

wilsonvale

AT ST BERNARDS



OUR SHARED ETHOS

Wilson Vale is a privately owned niche catering company, established by Andrew Wilson and Carlyne 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!

ITS ALL IN THE APPROACH

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 & LOCAL

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 grounds to ensure sustainability.



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;



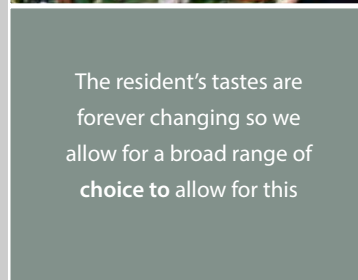
We keep mealtimes flexible to encourage all day grazing, we find this improves food (and therefore nutrition) intake



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



