



## DEMENTIA ACTION WEEK MENU – FRIDAY 25<sup>th</sup> May 2018

We have teamed up with the Dover smART Project and “Nourish by Jane Clarke” this year to deliver a dinner during Dementia Action Week to raise awareness and funds for Dover smART Project’s work with people in our community living with a Dementia condition.

Dementia can present huge challenges to the person diagnosed with the condition and to those who love and care for them, not least around the issue of food. Concern for dementia sufferers’ nutritional wellbeing often doesn’t feature high enough on the list of priorities in care homes, hospitals or if someone is living alone.

It absolutely should be at the top of the list because it can have such a profound effect on living with the disease and the lives of all those concerned.

We know that having a nourishing, well-rounded diet gives our brain the best chance of not succumbing to the disease, but there is new research that suggests that omega-3 fatty acids in particular can play a significant role in reducing some of the risk.

Also, when dementia is diagnosed, it looks as if eating a diet rich in omega-3 fatty acids could help to slow down the progression of the disease.

The problem is that as dementia progresses, our ability and desire to eat deteriorates. Which is why we need to focus on meeting those practical challenges.

This Menu has been put together as a collaboration between The Cliffe Kitchen Team, Nourish by Jane Clarke & Dover smART Project.

[www.doversmartproject.co.uk](http://www.doversmartproject.co.uk)

[www.nourishbyjaneclarke.com](http://www.nourishbyjaneclarke.com)

Dover smART Project

We love what we do

nourish<sup>®</sup>  
by Jane Clarke

THE CLIFFE PUB & KITCHEN

THE WHITE CLIFFS

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### Starters

#### **SPINACH, POTATO & ASPARAGUS SOUP**

This soup is rich in vitamins and minerals and has a wonderful flavour. It is suitable for anyone following a low-residue diet.

#### **SMOKED TROUT PATE with dill**

Trout is very rich in omega 3 polyunsaturated fatty acids, which benefit heart and circulatory health.

#### **ROASTED AUBERGINES with tahini**

It's an antioxidant called nasunin, which has been found to protect the lipids in the brain, that gives the skin of an aubergine its gorgeous purple colour. But this wonderful vegetable is rich in lots of other nutrients, too – vitamin K to strengthen capillaries, vitamins B1 and B6 for energy and to help prevent heart disease, and essential copper and magnesium. Aubergines soak up fat when they are fried. Roast them instead for a soft, silky texture and rich flavour.

### main courses

#### **GOAN RED PRAWN CURRY**

The wonderful Simon Gale of Heart Kitchen, a Nourish Champion, cancer survivor and food lover's recipe. He's keen to spread the word about how eating delicious, tempting dishes can help to support us through illness. We think this tart, sweet, fiery curry, with cancer-fighting turmeric, hits the spot.

#### **ROASTED MACKEREL with thyme and a watercress, tomato salad**

Mackerel is an omega-rich, oily fish prepared simply this is brain food at its freshest and finest

#### **PEARLED SPELT, GOAT'S CHEESE & CHARD RISOTTO**

Even though spelt contains gluten, it is often easier to digest. The goat's cheese boosts the protein content, with the chard adding some much needed dark green calcium source.

### pudding

#### **ROASTED FIGS with honey ice cream**

Plump, sweet and delicately perfumed, figs combine well with many sweet and savoury dishes. They're a great source of fibre, which helps care for our digestive system. They also provide prebiotics, which promote the growth of important microbes in our gut. We've paired the figs with a home-made ice cream made with the natural sweetness of honey.

#### **POMEGRANATE JELLY WITH CRÈME FRAICHE PANNACOTTA**

A light, palate-cleansing dessert that's delicious on its own or combined with panna cotta. Pomegranates are rich in antioxidants, in particular vitamins A, C, E and polyphenols, which can help to protect the body from disease.

### THREE COURSES £30.00

All proceeds will be donated to Dover smART Project to go towards projects working with those living with a Dementia condition.

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