

## Celebrating National Milk Day at Hengist Field Care Home



As it was National Milk Day on Thursday 11 January, we made an assortment of milkshakes here at Hengist Field Care Home, when everyone chose what flavours they would like and what ingredients they wished to use.

*National Milk Day is observed on January 11th each year to commemorate the day in 1878 when milk deliveries began in glass bottles sealed with waxed paper!*

We had an assortment of ingredients from **flavoured ice creams, milk, berries, whipped cream, Biscoff biscuits, Nutella, peanut butter, bananas, chocolate buttons, Toblerone, Nestle carnation caramel, plus sauces and sprinkles** to decorate if wished. *Delicious!*

Our residents said they thoroughly enjoyed the afternoon, tasting and choosing their own flavours.