



PART OF

THE
**GREAT
ROAST
REVIVAL**

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ROAST DINNER

ACTIVITY PACK



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INTRODUCTION



The roast dinner is a staple for any menu and well-loved in care homes across the country. With almost all homes including a roast on their menu at least once a week, it's a meal that carries nostalgic value for residents.

That's why we've created this activity pack to help you put on an event in your care home to help celebrate the beloved roast. The kit includes bunting, games, a pub style quiz, plus a variety of gravy recipes all ready to download and use straight away.

So, preheat your oven, get your spuds peeled and get ready to celebrate the humble roast dinner!



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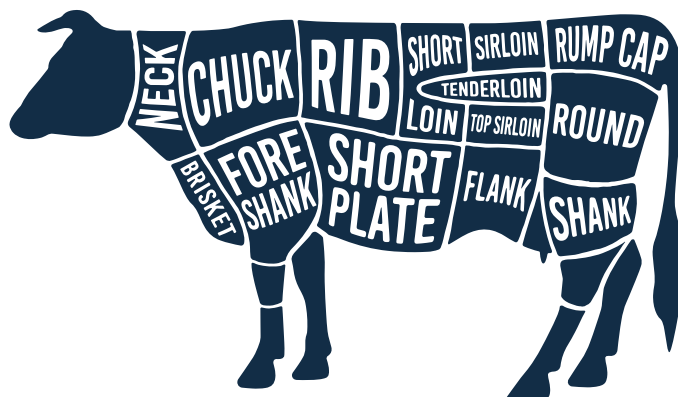
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INVITES & POSTER



Let the world know about your event, print out these posters and invites on the next few pages to remind residents and guests to save the date.

We have also included some blank menus so you can let residents and guests know what you have in store for them.

ENJOY A GREAT
ROAST DINNER
TOGETHER

DEAR

JOIN US ON

AT



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TOP TIP:

Invite your Mayor or local newspaper to your event, it will be great exposure for your home and brilliant for the residents. You never know unless you try.



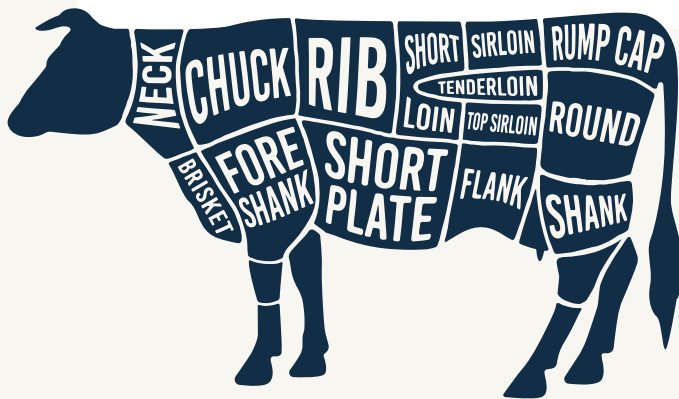
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ENJOY A GREAT ROAST DINNER TOGETHER

JOIN US ON

AT

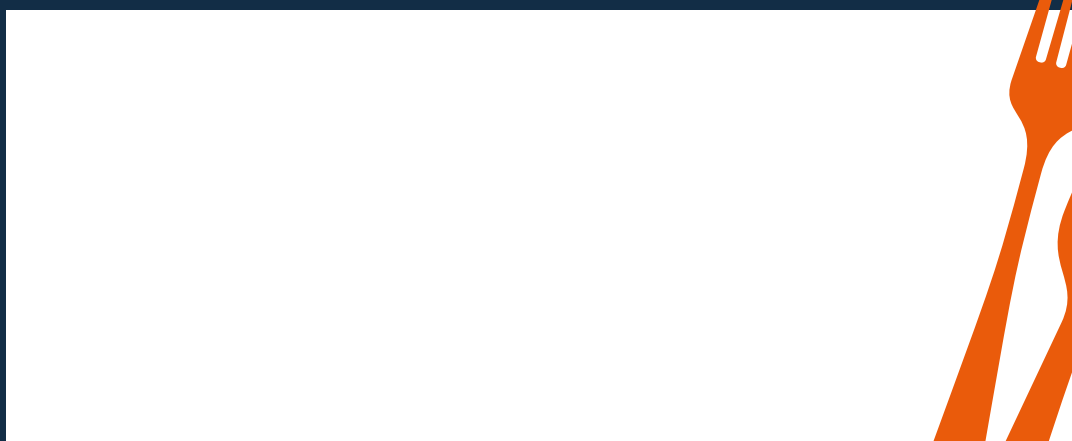


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MENU



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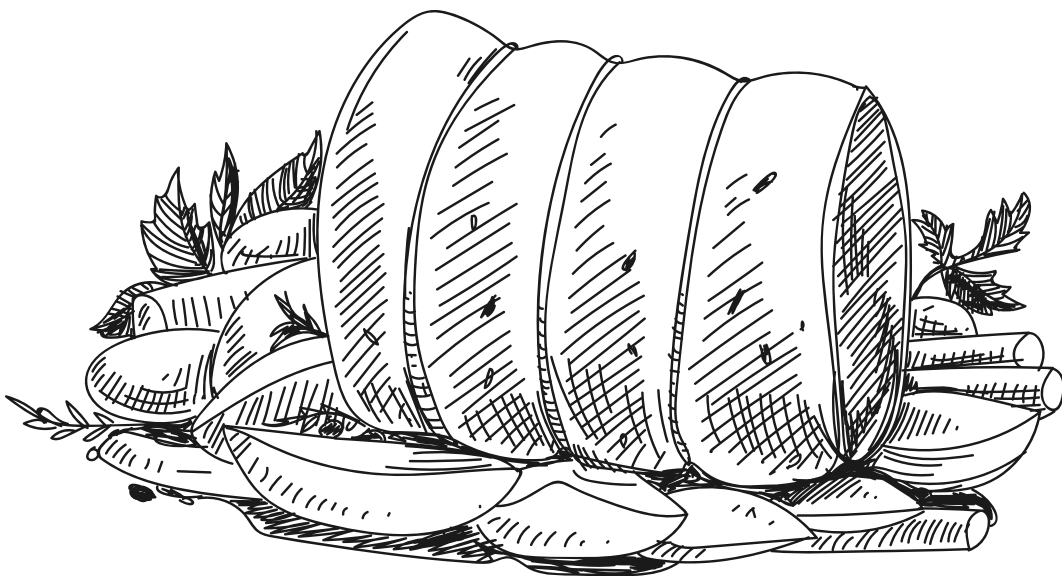
COLOURING IN



THE GREAT



ROAST DINNER



Print out several copies of this colouring in template to give to each of your residents who would like to participate in this activity. Supply them with lots of colourful pens to decorate with.



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SPOT THE DIFFERENCE



There are 5 differences between these 2 pictures, can you spot them all?



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SPOT THE DIFFERENCE



ANSWERS

Print out as many copies of this spot the difference activity as you need and ask residents to spot the five differences.



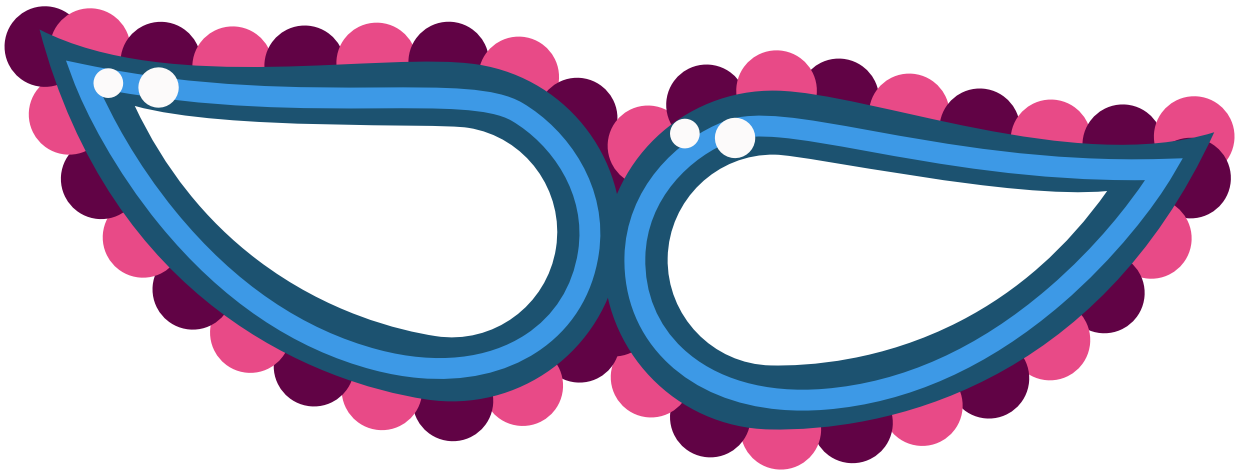
PROPS



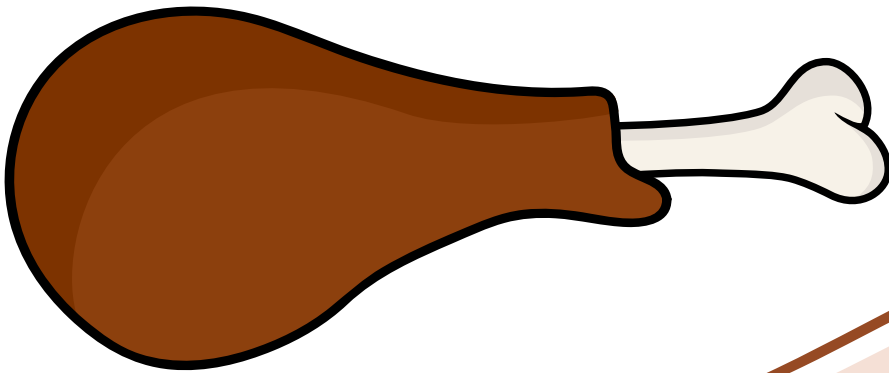
Just cut out these props and stick them to some long sticks with tape, to create some roast dinner photo props for your residents and their families to pose with. An activity that is bound to get everyone involved laughing!



PROPS



PROPS



PUB QUIZ



QUESTIONS

We have put together a pub quiz for you to put on in your home – a perfect game for after dinner as residents can sit comfortably and write down their answers to the quiz, in teams or individually. After the quiz is finished, you can count up the points for each team or resident and see who is crowned the winner!

1. How many pennies are there in an old style English pound?
2. How many people would normally make up a jury in England and Wales?
3. What is the RAF's famous aerobatic display team called?
4. What is the world's best selling perfume?
5. Which of Henry VIII's wives was mother of Queen Elizabeth 1?
6. Where in London did 'The Wombles' live?
7. If an egg floats in water is it fresh or stale?
8. What number do we associate with James Bond?
9. The Monument in London commemorates what?
10. How many men did the 'Grand Old Duke of York' have?
11. What is Uri Geller famous for?
12. What does three squared equal?
13. Who was known as 'the lady of the lamp'?
14. What do the initials 'F.B.I.' stand for?
15. Which one has a tail – chimpanzee, baboon or gorilla?
16. What colour is a Spanish post box?
17. In which country is the River Medway?
18. What ingredient is used with sugar to make meringue?
19. In which year did the pound note stop being legal tender?
20. From which city does Colman's mustard originate?
21. What type of creature is a 'hammerhead'?
22. Which is the only country that shares a border with Portugal?
23. What did Cinderella lose as the ball?
24. What is 11 x 12?
25. In cockney rhyming slang, what does 'apples and pears' mean?
26. What two things do bees collect?



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PUB QUIZ



ANSWERS

1. 240
2. 12
3. The Red Arrows
4. Chanel No.5
5. Anne Boleyn
6. Wimbledon
7. Stale
8. 007
9. The place where the Great Fire of London started
10. 10,000
11. Bending spoons
12. 9
13. Florence Nightingale
14. Federal Bureau of Investigation
15. Baboon
16. Yellow
17. Kent
18. Egg white
19. 1988
20. Norwich
21. Shark
22. Spain
23. Her glass slipper
24. 132
25. Stairs
26. Nectar and pollen



SEASONAL VEGETABLES

There's nothing better than seasonal grown veg.
Print out this handy seasonal veg poster to remind your kitchen of the best tasting veg all year round and support our farmers.

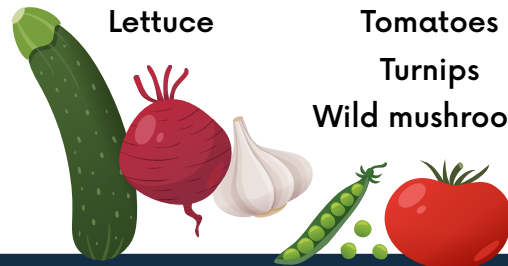
Spring

Asparagus	Leeks	Radishes
Broccoli	Lettuce	Spinach
Cabbage	New Potatoes	Spring Onions
Carrots	Peas	Swede
Cauliflower		
Kale		



Summer

Asparagus	New Potatoes
Broad beans	Onions
Broccoli	Peas
Cabbage	Radishes
Carrots	Runner beans
Courgettes	Spinach
Garlic	Spring onions
Lettuce	Tomatoes
	Turnips
	Wild mushrooms



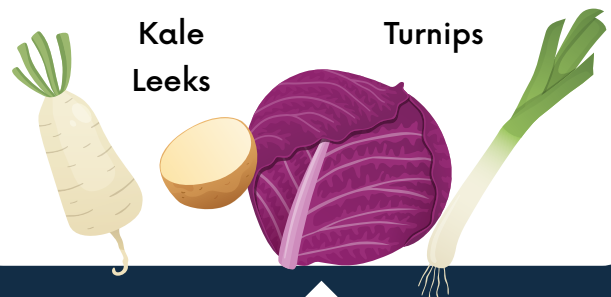
Autumn

Broccoli	Leeks	Shallots
Cabbage	Lettuce	Swede
Carrots	Onions	Spring onions
Cauliflower	Parsnips	Squashes
Celeriac	Potatoes	Tomatoes
Courgettes	Pumpkin	Turnips
Garlic	Radishes	Wild mushrooms
Kale	Runner beans	



Winter

Brussels sprouts	Parsnips
Cabbage	Potatoes
Cauliflower	Shallots
Celeriac	Swede
Kale	Turnips
Leeks	



GRAVY RECIPES

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SAGE AND ONION GRAVY

INGREDIENTS FOR 10 PORTIONS

- 250g Onions
- 50g Butter
- 2 Bay leaves
- 10g Fresh Sage
- 1ltr Water
- 80g **KNORR® Professional Gluten Free Gravy Granules for Poultry Dishes** 25L

METHOD

Peel and slice the onions.

Melt the butter in a saucepan and sweat the onions with the sage and bay leaves for 10 minutes until slightly golden.

Pour in the water and bring to the boil then reduce the heat and simmer for 10 minutes.

Remove from the heat and blend until smooth then return to the boil and whisk in the **KNORR® Professional Gravy Granules for Poultry Dishes** to thicken.

Pass the gravy before serving.

RICH RED WINE AND GARLIC GRAVY

INGREDIENTS FOR 10 PORTIONS

- 500ml Red Wine
- 15g Fresh Thyme
- 15g **KNORR® Professional Garlic Puree** 750g
- 1ltr Water
- 75g **KNORR® Professional Gluten Free Gravy Granules for Meat Dishes** 25L
- 10g Tomato puree

METHOD

Pour the red wine, **KNORR® Professional Garlic Puree** and thyme into a saucepan and bring to the boil then allow to reduce by 2/3s.

Add in the tomato puree, water to the saucepan and bring back the boil then whisk in the **KNORR® Professional Gravy Granules for Meat Dishes**.

Simmer for 5 minutes then pass the gravy before serving.



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GRAVY RECIPES



LEMON & THYME GRAVY

INGREDIENTS FOR 10 PORTIONS

- 4 Lemons
- 1ltr Water
- 200g Onions
- 10g Thyme
- 80g **KNORR® Professional Gluten Free Gravy Granules for Poultry Dishes 25L**

METHOD

Peel and cut the onions in half then place on to a roasting tray.

Cut the lemons in half and place into the tray along with the thyme.

Sit the chickens on top of the onions and lemons then roast accordingly.

Once the chicken is cooked, remove from the tray and allow to rest.

Remove the lemons and squeeze any juice into tray and remove the thyme stalks then pour in the water.

Place onto the heat and bring to the boil for 10 minutes scraping any sediment from the bottom of the tray.

Remove from the heat and blend until smooth then return to heat and whisk in the **KNORR® Professional Gravy Granules for Poultry Dishes** to thicken.

Pass the gravy before serving.

BAY LEAF AND APPLE GRAVY

INGREDIENTS FOR 10 PORTIONS

- 300g Onions
- 4 Apples
- 6 Fresh Bay leaves
- 1ltr Water
- 80g **KNORR® Professional Gluten Free Gravy Granules for Poultry Dishes 25L**

METHOD

Peel and cut the onions and apples in half then place on to a roasting tray.

Sit the pork on top of the onions and apples and add the bay leaves then roast accordingly.

Once the pork is cooked, remove from the tray, and allow to rest.

Pour away any excess fat from the tray then pour in the water then place the tray on to the heat.

Bring to the boil then reduce the heat and simmer for 10 minutes scraping any sediment from the bottom of the tray.

Remove from the heat and blend until smooth then return to heat and whisk in the **KNORR® Professional Gravy Granules for Poultry Dishes** to thicken.

Pass the gravy before serving.

CHARADES







Charades is a great activity for residents as it's a game that gets them active. Each card has a different symbol to show whether it's an action, movie, song, TV programme or book. Ask a resident to act out a card. The other residents can all guess and whoever guesses correctly goes next!



CHARADES



 **Brushing hair** 

Singing in the rain  

To Kill a Mockingbird  

War and Peace  

Monkey  



 **I'm a little teapot** 



 **Surfing** 

 **Fishing** 

CHARADES



**Golf**


Painting



The Lord of the Rings



Titanic



Playing guitar



**Superman**


The Wizard of OZ



Wind in the Willows



CHARADES



Warhorse



Dancing in the Street





Only Fools and Horses



Dancing





Singing





EastEnders



Taking a picture



Swimming





BUNTING

Decorate your Roast Dinner event with this printable and easy to assemble bunting. Print out the bunting pages as many times as you may need. Use scissors to cut around the bunting, then fold each flag along the dotted line.

Unroll your ribbon and grab a triangle. Leaving about a foot of ribbon to hang up the banner, open the triangle and place a one-inch piece of double-sided tape under the crease. Lay the ribbon on top of the tape and then place another strip of tape over the ribbon. Fold the triangle over the ribbon and put a small piece of tape at the boom to keep the triangle together. Keep moving down the line until you finish your bunting!

Creating bunting could be a great activity to get residents active and excited before the big event.



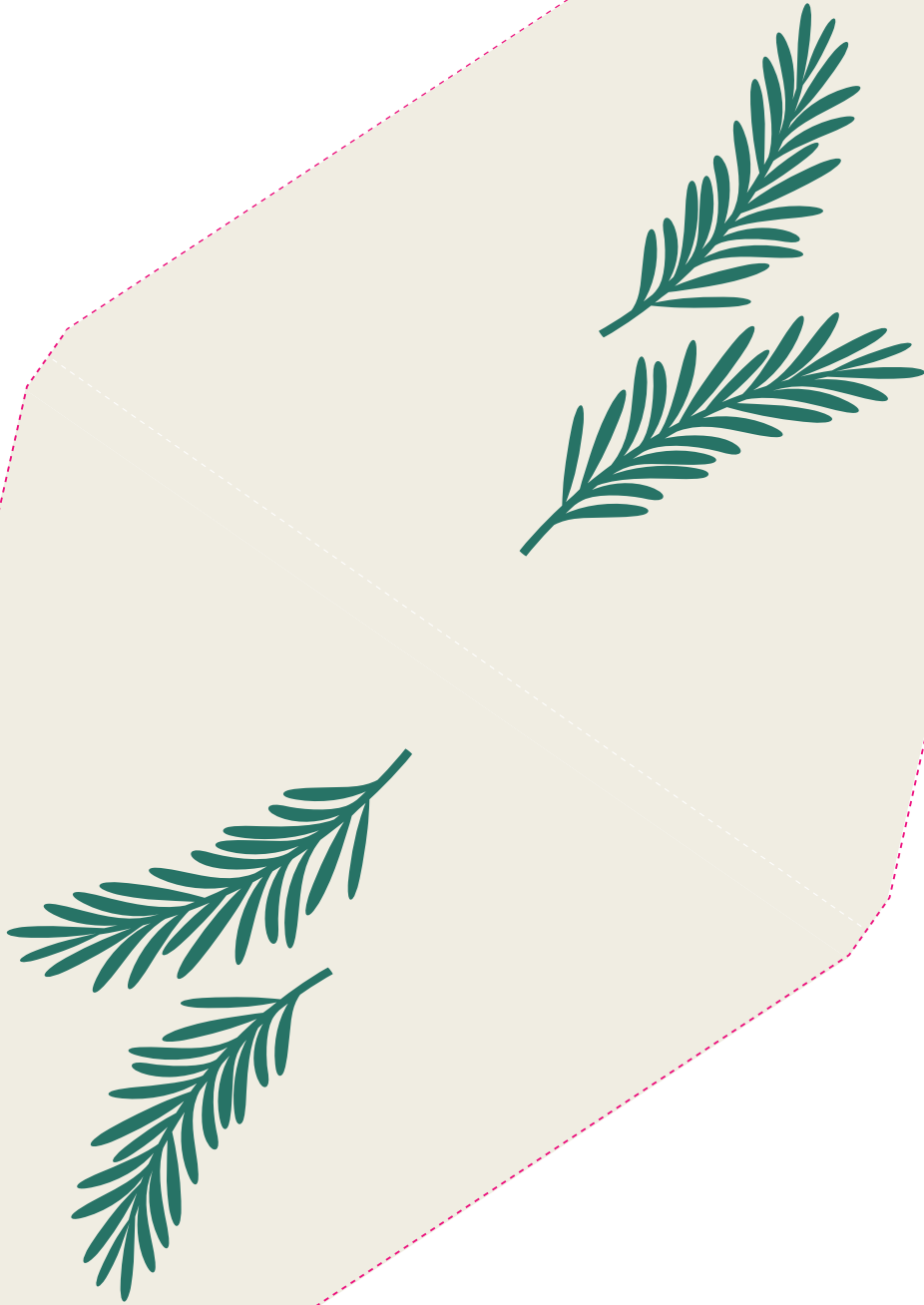
----- CUTTER GUIDE -----



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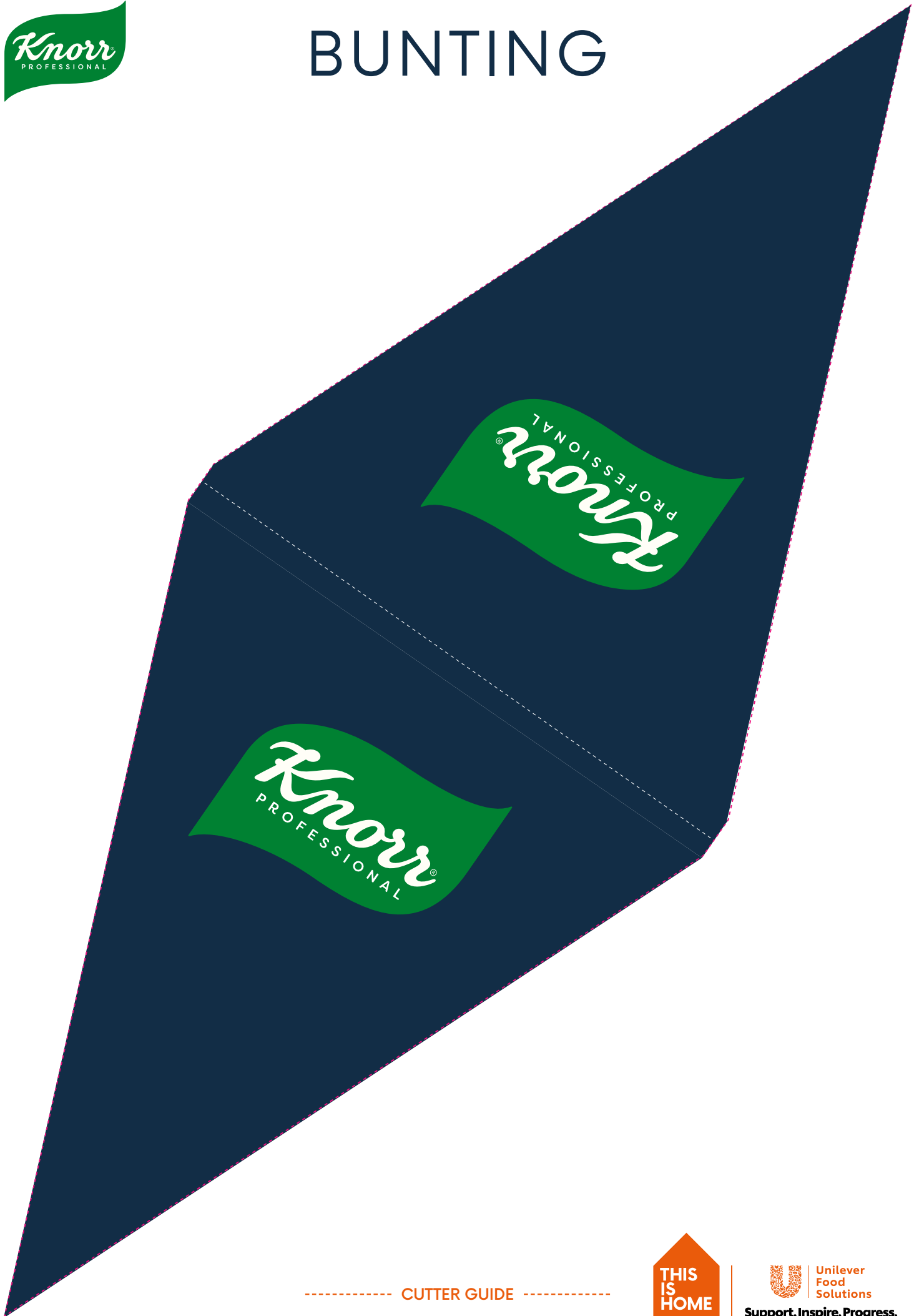
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BUNTING





BUNTING



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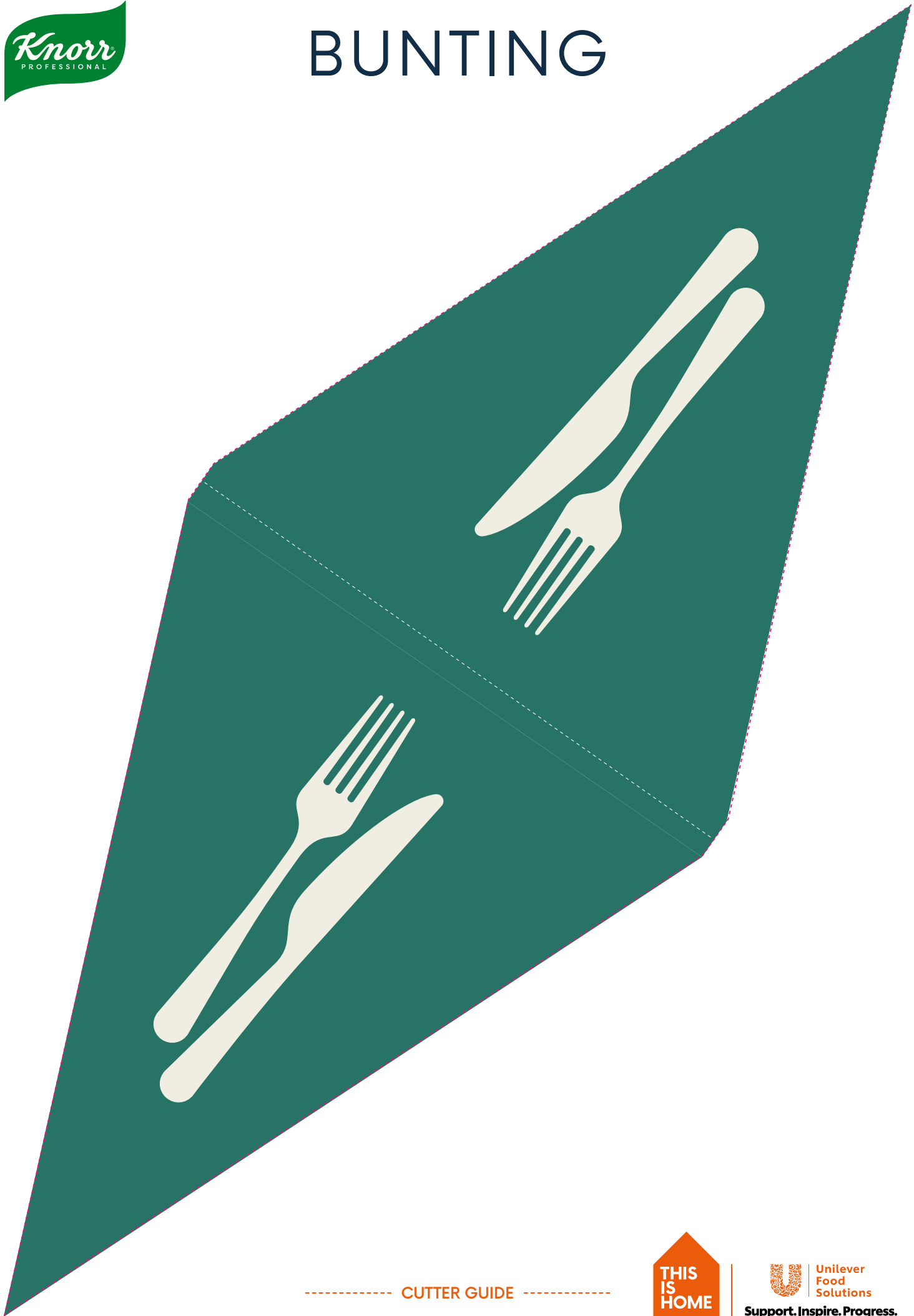


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BUNTING



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BUNTING

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If you're on the lookout for further support, we offer a range of activities and wellbeing tools for residents plus culinary support for chefs including our Chef Rewards scheme and regular newsletter updates.

To find out more and to sign up visit ufs.com or call us **0800 783 3728** and choose **option 1**

Discover how you can make more from your roast at ufs.com/knorrprofessional



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