

- Wednesday - TALKING TEA 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



A 85765	Tetley Tea Bags	1x440
A 100053	Tetley 1 Cup Catering Pack	1x1100
A 19991	Tetley Drawstring Bags	1x100
A 125771	Tetley Decaf Bags	1x440
A 88427	Tetley Decaf String & Tag Envelope	6x25
A 88283	Twining's Everyday Envelope Tagged Teabags	6x50
A 115083	Twining's Earl Grey Envelope Tagged Teabags	6x50
A 110625	Twining's the Mighty Assam Large Mesh Envelope	4x15
A 104508	Kenco Millicano	1x500g
A 89873	Kenco Decaffeinated	1x500g



Afternoon treats



F 4343	Brakes Blackforest Gateau	1x1
F 4345	Brakes Strawberry Gateau	1x1
F 4340	Brakes Tangy Lemon Cake	1x1
F 32379	Brakes Chocolate Éclairs	30x35g
F 4557	Brakes Jam Doughnuts	1x40
A 3685	Brakes Pre-Cut Teacakes 4"	1x48
A 33739	Mixed Fruits Jam	1x2.72kg



Sandwiches

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

Wholemeal Rustic Bloomer
F 124984 10x600g

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