



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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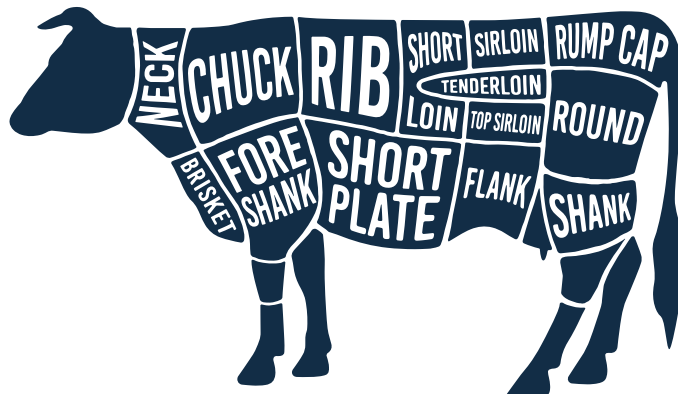
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INVITES & POSTER



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.



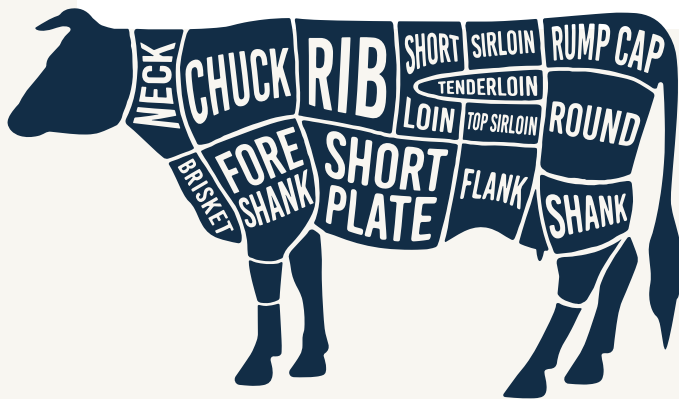
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ENJOY A GREAT ROAST DINNER TOGETHER

JOIN US ON

AT

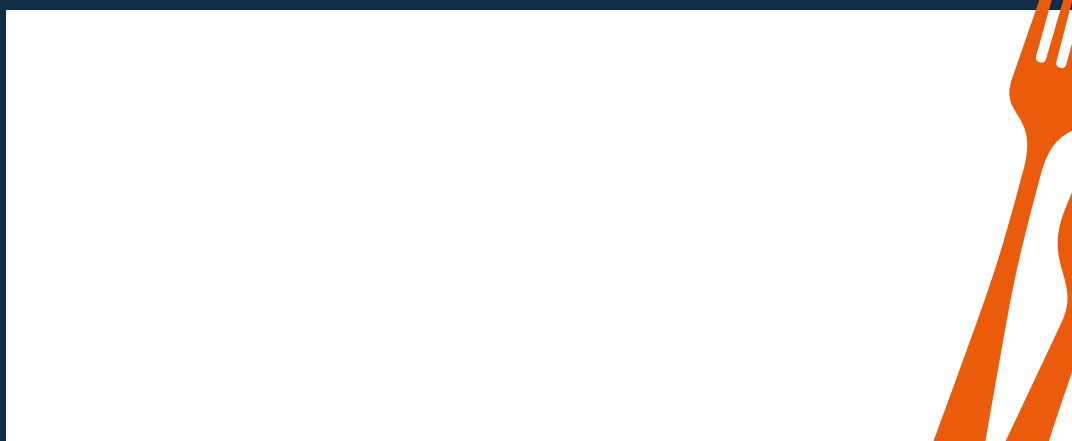


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MENU



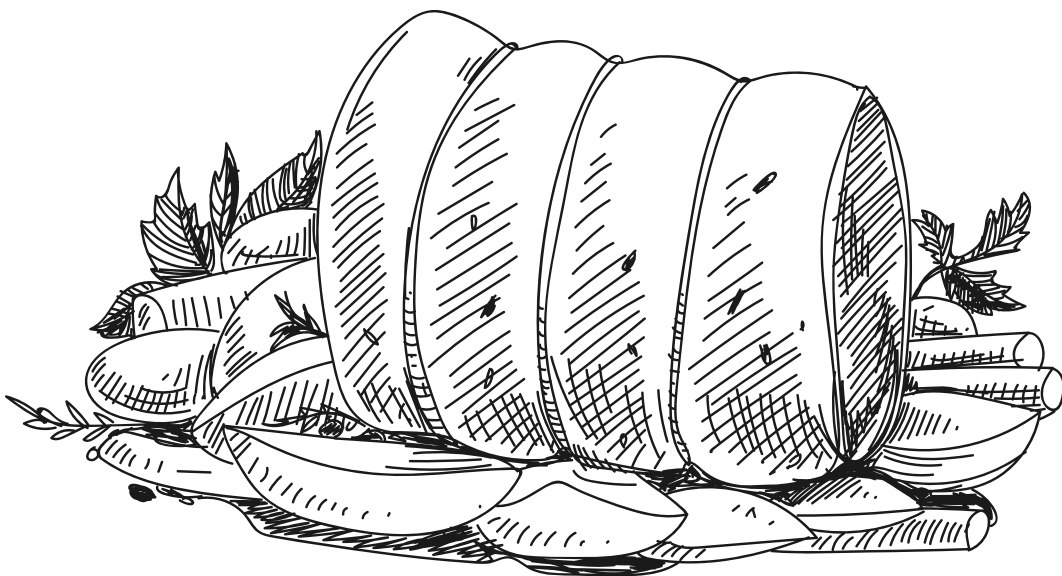
COLOURING IN



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.



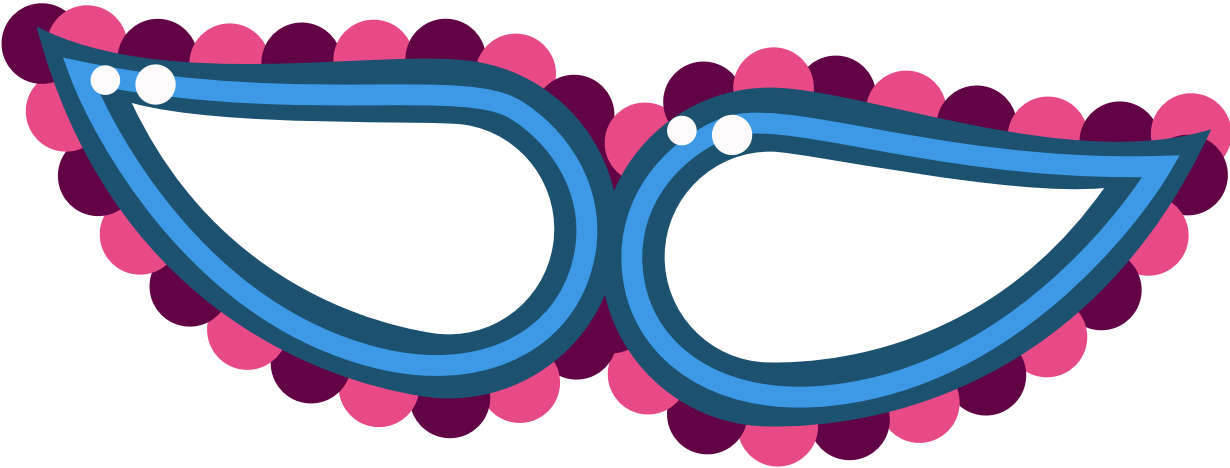
PROPS



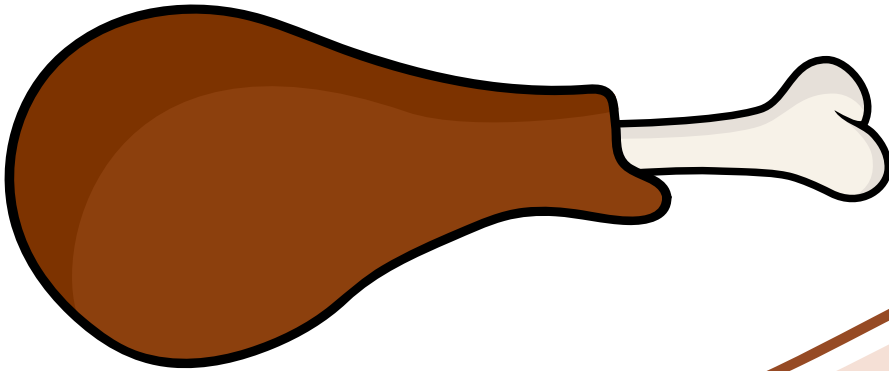
Just cut out these props and stick them to some long sticks with tape, to create some roast dinner photo props for your residents and their families to pose with. An activity that is bound to get everyone involved laughing!



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. Which county has the smallest population in Ireland?
2. What is the longest river in the world?
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 a fresh or stale?
8. What number do we associate with James Bond
9. What is the most spoken language in the world?
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. Who wrote Dracula?
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. Leitrim
2. Nile
3. The Red Arrows
4. Chanel No.5
5. Anne Boleyn
6. Wimbledon
7. Stale
8. 007
9. Mandarin
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. Bram Stoker
20. Norwich
21. Shark
22. Spain
23. Her glass slipper
24. 132
25. Stairs
26. Nectar and pollen



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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.

Winter

Brussels sprouts

Cabbage

Carrots

Cauliflower

Celeriac

Curly kale

Fennel

Leeks

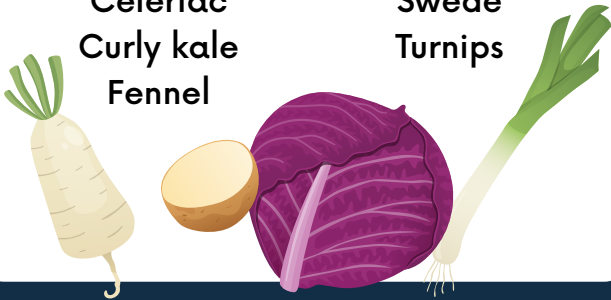
Parsnips

Potatoes

Red cabbage

Swede

Turnips



Spring

Asparagus

Carrots

Cauliflowers

Curly kale

Savoy Cabbage

Spinach

Spring greens

Spring onion



Summer

Beetroot

Broad beans

Cauliflowers

Courgettes

Cucumber

Fennel

Fresh peas

Garlic

Green beans

Lettuce

New potatoes

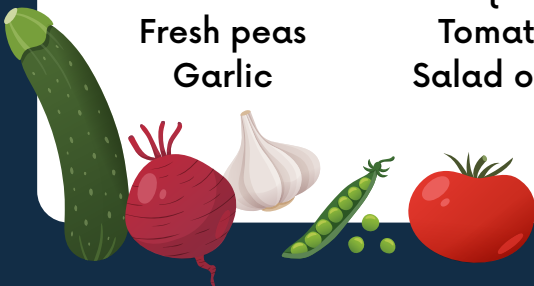
Radishes

Runner beans

Squash

Tomatoes

Salad onions



Autumn

Field mushrooms

Lettuce

Marrow

Parsnips

Potatoes

Pumpkin

Rocket

Squashes



GRAVY RECIPES

Knorr
PROFESSIONAL



SAGE AND ONION GRAVY

INGREDIENTS FOR 10 PORTIONS

250g Onions
50g Butter
2 Bay leaves
10g Fresh Sage
1.1ltr Water
95g **KNORR® Professional Roast Gravy Mix** 10L

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 Roast Gravy Mix** 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
1.1ltr Water
95g **KNORR® Professional Roast Gravy Mix** 10L
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 Roast Gravy Mix**.
Simmer for 5 minutes then pass the gravy before serving.

THIS
IS
HOME



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GRAVY RECIPES



LEMON & THYME GRAVY

INGREDIENTS FOR 10 PORTIONS

- 4 Lemons
- 1.1ltr Water
- 200g Onions
- 10g Thyme
- 95g **KNORR® Professional Roast Gravy Mix** 10L

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 Roast Gravy Mix** to thicken.

Pass the gravy before serving.

BAY LEAF AND APPLE GRAVY

INGREDIENTS FOR 10 PORTIONS

- 300g Onions
- 4 Apples
- 6 Fresh Bay leaves
- 1.1ltr Water
- 95g **KNORR® Professional Roast Gravy Mix** 10L

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 Roast Gravy Mix** 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.



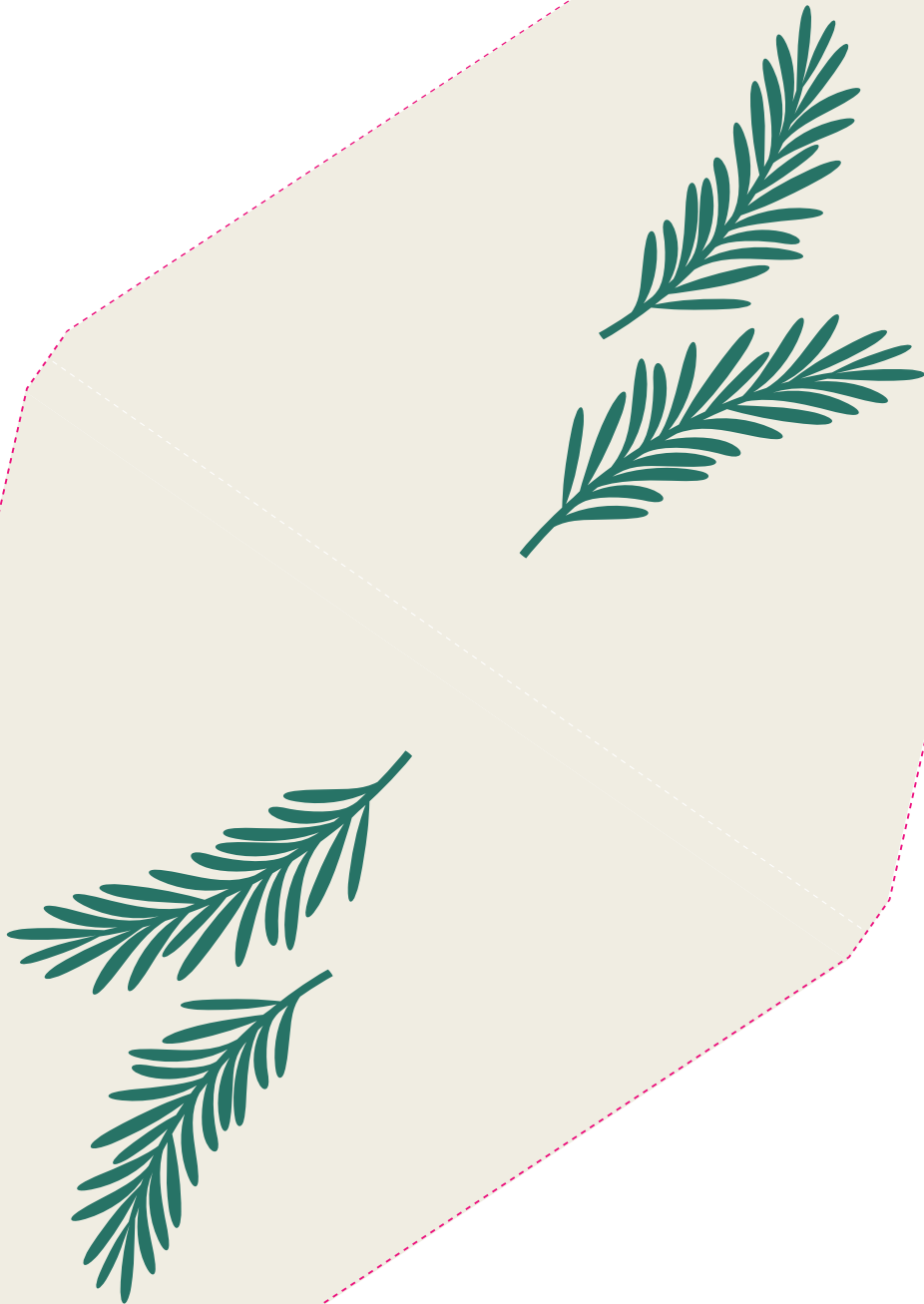
----- CUTTER GUIDE -----



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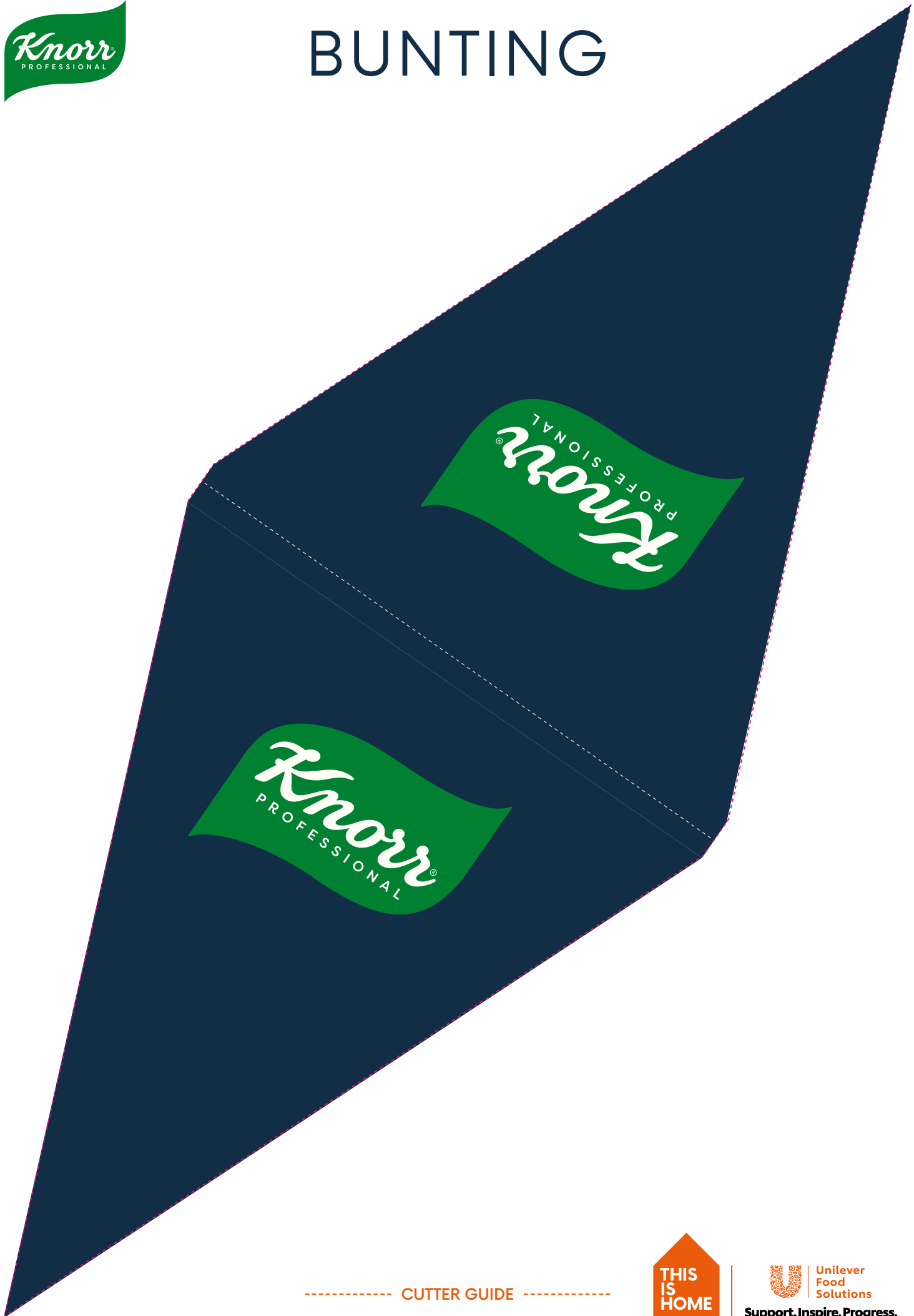
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BUNTING





BUNTING



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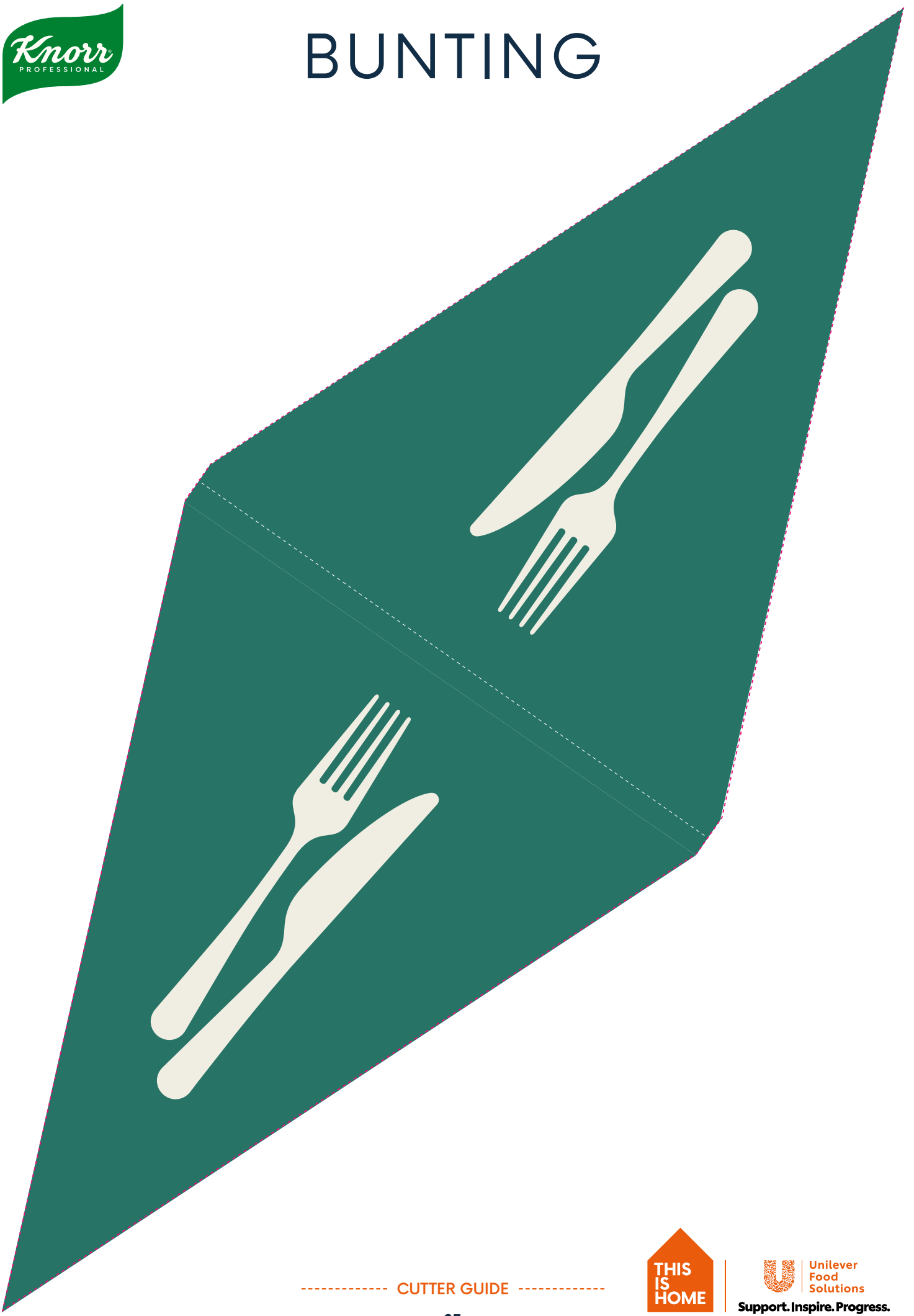


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BUNTING



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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 UFS Chef Rewards scheme and regular newsletter updates.

To find out more and to sign up visit [ufs.com](https://www.ufs.com)



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