
ROAST DINNER

— ACTIVITY PACK —



INTRODUCTION

Roast Dinners are a staple, well-loved meal in any care home. Nearly every home has a roast on their menu at least once a week, as it's a meal that has nostalgic value for residents. We have created an activity pack to help you put on an event in your care home to celebrate the beloved roast.

Inside you will find DIY decorations, pub themed activities and a variety of tasty gravy recipes to help you celebrate roast dinners in your care home.

Succulent meat, rich gravy and veg cooked to perfection are a great way to showcase the food in your care home to your residents and their families and also potential residents.

So, preheat your oven, get your spuds peeled and get ready to celebrate the humble Roast Dinner!

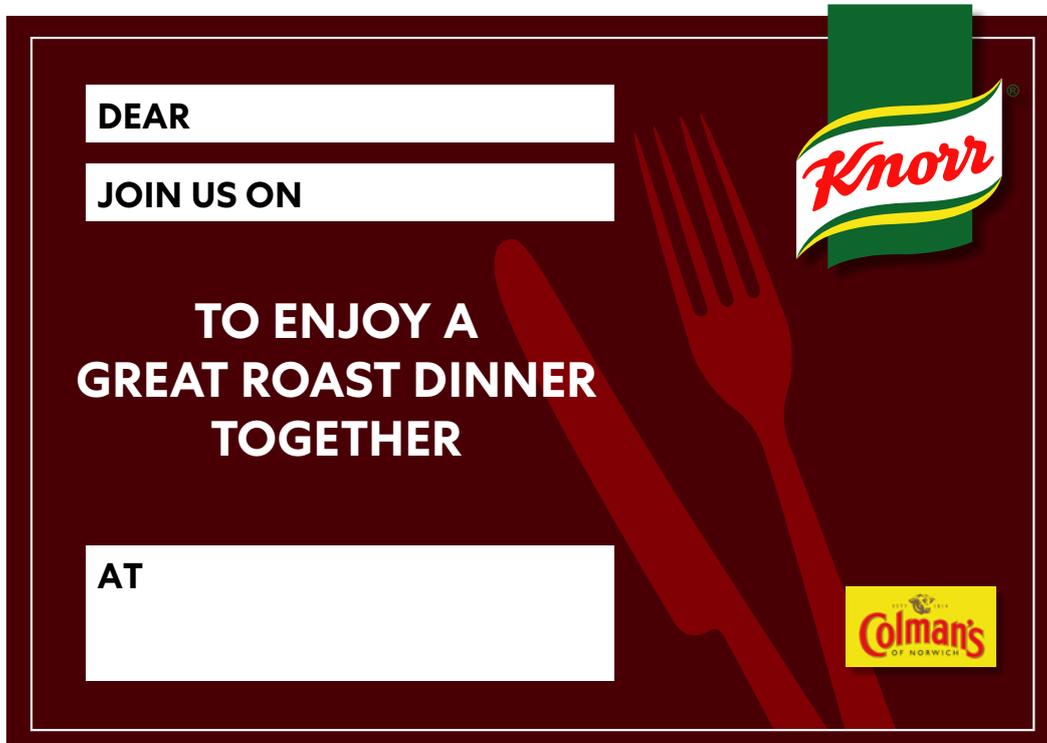
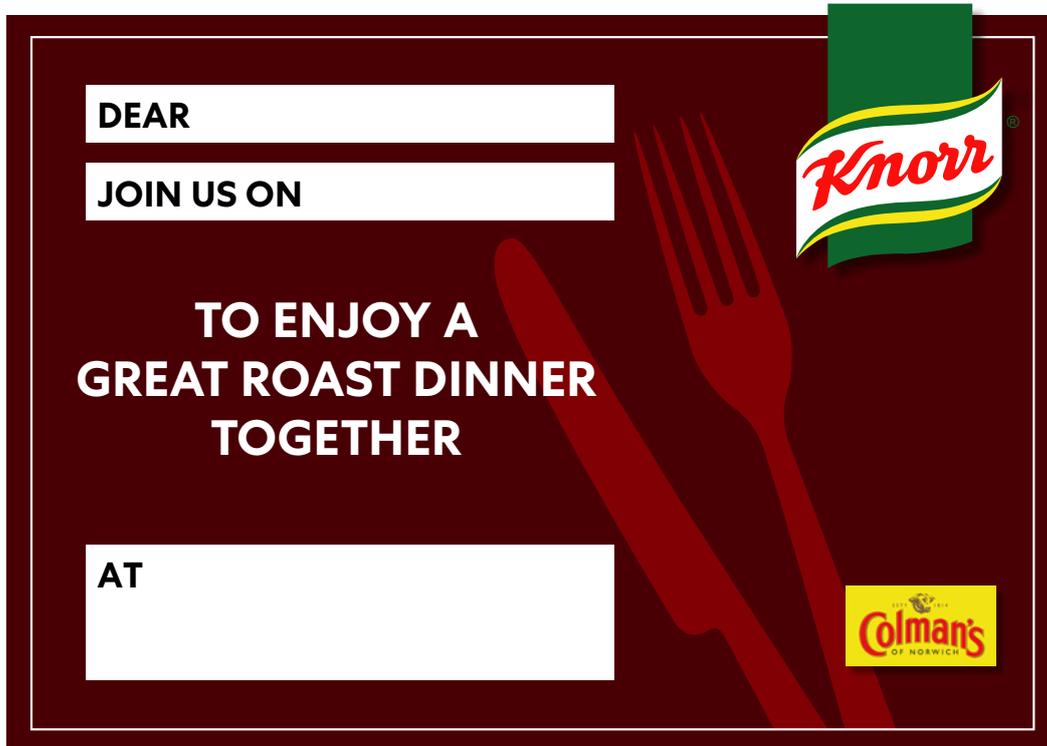


CONTENTS

- 
- 4 - **Invites**
 - 5 - **Menu**
 - 6 - **Poster**
 - 7 - **Colouring In**
 - 8 - **Spot The Difference**
 - 10 - **Dinner Props**
 - 13 - **Pub Quiz**
 - 15 - **Seasonal Veg Chart**
 - 16 - **Recipes**
 - 18 - **Charades**
 - 22 - **Bunting**

INVITES, MENU & 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.



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.



MENU





JOIN US ON

**TO ENJOY A
GREAT ROAST DINNER
TOGETHER**

AT



COLOURING IN ACTIVITY

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.



SPOT THE DIFFERENCES

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



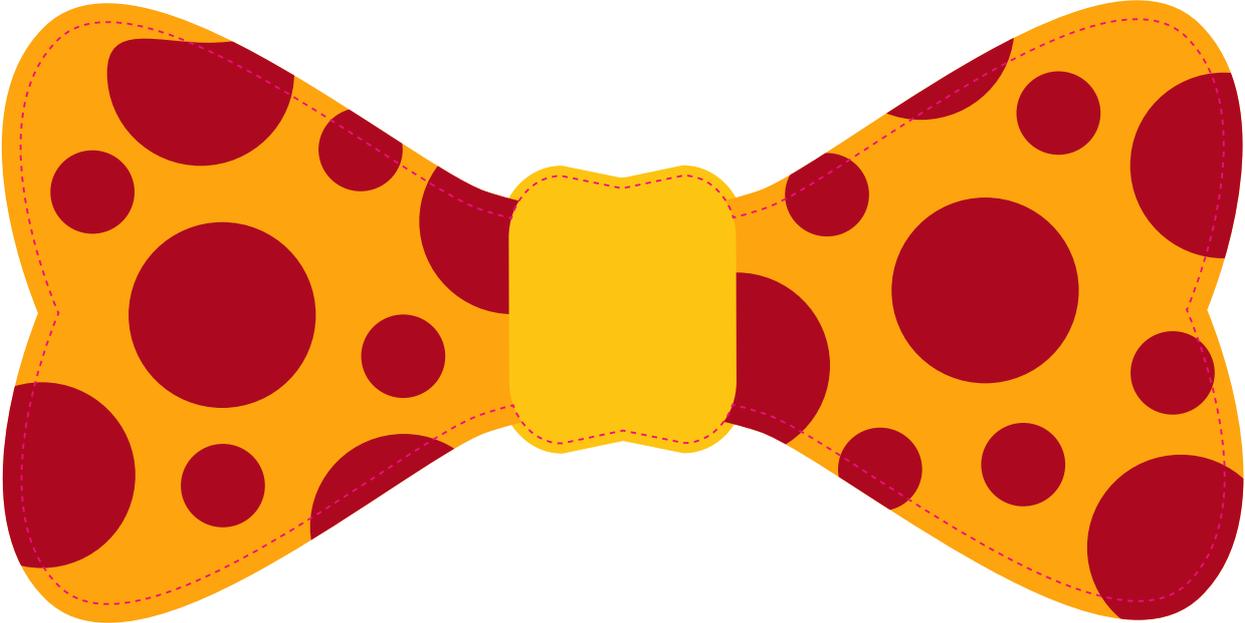
ANSWERS

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



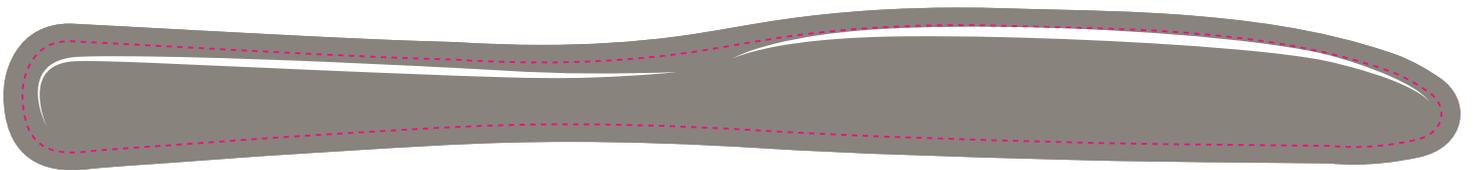
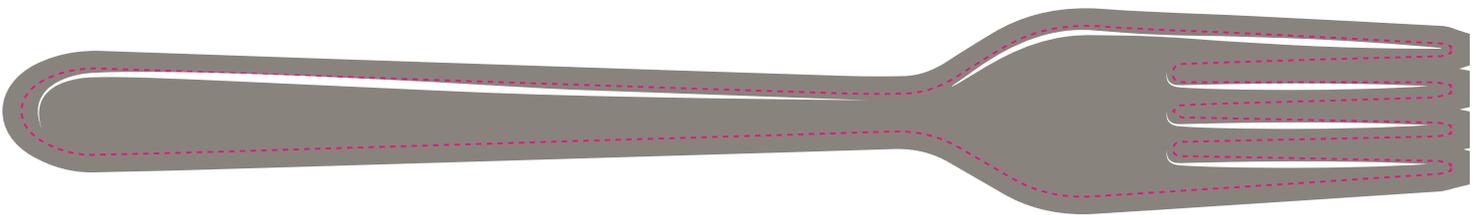
PROPS

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!



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

PROPS



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

PROPS



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

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 county 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 at the ball?
24. What is 11×12 ?
25. In cockney rhyming slang, what does 'apples and pears' mean?
26. What two things do bees collect?

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 British grown veg. Print out this handy seasonal veg poster to remind your kitchen of the best tasting veg all year round and support our British farmers.

BRUSSEL SPROUTS
CABBAGE
CARROTS
CAULIFLOWER
CELERIAC
CURLY KALE
FENNEL

LEEKs
PARSNIPS
POTATOES
RED CABBAGE
SWEDE
TURNIPS

WINTER



SPRING



ASPARAGUS
CARROTS
CAULIFLOWERS
CELERIAC
CUCUMBERS
CURLY KALE
SAVOY

CABBAGE
SPINACH
SPRING GREENS
SPRING ONION



BEETROOT
BROAD BEANS
CARROTS
CAULIFLOWERS
COURGETTES
CUCUMBER
FENNEL

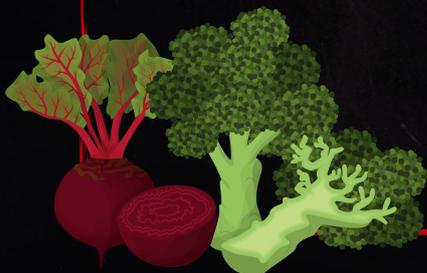
FRESH PEAS
GARLIC
GREEN BEANS
LETTUCE
NEW POTATOES
RADISHES
RUNNER BEANS

SQUASH
TOMATOES
SALAD ONIONS

SUMMER



AUTUMN



FIELD MUSHROOMS
LETTUCE
MARROW
POTATOES
PUMPKIN
ROCKET

SQUASHES
SWEETCORN



GRAVY RECIPES



APPLE & MIXED HERB GRAVY

INGREDIENTS FOR 10 PORTIONS

1 l	Water
75 g	KNORR Gluten Free Gravy Granules for Meat Dishes 25L
50 ml	COLMAN'S Bramley Apple Sauce 6 x 250ml
15 g	KNORR Professional Mixed Herbs Puree 750g

Make up the Gravy by whisking 75g KNORR Gluten Free Gravy Granules for Meat Dishes into 1 litre of boiling water. Simmer for 4 minutes.

Add the COLMAN'S Bramley Apple Sauce and KNORR Professional Mixed Herbs Puree, mix well.

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
35kcal	0.4g	0.2g	2.3g	0.88g

GARLIC & ROSEMARY GRAVY

INGREDIENTS FOR 10 PORTIONS

1 l	Water
75 g	KNORR Gluten Free Gravy Granules for Meat Dishes 25L
12 ml	Rosemary Chopped
15 g	KNORR Professional Garlic Puree 750g

Make up the Gravy by whisking 75g KNORR Gluten Free Gravy Granules for Meat Dishes into 1 litre of boiling water.

Add the fresh rosemary and KNORR Professional Garlic Puree, mix well. Simmer for 5 minutes, pass through a sieve and serve.

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
30kcal	0.5g	0.2g	1.1g	0.86g

PAPRIKA & SAGE GRAVY

INGREDIENTS FOR 10 PORTIONS

1 l	Water
75 g	KNORR Gluten Free Gravy Granules for Meat Dishes 25L
12 ml	Sage
25 g	KNORR Professional Paprika Puree 750g

Make up the Gravy by whisking 75g of KNORR Gluten Free Gravy Granules for Meat Dishes into 1 litre of boiling water.

Add the sage and KNORR Professional Paprika Puree, mix well. Simmer for 5 minutes and pass through a sieve and serve.

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
32kcal	0.5g	0.3g	21.2g	0.96g

GRAVY RECIPES



MUSTARD & MIXED HERB GRAVY

INGREDIENTS FOR 10 PORTIONS

1 l	Water
75 g	KNORR Gluten Free Gravy Granules for Meat Dishes 25L
50 ml	COLMAN'S Mustard Wholegrain 6 x 150ml
15 g	KNORR Professional Mixed Herbs Puree 750g

Make up the Gravy by whisking 75g of KNORR Gluten Free Gravy Granules for Meat Dishes into 1 litre of boiling water.

Add the COLMAN'S Mustard Wholegrain and KNORR Professional Mixed Herbs Puree.

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
32kcal	0.6g	0.2g	1.2g	0.94g

HORSERADISH & MIXED HERB GRAVY

INGREDIENTS FOR 10 PORTIONS

1 l	Water
75 g	KNORR Gluten Free Gravy Granules for Meat Dishes 25L
15 ml	KNORR Professional Mixed Herbs Puree 750g
20 g	COLMAN'S Horseradish Sauce 250ml

Make up the gravy by whisking 75g KNORR Gluten Free Gravy Granules for Meat Dishes into 1 litre of boiling water.

Add the COLMAN'S Horseradish and KNORR Professional Mixed Herbs Puree, mix well.

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
30kcal	0.5g	0.2g	1.1g	0.86g

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



Playing guitar



Titanic



The Lord of the Rings



Superman



The Wizard of OZ



Wind in the Willows



CHARADES

Warhorse



Dancing in the Street



Only Fools
and Horses



Dancing



Eastenders



Singing



Taking a picture



Painting



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 bottom 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.



BUNTING

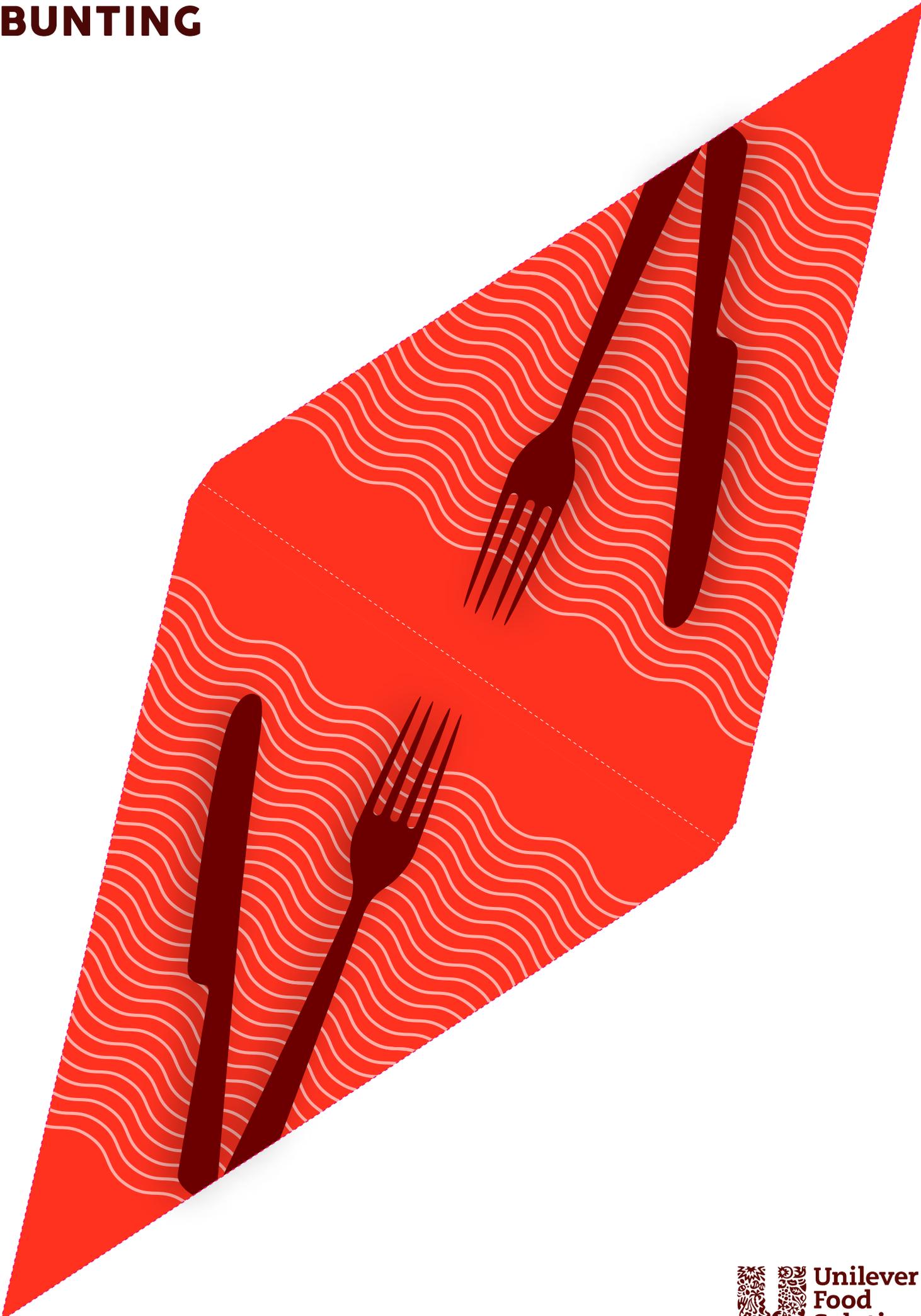


----- CUTTER GUIDE -----

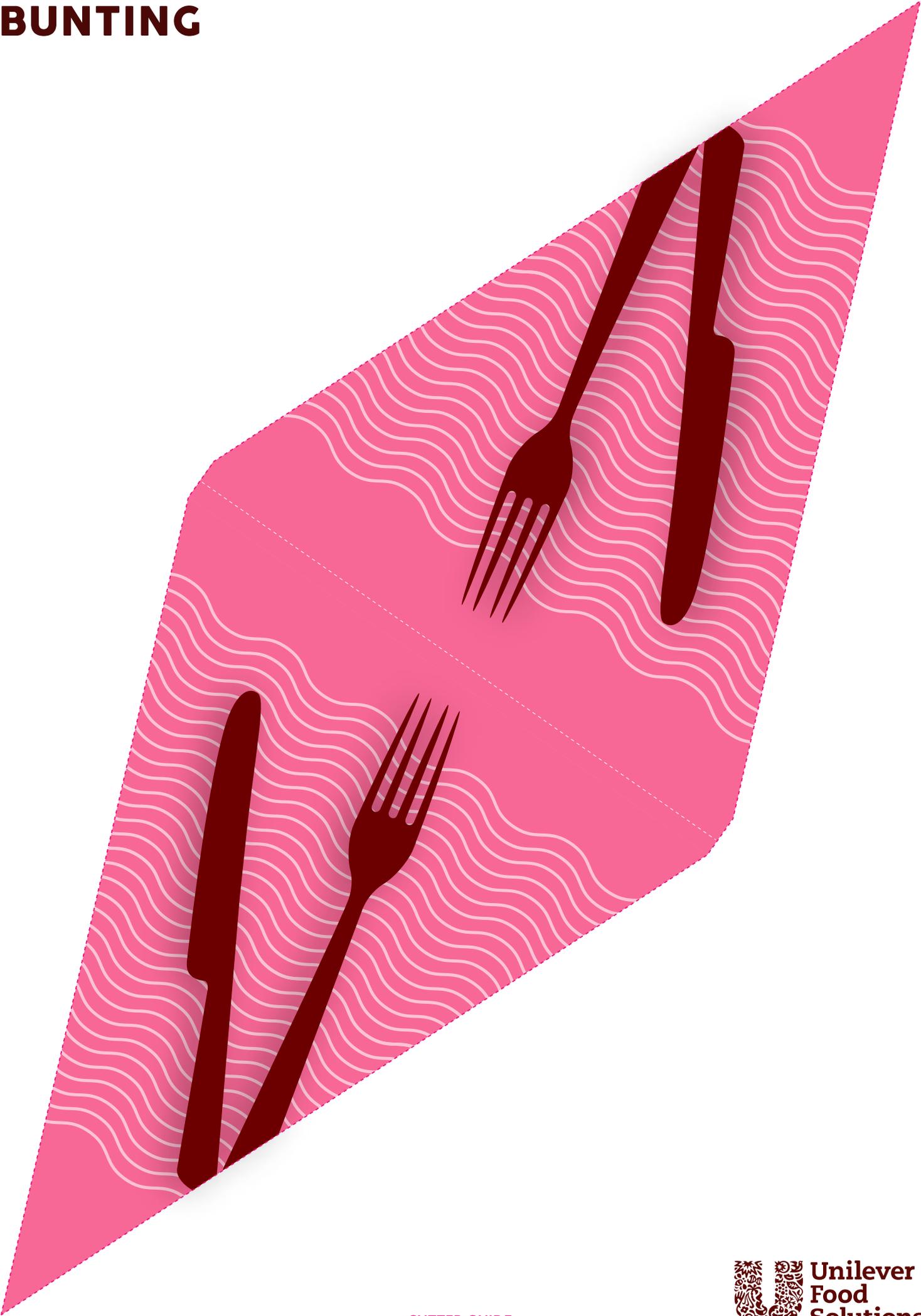
BUNTING



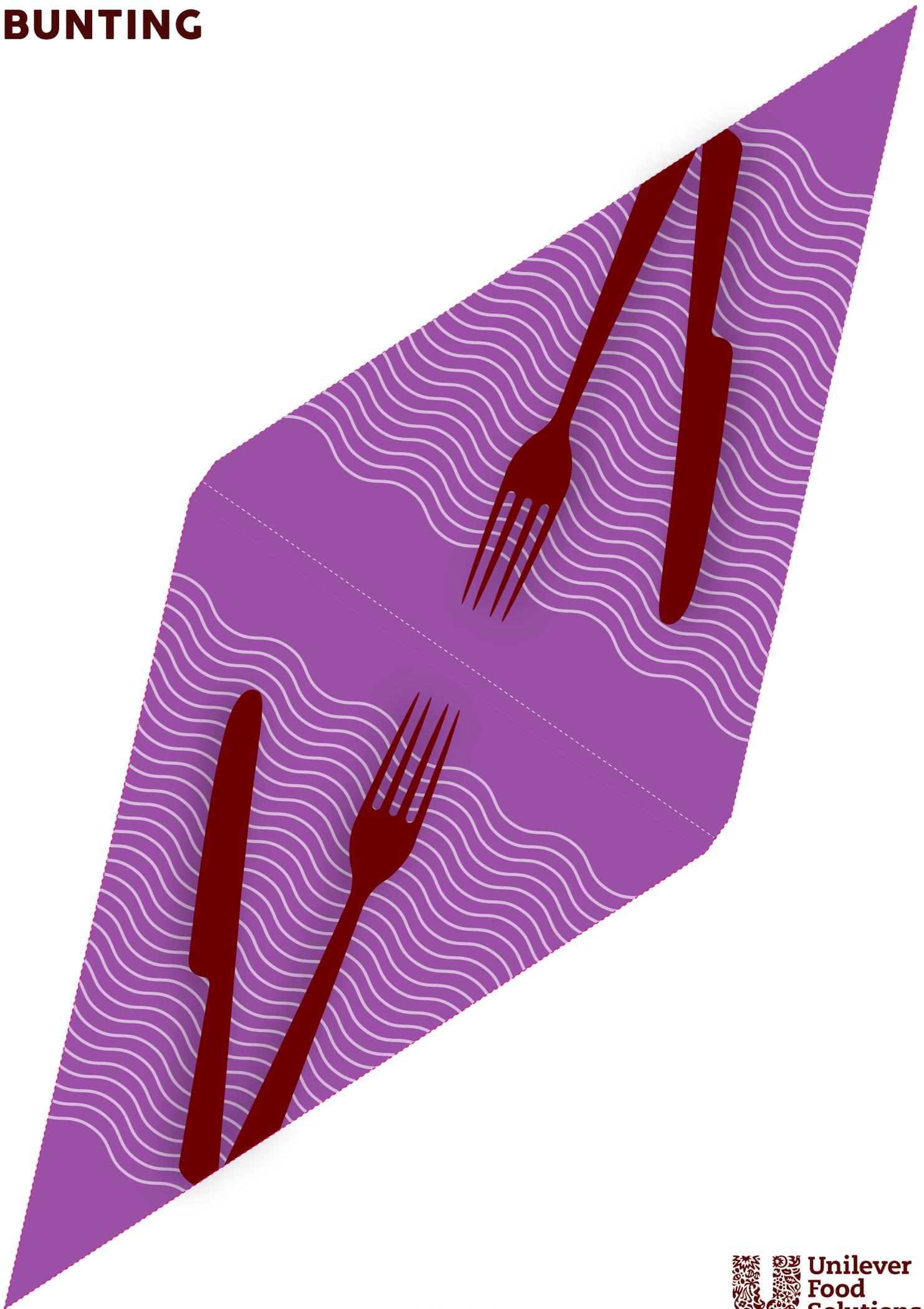
BUNTING



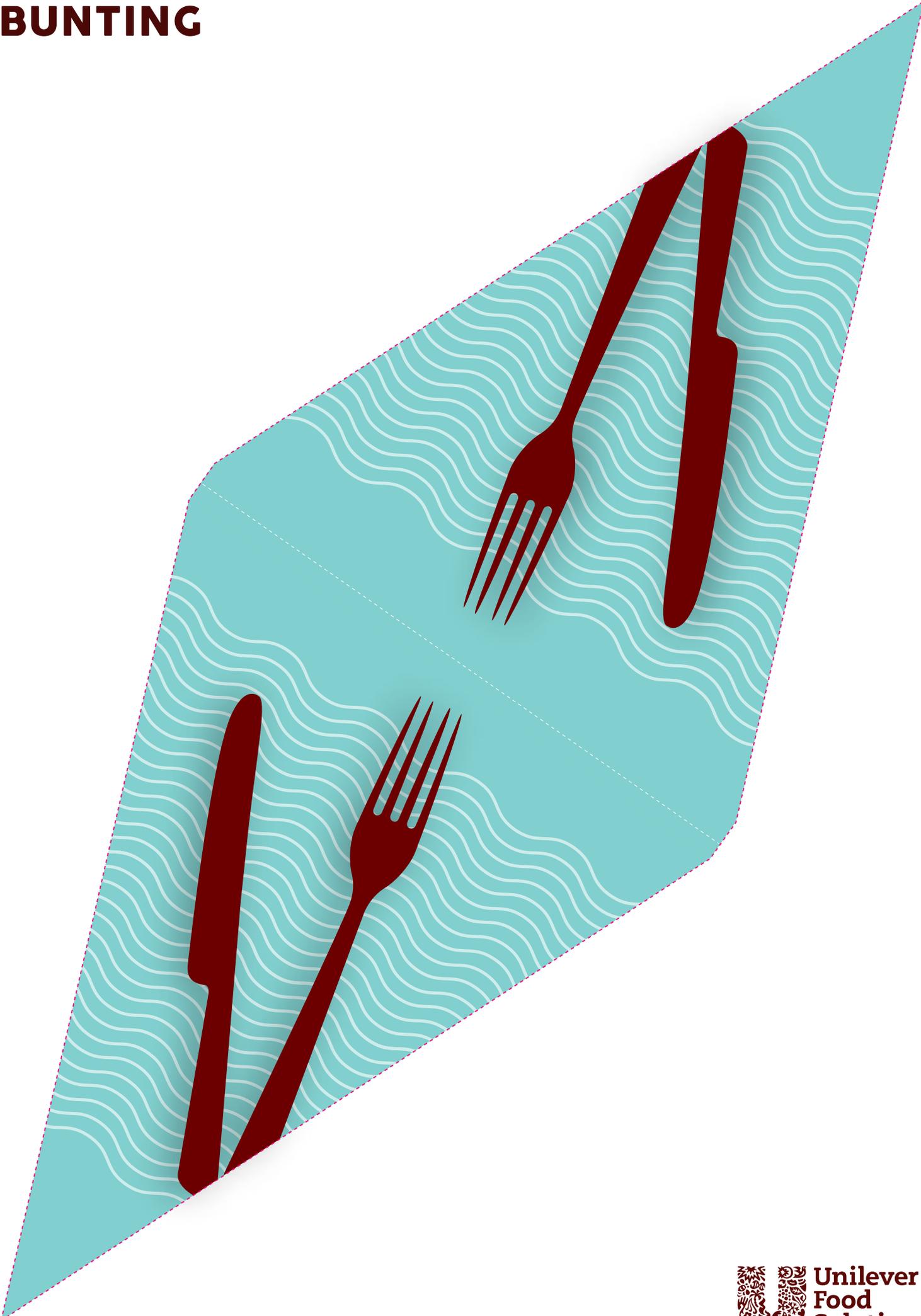
BUNTING



BUNTING



BUNTING



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