

# CARER'S CALENDAR



# 2025

## Recipe Calendar

Supporting Judy Hill and Carefound Home Care's fundraiser for Motor Neurone Disease Association

Please donate to the MND charity through this QR code:



**Carefound**  
Home Care

**mnda**  
motor neurone disease  
association

Springfield House, Water Lane, Wilmslow, Cheshire, SK9 5BG

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

£8

# Curried Parsnip and Pear soup

## Ingredients

Blender  
 Pan  
 Bowl  
 3 Pears  
 2 large Parsnips  
 1 Small onion  
 1 1/2 teaspoons of curry powder or to taste  
 1 vegetable or chicken stock cube  
 Water to make up stock cube  
 250mls of double cream  
 Salt and pepper to taste  
 1 Table spoon of your chosen oil

## Method

Peel and chop pears and parsnips  
 Peel and chop onion  
 Warm oil  
 Fry onions, parsnips and pears  
 Add curry powder  
 Add water with stock cube dissolved  
 Add salt and pepper to taste  
 Lightly fry until soft  
 Add cream  
 When cooked pour in to a blender and blend until smooth  
 Soup maker can be used instead of blender  
 Warm on the stove until hot  
 Serve with crusty bread  
 This portion will serve 4 people  
 Portions can be frozen  
 Defrost and heat when required



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## January

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 New Year's Day	2 2nd January (Scotland)	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# Baked Cheesecake

## Ingredients

4 medium size eggs  
150g Half Spoon sugar  
100g evaporated milk  
100g double cream  
300g Philadelphia cheese  
Couple of drops of vanilla essence

## Method

Mix the eggs and sugar with a blender  
Add the milk, cream and the cheese plus the essence, blend well  
Cover a round tin with parchment paper  
Pour the mixture into the tin  
Bake in a preheated oven for 45 minutes on 200 degree.



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## February

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

# Cheese, Egg and Broccoli bake

## Ingredients

4 hard boiled eggs, halved  
 Broccoli florets, part cooked  
 Homemade or jar of cheese sauce  
 Grated cheese  
 Ready salted potato crisps,lightly crushed  
 Mashed potato

## Method

Fork mashed potato round inside of a medium baking dish  
 Place broccoli and eggs, cut side down, in dish  
 Cover with cheese sauce  
 Mix grated cheese and crisps and sprinkle on top of bake  
 Cook at 180c for half an hour until top is golden brown and crunchy



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## March

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18 St Patrick's Day (substitute day)(N. Ireland)	19	20	21	22	23	24
25	26	27	28	29 Good Friday	30	31

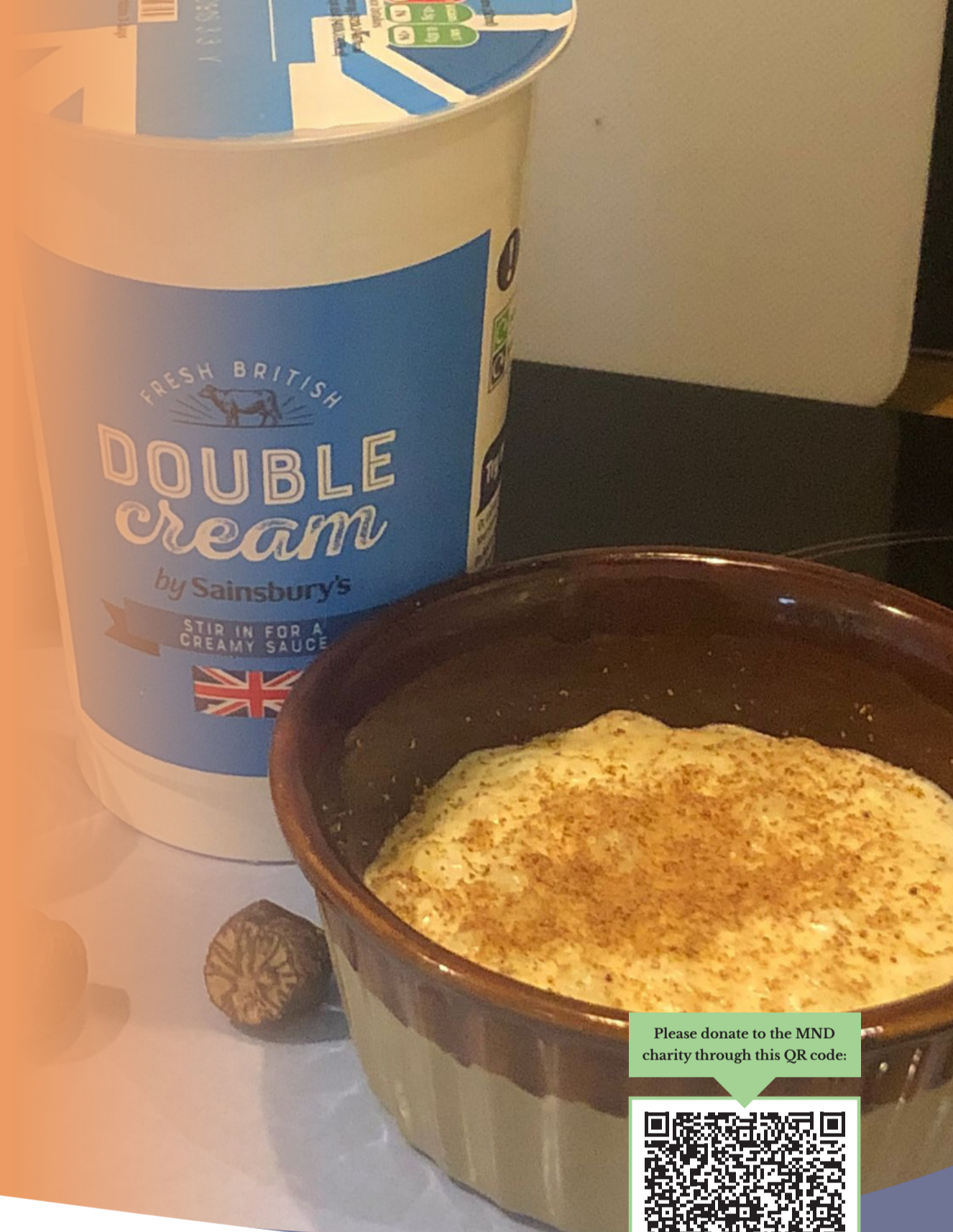
# Rice Pudding

## Ingredients:

500mls milk  
 250mls of fresh cream  
 50grams short grained rice/ pudding rice  
 50grams of sugar/ 25g of low sugar of to taste  
 Pour milk  
 Sugar  
 Pudding rice

## Method:

In to pan  
 Bring slowly to the boil  
 Simmer for 1 hour or until cooked stirring quite often  
 More milk may be added if needed  
 When cooked add cream and stir until mixed  
 Pour in to an ovenproof dish  
 Optional sprinkle toppings:  
 Brown sugar  
 Nutmeg  
 Cinnamon  
 Oven bake at 180c until brown on top  
 Can be frozen in portions of 4



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## April

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Easter Monday (not Scotland)	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

# Salmon with Mash Potatoes

## Ingredients

- 2 Salmon
- 3 medium size potatoes
- Green vegetables or any vegetables of your choice
- lemon and dill to marinate the salmon
- Salt and pepper to taste
- Olive oil

## Method

- Prepare salmon on baking tray on parchment paper
- Arrange slices of lemon on top of each salmon with couple of dill leaves on each
- Add salt and pepper and drizzle with olive oil ,leave it aside,
- Peel and chop the potatoes and cook until soft, mash them, add salt and pepper with butter
- While preparing the mash, place the salmon in oven on 200 degree for about 20 minutes.
- Take care not to overcook the salmon
- Cook vegetables of your choice in butter, pinch of herb de florance and salt and pepper.



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## May

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6 Early May bank holiday	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27 Spring bank holiday	28	29	30	31		

# Fruit Jelly with Mandarin Oranges

## Ingredients

Orange jelly with segmented mandarin oranges (easy peelers)

Or

Raspberry jelly with raspberries

Or

Strawberry jelly with prepared and halved strawberries

## Method:

Make jelly according to instructions on packet, adding fruit to taste.

When set, serve with double cream or ice cream



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## June

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

# Strawberry Cake

## Ingredients

Victoria sponge filled with real cream and jam  
 Double cream whipped  
 Strawberries some cut in half and the rest mashed with a little sugar

## Method:

Open a Victoria sponge and set the top with the cream on one side .  
 Make a 'wall' of whipped cream on the bottom half of the sponge.  
 Prick the centre and fill with mashed strawberries.  
 Replace the top half of the sponge.  
 Make a 'wall' of whipped cream on the top half of the sponge  
 And decorate with the half strawberries placed on the cream with the pointed ends facing inwards  
 Prick the centre of the sponge and fill with remaining mashed strawberries

Use any remaining cream and strawberries to decorate as wished



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## July

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12 Battle of the Boyne (N. Ireland)	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# Chicken and Grape Salad

## Ingredients

Cooked chicken  
 Green grapes, halved  
 Half jar mayonnaise  
 Half pot plain Greek yogurt  
 Blanched almonds  
 Lettuce

## Method

Mix chicken, grapes, mayonnaise and yogurt.  
 Serve on a bed of lettuce with almonds sprinkled on top.

Nice with good crusty bread or small hot new potatoes



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## August

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5 Summer bank holiday (Scotland)	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26 Summer bank holiday (not Scotland)	27	28	29	30	31	

# Apple and Blackberry Crumble

## Ingredients

- 2 large apples of your choice
- 1 bonnet of blackberries
- 100g butter
- 150g Half Spoon sugar
- 100g self raising flour

## Method

Peel and slice the apples, add to the pan plus the berries, mix them well, keep them on low heat

Add all the dry ingredients with butter and rub them into a fine crumbs,

Transfer the apple and blackberries to ovenproof dish, scatter the crumb all over,

Bake in the oven on 190 degree until golden brown,

Serve with custard, ice cream or double cream.



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## September

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

# Chicken, Bacon and Cream Cheese

## Ingredients:

- Tin foil
- Oven proof tray
- One thigh/breast portion of chicken
- 50g of cream cheese
- One slice of bacon
- Cocktail sticks

## Method:

- Flatten chicken open
- Spread with cream cheese
- Wrap with the bacon
- Pin with cocktail sticks
- Put in tin foil wrap
- Oven bake for 30min on 180c
- Serve with favourite vegetables

Serves one



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## October

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

# Lamb Shanks with New Potatoes

## Ingredients

- 2 lamb shanks
- 1 large onion chopped finely
- 3 cloves of garlic, crushed
- Pinch of turmeric
- Half a tablespoon tomato puree
- Salt and pepper to taste

## Method

Brown the lamb shanks in a bit of oil, leave aside,  
 Fry onions until golden brown, add the crushed garlicks,  
 return the lamb shanks to the pot,  
 Add salt, pepper, turmeric and tomato puree, stir well,  
 Add boiled water to cover the meat and let it cook slowly  
 for 3 to 4 hours,  
 When meat falls off the bone, you know its ready.  
 Serve with mashed potatoes or new potatoes cooked in  
 salt and mint leaves, choice of vegetables on the side.



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## November

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

# Cheesecake

## Ingredients:

A loose side/bottom cake tin  
 3 Tubs of cream cheese  
 1 packet of digestive biscuits or your favourite biscuit  
 50g Icing sugar  
 400mls double cream  
 1 250ml block of butter preferably or margarine

## To decorate

1 sharing bag of Maltesers  
 Crush biscuits

## Method:

Melt butter microwave or pan  
 Add melted butter to crushed/crumbled biscuits, and mix well  
 Line and Press into the cake tin  
 Put in the fridge until cold  
 In a clean bowl put the cream cheese and whip until smooth  
 Add cream slowly

Whip together

Add icing sugar, more or less for sweetness

Combine

When all combined put half the mixture in the cake tin, smooth out.

Put 1/3 of the Maltesers scattered on the top

Add and smooth out the rest of mixture on the top

Sprinkle a 1/3 of the Maltesers on the top

In a blender add the 1/3 left over Maltesers crush/crumble

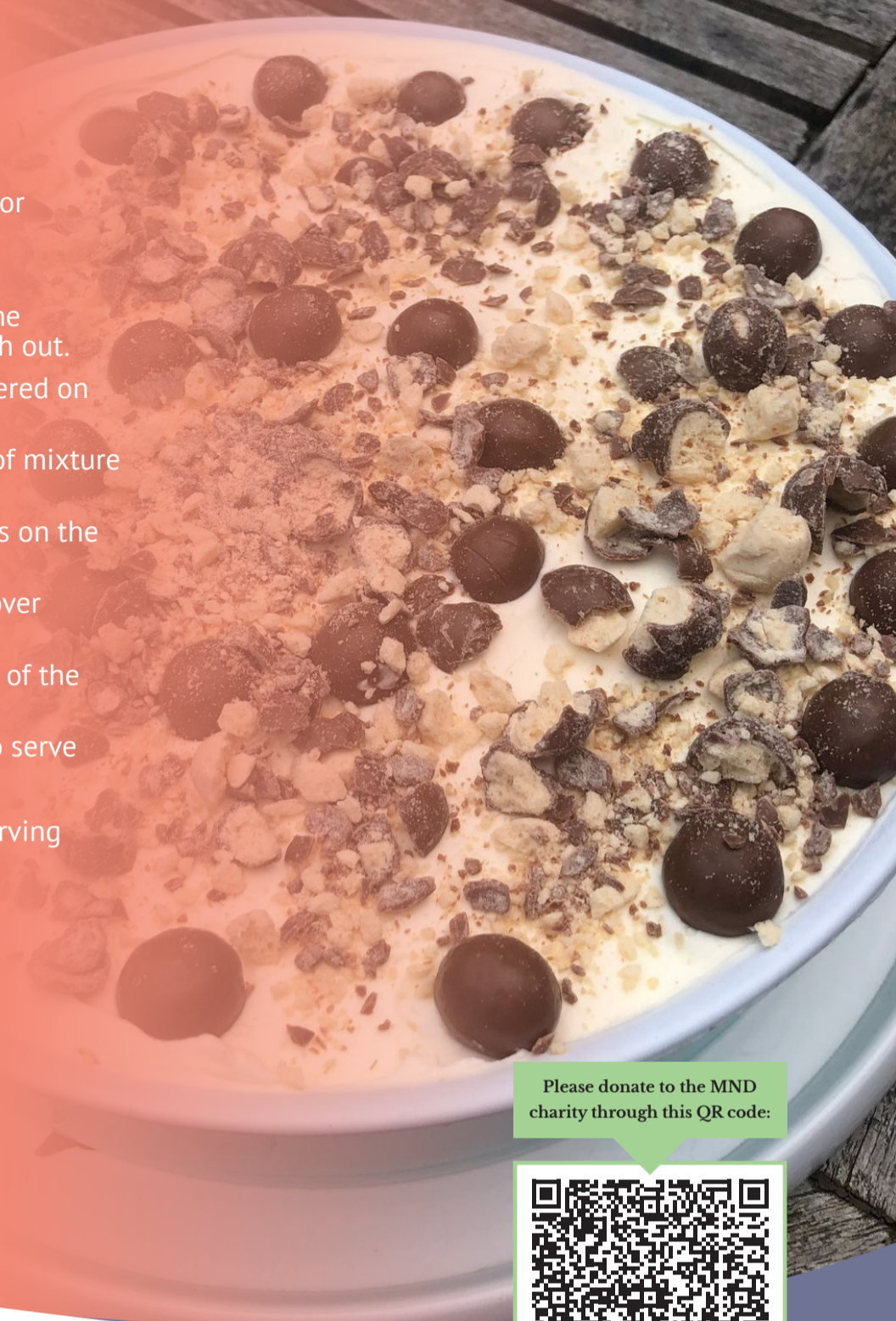
When crushed sprinkle on top of the mixture

Put in the fridge until ready to serve

Loosen sides of cake tin

Put finished cheesecake on serving plate

Servers 8



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## December

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2 St Andrew's Day (substitute day) (Scotland)	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25 Christmas Day	26 Boxing Day	27	28	29
30	31					

# Carefound

Home Care

Enjoy a better quality of life at home with home care rated Outstanding by the CQC

## A message from Judy

*"This cause is very close to my heart as I live with Motor Neurone Disease. Together with my amazing live-in carers, Yvonne and Massy from Carefound Home Care, we've created a special project: a Carers Calendar featuring delicious recipes for you to try each month.*

*Cooking and baking have always been passions of mine, from hosting dinner parties to crafting delightful meals. Although my MND has made it difficult for me to use my hands and arms, my wonderful carers have embraced the challenge by digging out my old recipe books, some dating back to 1904, and creating amazing dishes for us to enjoy.*

*In this calendar, we each chose two savoury and two sweet recipes along with photos to inspire you in the kitchen. All the recipes have been cooked for and tested/tasted by myself. My Granddaughter, Ana, has cooked my four recipes on my behalf."*



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Thank you for your support

Springfield House, Water Lane, Wilmslow, Cheshire, SK9 5BG

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