork pie salad	Assorted sandwiches	Corned beef & pickle sandwich	Roast Chicken salad	Tuna mayo & cucumber salad	Assorted sandwiches
Poached pear with raspberry sauce	Wild berry Eton mess	Fresh fruit salad	Black cherry turnover with whipped cream	Strawberry and chocolate ice cream	Lemon posset	Orange & Mandarin jelly with whipped cream
Yoghurt, Fresh fruit salad & Ice cream	Yoghurt, Fresh fruit salad & Ice cream	Yoghurt, Fresh fruit salad & Ice cream	Yoghurt, Fresh fruit salad & Ice cream	Yoghurt, Fresh fruit salad & Ice cream	Yoghurt, Fresh fruit salad & Ice cream	Yoghurt, Fresh fruit salad & Ice cream