



ROAST DINNER

ACTIVITY & RECIPE PACK



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INTRODUCTION



The roast dinner is a staple for any menu and well loved in retirement and 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 games, a quiz, plus a variety of gravy recipes all ready to download and use straight away and applicable whether your residents are eating in the dining room or not.

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



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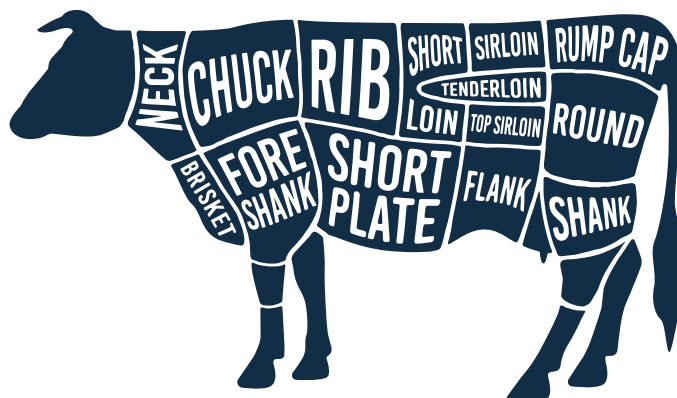
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INVITES & POSTER



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

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

ENJOY A GREAT
ROAST DINNER
TOGETHER

DEAR

JOIN US ON

AT



THIS IS HOME

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ENJOY A GREAT ROAST DINNER TOGETHER

JOIN US ON

AT



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MENU



TIP:

If your residents cannot enjoy the roast dinner in the dining room you can still print these menus and hand them out individually and ask them to dress up for a picture using the props to create some excitement.

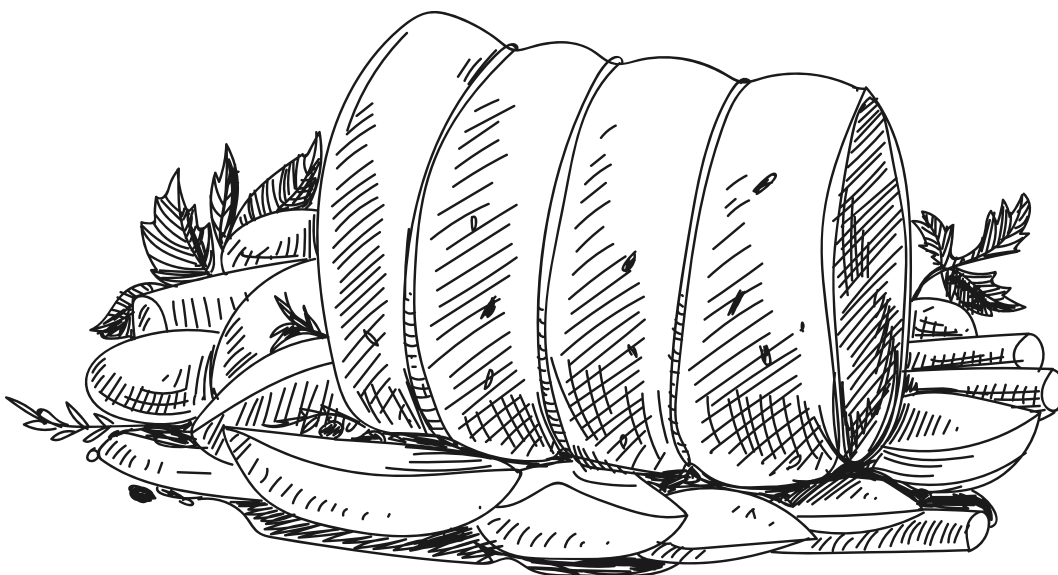
COLOURING IN



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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COLOURING IN



FALL



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.

COLOURING IN



FALL



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?



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.



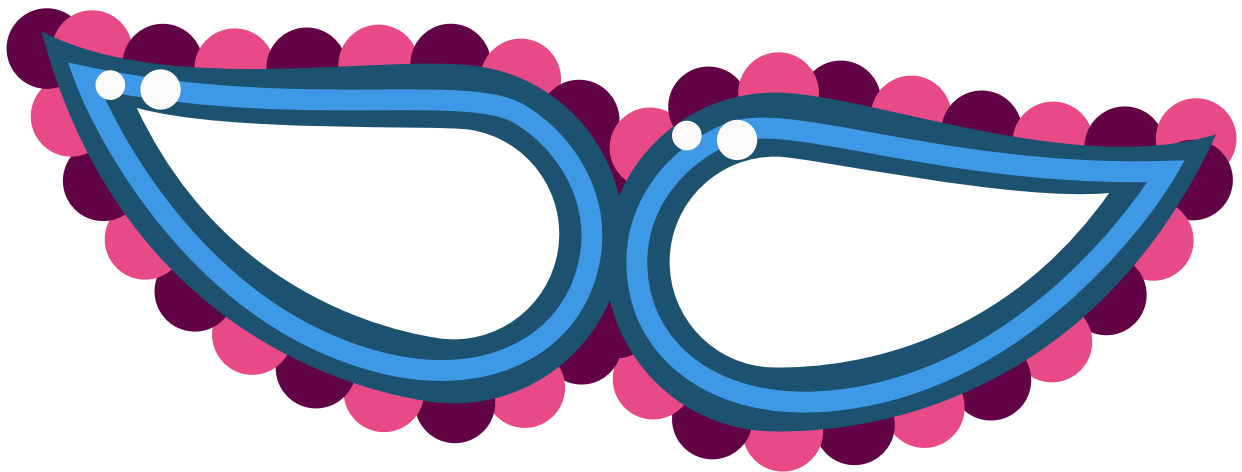
PROPS



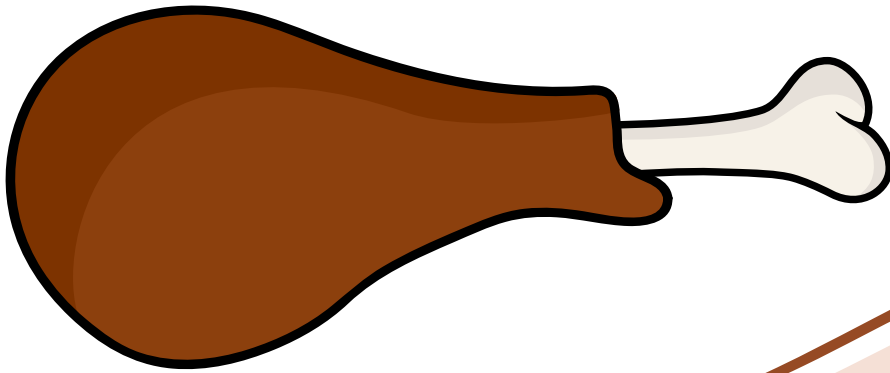
Just cut out these props and stick them to some long sticks with tape, to create some roast dinner photo props for your residents to pose with and then post all of them on a board. An activity that is bound to get everyone involved laughing!



PROPS



PROPS



FALL WORD SEARCH



We have put together a fall word search for you to put on in your home – a perfect game for after dinner as residents can sit comfortably and write down their answers 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!

H	A	R	V	E	S	T	E	I	S	E	T
R	S	L	O	E	C	D	D	E	C	H	A
A	E	U	O	L	I	A	V	A	A	S	S
E	A	U	N	R	L	A	A	N	R	C	N
E	E	P	Y	F	E	A	K	R	E	O	R
O	L	A	P	L	L	S	B	A	C	R	O
R	H	M	E	L	G	O	U	T	R	N	C
A	E	E	D	I	E	T	W	L	O	A	A
N	R	E	V	E	U	S	O	E	W	O	R
G	L	I	E	M	R	M	A	A	R	R	F
E	N	E	N	P	U	M	P	K	I	N	R
G	Y	E	L	L	O	W	I	D	S	A	R

WORDS TO FIND:

- pumpkin

yellow

scarecrow

autumn

leaves

sunflower

acorns

corn
- harvest

apples

hayride

red

Thanksgiving

football

orange



SEASONAL VEGETABLES

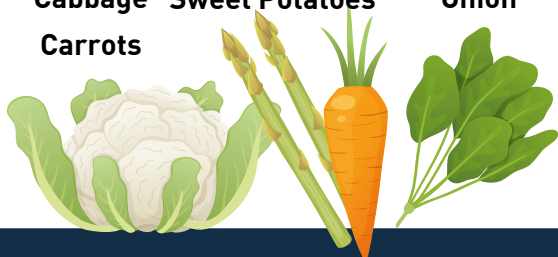


There's nothing better than seasonal grown veg.

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

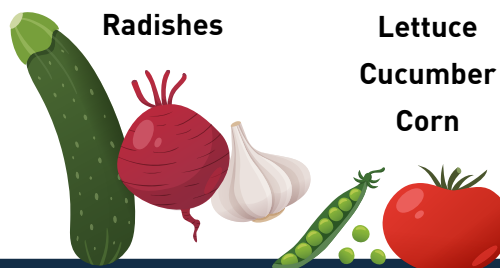
Spring

Beets	Parsnip	Cucumber (field)
Asparagus	Potatoes	Kale
Beans	Rutabaga	Lettuce (field)
Broccoli	Squash	Mushroom
Cabbage	Sweet Potatoes	Onion
Carrots		



Summer

Zucchini	Potatoes
Turnips	Pepper
Tomatoes (field)	Peas (snow),
	Peas (green)
Rapini	Parsnip
Spinach	Green onion
Shallots	Mushroom
Radishes	Lettuce
	Cucumber
	Corn



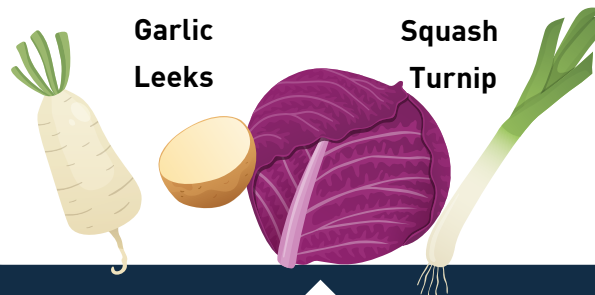
Autumn

Artichokes	Cabbage	Kale
Asian greens	Carrots	Leeks
Beans	Celery	Pumpkin
Beets	Swiss chard	Squash
Broccoli	Cauliflower	Sweet
Brussel	Eggplant	Potatoes
Sprouts	Garlic	Turnips
	Fennel	Zucchini



Winter

Beets	Mushrooms
Cabbage	Onions
Carrots	Potatoes
Fennel	Rutabaga
Garlic	Squash
Leeks	Turnip



RECIPES



This delectable recipe is a flavourful twist on the traditional, paired with our savoury turkey gravy infused with pecan and sage.

ROAST TURKEY WITH SAGE & PECANS

INGREDIENTS FOR 24 PORTIONS

QUANTITY	INGREDIENT
500 ml.	Pecans, toasted
500 ml.	Oil, canola
2 cloves	Garlic, peeled and smashed
500 ml.	Sage Leaves, fresh
375 ml.	Butter, unsalted, softened OR Margarine
As desired	Salt
15 kg.	Turkey, whole or pieces
1 L.	Mirepoix, rough chop
2 L.	Knorr Turkey Gravy, prepared

METHOD

In a large skillet, heat the oil. Add the garlic and cook over moderate heat until very lightly golden, about 1 minute. Add the sage leaves and fry, stirring gently, until crisp, about 2 minutes. Using a slotted spoon, transfer the sage leaves and garlic to a paper towel-lined plate and let cool. Add half of the sage leaves and the garlic to the food processor along with the butter/margarine, toasted pecans and salt; pulse until smooth. Whether you are using a whole turkey, or turkey pieces, separate the turkey skin from the meat. Rub half of the pecan-sage butter from the food processor under the skin, spreading it over the breast and thighs.

Set the turkey, or turkey pieces on a rack in a large hotel pan and scatter mirepoix in the pan; add 725 ml. of water. Rub the remaining pecan-sage butter/margarine from the food processor all over the outside of the turkey, or turkey pieces. Roast, at 350°, for the appropriate amount of time for your chosen turkey cut. Halfway through roasting, add 725 ml. cups of water to the roasting pan and tent the turkey with foil. When the thermometer inserted deep in the thigh registers 170°; transfer the turkey to a carving board and let rest for 30 minutes.

Meanwhile, strain the pan juices into a large measuring cup; discard the solids. Spoon off the fat and discard it. In a large saucepan, add prepared Knorr Turkey Gravy and pan juices and bring to a simmer. Whisk in the reserved pecan-sage butter. Serve with turkey and garnish with reserved sage pieces.



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RECIPES



This hearty vegetarian twist, on the traditional beef variation, will please all residents. Pair with whipped potato or cauliflower for a full meal.

MUSHROOM BOURGUIGNON

INGREDIENTS FOR 24 PORTIONS

QUANTITY	INGREDIENT
48	Pearl Onions, peeled
100 g.	Porcini Mushrooms, dried, rehydrated, liquid reserved.
16	Portobello Mushrooms, rough chop
800 g.	Cremini Mushrooms, halved
100 g.	Butter, unsalted or margarine
	Oil, Olive
8	Carrots, large, peeled, thinly sliced
8 cloves	Garlic, peeled
1 bunch	Thyme, fresh
4	Bay leaves
1 L.	Red wine
1 L.	Knorr Brown Gravy, Prepared

METHOD

Heat half of the butter/margarine with 60 ml. oil in a large pan over a medium heat. Fry the mushrooms in batches, until coloured but still firm, adding another 30 ml. of oil between each batch. Tip the mushrooms into a bowl and set aside.

Heat the remaining butter/margarine in the pan and add the pearl onions and carrots and sauté until they get colour, stirring occasionally. Add garlic for the final 2 minutes.

Add the thyme, bay leaves and wine. Strain in the porcini liquid into the pan, roughly chop the porcini and add to the pan then simmer for 10 minutes, or until the wine has reduced slightly. Add prepared Knorr beef gravy and simmer for 10 minutes until the vegetables are cooked through. Season to taste and fish out the thyme stalks and bay leaves.

Stir the cooked mushrooms into the sauce along with any juices, heating through for a couple of minutes.



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 regular newsletter updates.

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



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