



# Beulah Lodge Care Home

**“People are at the heart of everything we do”**

Beulah Lodge is a beautiful Victorian house situated in the heart of Tunbridge Wells. We are a family run care home that has been providing residential care to people in the area since the 1980's.

The home accommodates up to 21 residents who are all supported by our dedicated team of staff. We excel in treating everyone as an individual and pride ourselves on our homely atmosphere.

At Beulah Lodge we encourage our residents to keep a healthy mind and body by arranging a variety of activities and outings which are often chosen by the residents themselves. Weekly activities include music, exercise, quizzes, arts & crafts and bingo. Once a week the hairdresser visits - which always proves to be very popular. In the warmer months, the garden and summerhouse are a relaxing spot, especially for morning coffee.

Mealtimes are a real event at Beulah Lodge which our residents always look forward enjoying. Every day, the homes expert chef prepares every meal from scratch using fresh, local ingredients from premium local suppliers.

Family and friends are always welcome, and their involvement is encouraged wherever possible. Good communication between staff, residents and family is regarded as a high priority.

We manage daily tasks such as laundry, meals and refreshments, appointments, cleaning and medication administration. By taking away these every day worries our residents can relax and focus on the things they enjoy.

**In the words of  
one of our residents,**

**“I’ve made some great  
friends here and love having  
the support of the people  
around me.”**

## CQC RATING:

Overall	Good	●
Safe	Good	●
Effective	Good	●
Caring	Outstanding	☆
Responsive	Good	●
Well-led	Good	●

**A COPY OF THE FULL REPORT CAN BE VIEWED AT [CQC.ORG.UK](https://www.cqc.org.uk)**







# Beulah Lodge

## Care Home

### Sample Menu

#### MONDAY

**Lunch:** Baked fillet of bass with a lime and dill butter, new potatoes, and fresh vegetables of the day  
OR mushroom and asparagus risotto  
**Dessert:** Apple and blackberry crumble

\*\*\*

**Supper:** Jacket potatoes stuffed with leeks and bacon served with butter and chive sauce. Selection of cakes to follow.

#### TUESDAY

**Lunch:** Chili con carne with rice and fried courgettes  
OR Cheese and lentil bake  
**Dessert:** White cheesecake with raspberry coulis

\*\*\*

**Supper:** Cream of cauliflower soup with parmesan croutons and homemade bread. Selection of cakes to follow.

#### WEDNESDAY

**Lunch:** Chicken and ham pie, steamed parsley potatoes and fresh vegetables  
OR Creamy salmon basil and tomato pasta  
**Dessert:** Crème caramel

\*\*\*

**Supper:** Taramasalata with toast followed by home-made cakes.

#### THURSDAY

**Lunch:** Roast loin of pork with sage and onion stuffing, apple sauce, roast potatoes with Fresh Vegetables  
OR Cauliflower cheese  
**Dessert:** Chocolate mousse

\*\*\*

**Supper:** Cheese and spinach slice followed by home-made cakes

#### FRIDAY

**Lunch:** fish and chips with mushy peas

OR Baked Cod Mornay

**Dessert:** Exotic fruit meringue

\*\*\*

**Supper:** Scrambled eggs and bacon, Selection of cakes to follow.

#### SATURDAY

**Lunch:** Shepherd's Pie & vegetables of the day  
OR Avocado and prawn salad  
**Dessert:** Bread and butter pudding

\*\*\*

**Supper:** cheese and asparagus quiche followed by a selection of homemade cakes

#### SUNDAY

**Lunch:** Roast chicken, sage and onion stuffing, chipolata, Roast Potatoes & Fresh Vegetables  
**Dessert:** Fresh fruit salad

\*\*\*

**Supper:** Selection of Sandwiches followed by cakes.

\*\*\*

As well as the two main options, the below options are also available daily:

#### *Additional Lunch Choices*

- Jacket potatoes with a choice of fillings: Cheese, beans, tuna mayonnaise, Coronation Chicken

\*\*\*

- Omelets: Cheese, mushroom, bacon & Cheese

\*\*\*

#### *Additional Lunch Choices*

- Homemade soup of the day & roll

\*\*\*

- Choice of sandwiches: Egg, cheese, ham, tuna, salad

\*\*\*

- Cheese, baked beans or spaghetti on toast

\*\*\*

- Choice of egg dishes: Poached, scrambled or fried with bacon & toast

# Beulah Lodge Care Home

## Weekly Activities

SUBJECT TO CHANGE FOR VARIETY OR AVAILABILITY

GAMES



MONDAY

ARTS & CRAFTS



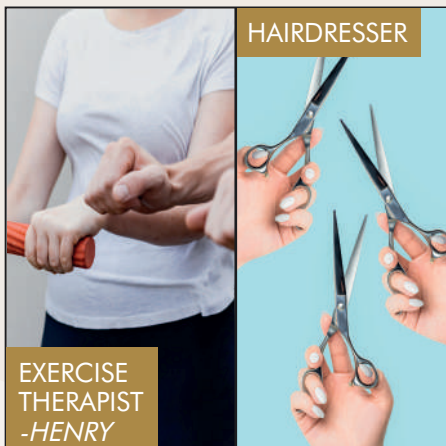
TUESDAY

SINGER - PAUL FAY  
& ANDY MACE



WEDNESDAY

HAIRDRESSER



EXERCISE  
THERAPIST  
-HENRY

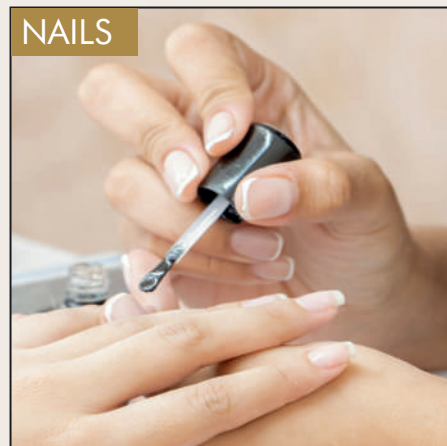
THURSDAY

BINGO OR ARTS  
& CRAFTS



FRIDAY

NAILS



SATURDAY

NETFLIX



NETFLIX & SNACKS

SUNDAY

