- Wednesday - TEA TALKING TEA PARTIES PARTIES PARTIES PARTIES PARTIES

A great excuse for afternoon tea

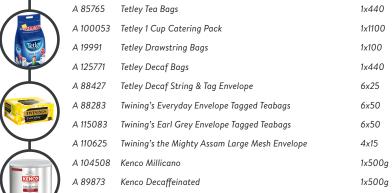
During Nutrition & Hydration Week people are encouraged to focus on the importance of food and drink by holding a tea party. Combining it with residents' birthdays and other celebratory occasions makes it easy to extend the idea, and its many benefits, throughout the year.

Afternoon tea is a nostalgic way to offer a variety of savoury and sweet options between meals, or as a supper time snack. Hand-held foods like finger sandwiches and florentines allow self-feeding, giving independence to residents unable to use cutlery. It also permits varying portion sizes depending on appetite.

You can cater for different dietary needs by serving alternatives such as gluten-free polenta cake, ensuring residents are not left out and widening the variety of foods offered.



Everybody loves a cuppa











Sandwiches

Cream cheese and cucumber sandwiches using Roberts bread will make a great addition to any afternoon tea!

Wholemeal Rustic Bloomer F 124984 10x600a

Seeded Rustic Bloomer F 124985 10x600g

White Rustic Bloomer F 124986 10x600g





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Polenta cake (GF)

A perfect addition to your afternoon tea, and it's even gluten free!

Serves 12



Ingredients

C 71128	Brakes Salted Butter	200g
A 350098	Tate & Lyle Caster Sugar	250g
A 16392	Brakes British Free Range Fresh Medium Eggs	4ea
A 5154	Brakes Ground Almonds	150g
A 107319	Brakes Polenta	200g
C 10292	Medium Oranges	2ea
C 113877	Rosemary	4g

Method

- 1. Pre-heat oven to 180°c, line a loaf tin with parchment paper
- 2. In a bowl cream the softened butter and sugar until light and fluffy. Beat in the eggs
- 3. Zest and juice one orange and stir in with the remaining ingredients
- 4. Spoon the mixture into your loaf tin and bake for 45 50mins or until cooked
- 5. When ready, transfer to a wire rack to cool
- 6. Boil the sugar, water, orange zest and juice with the rosemary, until a syrup is formed
- 7. Remove rosemary before drizzling over the cake

Peanut butter and banana loaf

The extra protein and calories found in the peanut butter makes this a great fortifying recipe.

Serves 15



Ingredients

C 74088	Brakes Unsalted Butter	200g
A 350102	Tate & Lyle Buttery Light Soft Brown Cane Sugar	200g
A 86874	Preema Vanilla Essence	5ml
A 16392	Brakes 18 British Free Range Fresh Medium Eggs	4ea
C 10354	Bananas	2ea
A 114957	FREEE Self Raising White Flour	200g
A 33581	Brakes Ground Cinnamon	5g
A 107022	Lyle's Golden Syrup Maple Flavour	80g
A 127123	Sun-Pat Crunchy Peanut Butter	200g

Method

- 1. Grease a loaf tin with 25g of the unsalted butter
- 2. Sift the flour, beat the sugar, butter and vanilla together until light and creamy
- 3. Add the eggs one at a time and mix well, gradually adding the other products
- 4. Scrape down the sides of the bowl and make sure everything is combined
- 5. Empty the mixture into your lined baking tin and bake at 160°c for approx 1 hour
- 6. Allow to cool before slicing