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**AFTERNOON TEA
ACTIVITY PACK**

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Afternoon Tea Menu



Savoury

Finger Sandwiches
Mini Filled Rolls
Mini Quiches
Frittata Muffins (Recipe on page 3)
Sausage Rolls
Dips & Vegetable Crudites
Mini Savoury Pastries



Sweet

Teacakes
Biscuits & Cookies
French Macarons
Bitesize Flapjack
Cup Cakes
Pastries
Classic Victoria Sponge
Fresh Fruit
Scones Jam & Cream (Recipe on page 4)
Madeleines

Perfect way
to add a
pop of colour!



Drinks

Pot of Tea
Iced Tea
Coffee
Orange Juice
Pimms



Dysphagia Afternoon Tea Recipe



Scan Here!

or visit
www.countryrange.co.uk/recipes/dysphagia-afternoon-tea/



Why Not?

Savoury Cream Tea

Why not try serving a savoury version of the classic cream tea by using plain or cheese scones, cream cheese and chutney or smoked salmon.

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Frittata Muffins Recipe

 **PREP TIME 10 MINS**

 **COOKING TIME 35 - 40 MINS**

 **SERVES APPROX. 10**

 **180°C | 356°F**

Method

STEP 1

Start by whisking the eggs, milk, and seasoning together in a bowl.

STEP 2

Finely chop the add-ins you are using.

STEP 3

Add about 2-3 tablespoons of the chosen add-ins to each compartment of a well oiled muffin tin. Sprinkle the grated cheese over each one then pour the egg mixture on top.

STEP 4

Bake for 35 - 40 minutes at 180°C until set and golden brown in colour.

Get residents
involved by choosing
and chopping their
own add-ins!

- **Quick & Easy**
- **Protein-packed**
- **Healthy**
- **Gluten-Free**
- **Baked in a Standard Muffin Pan**
- **Enjoy Hot or Cold**



Ingredients

10 Eggs

250ml Milk

150g Grated Cheddar

Salt and Pepper

Add-in Ideas

Feta
Spinach
Bell Peppers
Cooked Ham
Red Onion (pre cooked)
Spring Onion
Tomato
Mushroom
Fresh Herbs
Broccoli (pre cooked)



Scone Recipe

 **PREP TIME 15 MINS**

 **COOKING TIME 15 MINS**

 **SERVES APPROX. 8**

 **220°C | 428°F**

Method

STEP 1

Sieve the flour into a bowl and rub in the butter, until the mixture resembles breadcrumbs, then stir in the sugar and salt.

STEP 2

Make a well in the centre of the mix and add in the milk, stirring the ingredients until the mixture is even and a dough starts to come together.

STEP 3

Turn out onto a floured surface and gently knead for 3-4 minutes. Roll the dough on a floured surface until you reach a thickness of 3 - 4cm.

STEP 4

Using a 5cm cutter, cut out as many scones from the mixture as you can until the dough is all used up.

STEP 5

Place the scones onto a baking sheet with lined baking parchment and lightly brush over the scones with milk.

STEP 6

Bake in a preheated oven to for 15 minutes until they've risen and fully baked.

Remove from oven and cool on a wire rack.



Ingredients

50g Butter (cold & unsalted)

200g Self Raising Flour

1 tbsp Caster Sugar

125ml Milk (whole)

Pinch of Salt



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As a time saving alternative why not try using a scone mix!



Why not try adding sultanas, chocolate chips, blueberries or cheese!

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Decoration Ideas

Tablecloth

For afternoon tea, why not use brightly coloured tablecloths or ones with a floral pattern to convey the theme of the event.

Napkins

Floral napkins make for a vintage, authentic tea party look, and are a cheaper way than tablecloths, to enhance the theme.

Buffet Table

Why not assemble a buffet table in the dining room full with tiered cake stands filled with lots of delicious treats?

Cake Stand

Classic tiered cake stand filled with cakes, sandwiches, and finger food, letting residents pick and choose what they like.

Music

Soft classical music in the background can set a charming atmosphere.



Centrepiece

Why not give your tea party an elegant touch with a centrepiece...



Top Tip

Get creative with the decoration and get residents involved by making flower arrangements in old teacups or teapots.

Teapot Flower Pot!



Mad Hatter's Tea Party!



Why not go for a Mad Hatter's Tea Party?!

Miss match crockery



Add an extra few clocks to the dining room

Black & white chequered tablecloths

Make some bunting out of old playing cards



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Tea Tray Memory Game

Place an assortment of items on a tea tray. We suggest starting with about 6 to 10 items. These could be directly related to afternoon tea, but don't worry too much if they are not. We have given you some ideas in the list of materials.

let the residents try to memorize the items on the tray for a pre determined amount of time, for example five minutes, then cover the tray with the cloth.

In teams, as individuals or all together, have the residents list the objects that were on the tray. Whoever can remember the most wins that round!

Swap the items for each round, maybe adding one to two more items each time, or reducing the amount of time given to memorise the items.



Change it up!

Instead of asking residents to list the items why not ask questions for example;

Which item was blue?

Which item appeared twice on the tray?

How many sugar cubes were there?

Was there a biscuit on the tray?

Materials

A Tray

A Cloth (large enough to cover the tray)

Paper and Pens to write down answers

Assorted Items
for example:

Teabag
Cup
Teaspoon
Sugar Cube
Saucer
A Biscuit
Mug
Cupcake
Jar of jam

Playing card
A Coin
Dice
Thimble
A Banana
A Pencil
A Small Cuddly Toy!

Tea Tasting

There are plenty of different varieties and flavours of tea, but most people have only ever tried black tea, such as English Breakfast.

Why not get a selection of different teas and let your residents enjoy a tea-tasting session. You can get everyone to mark the taste of each out of 10 and discover which one is the residents favourite!

Questions to ask...

Is the flavour too strong or too weak?

Do you prefer the tea with or without milk?

Did you need to add sugar?

Were there any you disliked?

Are there any you liked and would drink again?

What types of tea have you tried before?

Change it up!

Do a blind taste test and ask the residents guess what tea it is. Giving residents the option of three different choices can make it easier.



DARJEELING
ASSAM
CHAMOMILE
PEPPERMINT
GREEN TEA
GINGER
FRUIT TEAS
CHAI
ROOIBOS
MATCHA
WHITE TEA
REDBUSH
EARL GREY
FENNEL TEA
FENUGREEK TEA
JASMINE TEA
NETTLE TEA
RED RASPBERRY LEAF TEA

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Afternoon Conversations

It's always nice to have a relaxing conversation with someone over a cup of tea. Here are a few conversation starters about afternoon tea to help and you never know what you might learn!...

Afternoon Tea Questions...

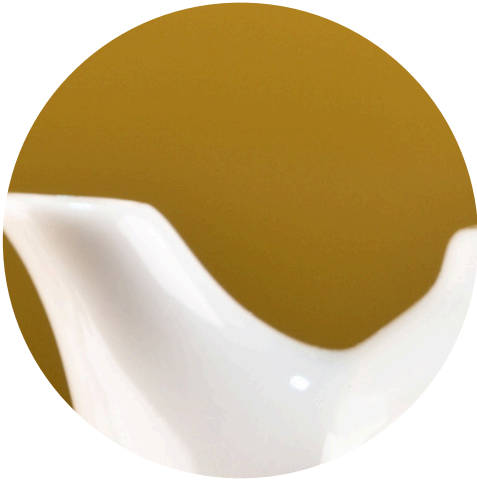
- Do you prefer a cup of tea or coffee?
- Do you prefer your tea brewed in a pot or in the cup?
- Do you take sugar in tea or coffee?
- What is your favourite biscuit to dunk in your tea?
- When you make a cup of tea do you put the milk in first?
- Which foods do you think go well with a cup of tea?

General Questions...

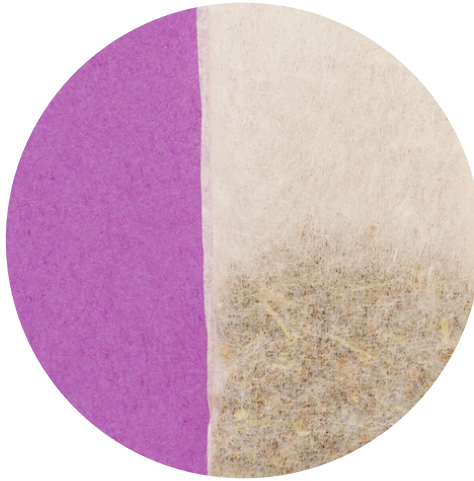
- What's your idea of a perfect day?
- What's the weirdest thing you've eaten?
- What's your favourite season? Spring, Summer, Autumn, Winter
- Would you rather live by the sea, in the countryside or in a busy city?

Afternoon Tea What is it?

Below are six images of Wimbledon Tennis themed items that have been zoomed in. Can you work out what is in each picture?



A



B



C



D



E



F

Afternoon Tea What is it?

Answer Sheet

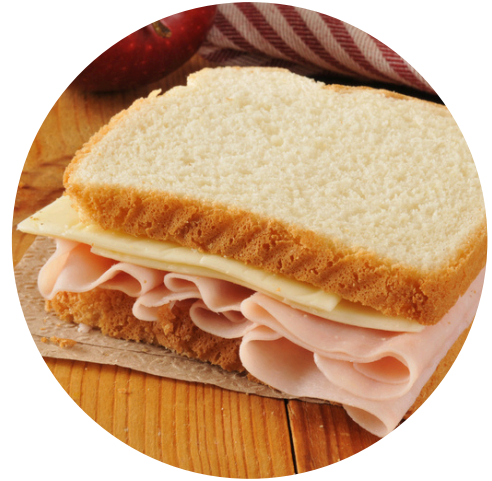
Below are six zoomed in images of Wimbledon Tennis themed items. Can you work out what is in each picture?



A Tea Pot



B Tea Bag



C Sandwich



D Cup of Tea



E Bourbon Biscuit



F Sugar Cubes

Afternoon Tea Crossword

Across

[3] Something that may be placed on your lap to catch the crumbs

[4] Traditional Devonshire afternoon treat usually served with jam and cream

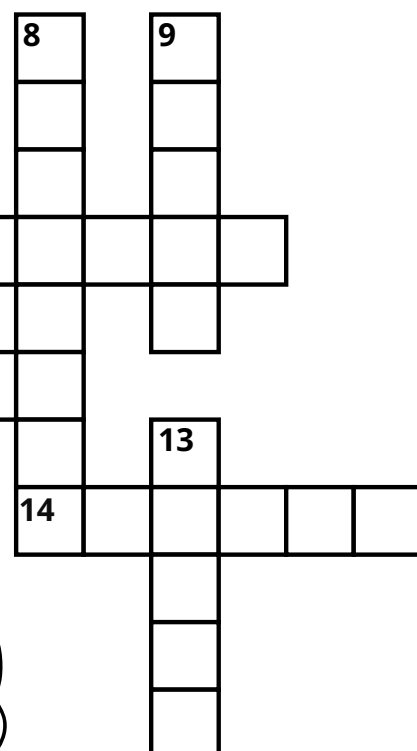
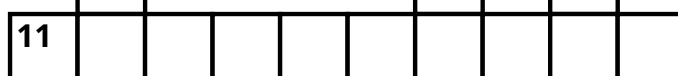
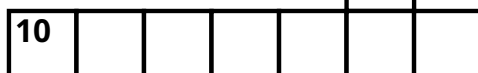
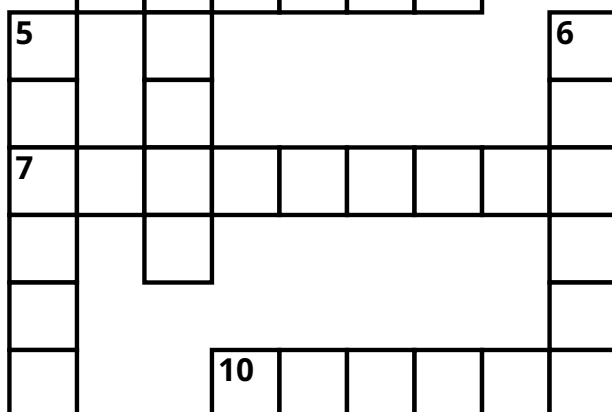
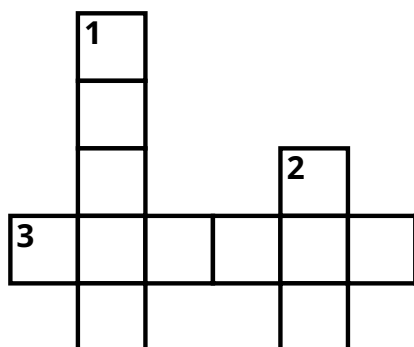
[7] Time of day

[10] Please and thank you for example

[11] Savoury staple of an afternoon tea

[12] Traditionally added to tea and coffee

[14] Over brewed tea for example



Down

[1] Some have this in their coffee rather than milk

[2] Sweet treats to go with a cup of tea or coffee

[5] Something you drink from

[6] Chat between two or more people

[8] Small individual cakes

[9] A natural sweetener often used in tea as an alternative to sugar

[13] A slice of this fruit is often served in tea



Afternoon Tea Crossword



Across

[3] Something that may be placed on your lap to catch the crumbs **NAPKIN**

[4] Traditional Devonshire afternoon treat usually served with jam and cream **SCONES**

[7] Time of day **AFTERNOON**

[10] Please and thank you for example **MANNERS**

[11] Savoury staple of an afternoon tea **SANDWICHES**

[12] Traditionally added to tea and coffee **MILK**

[14] Over brewed tea for example **STEWED**



Down

[1] Some have this in their coffee rather than milk **CREAM**

[2] Sweet treats to go with a cup of tea or coffee **BISCUITS**

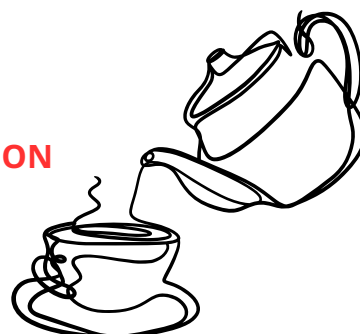
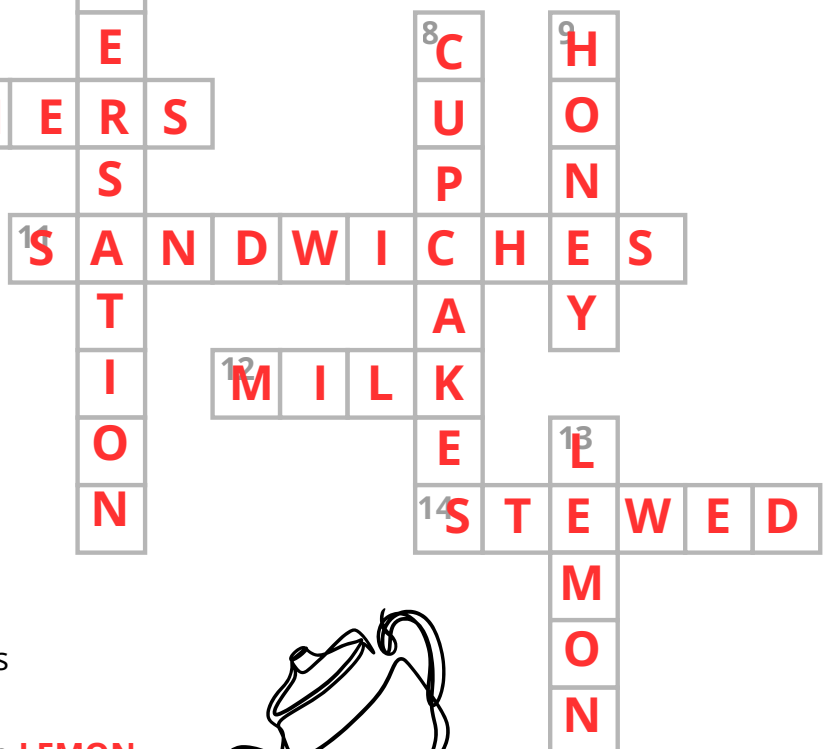
[5] Something you drink from **TEACUP**

[6] Chat between two or more people **CONVERSATION**

[8] Small individual cakes **CUPCAKES**

[9] A natural sweetener often used in tea as an alternative to sugar **HONEY**

[13] A slice of this fruit is often served in tea **LEMON**



Afternoon Tea Word Search



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

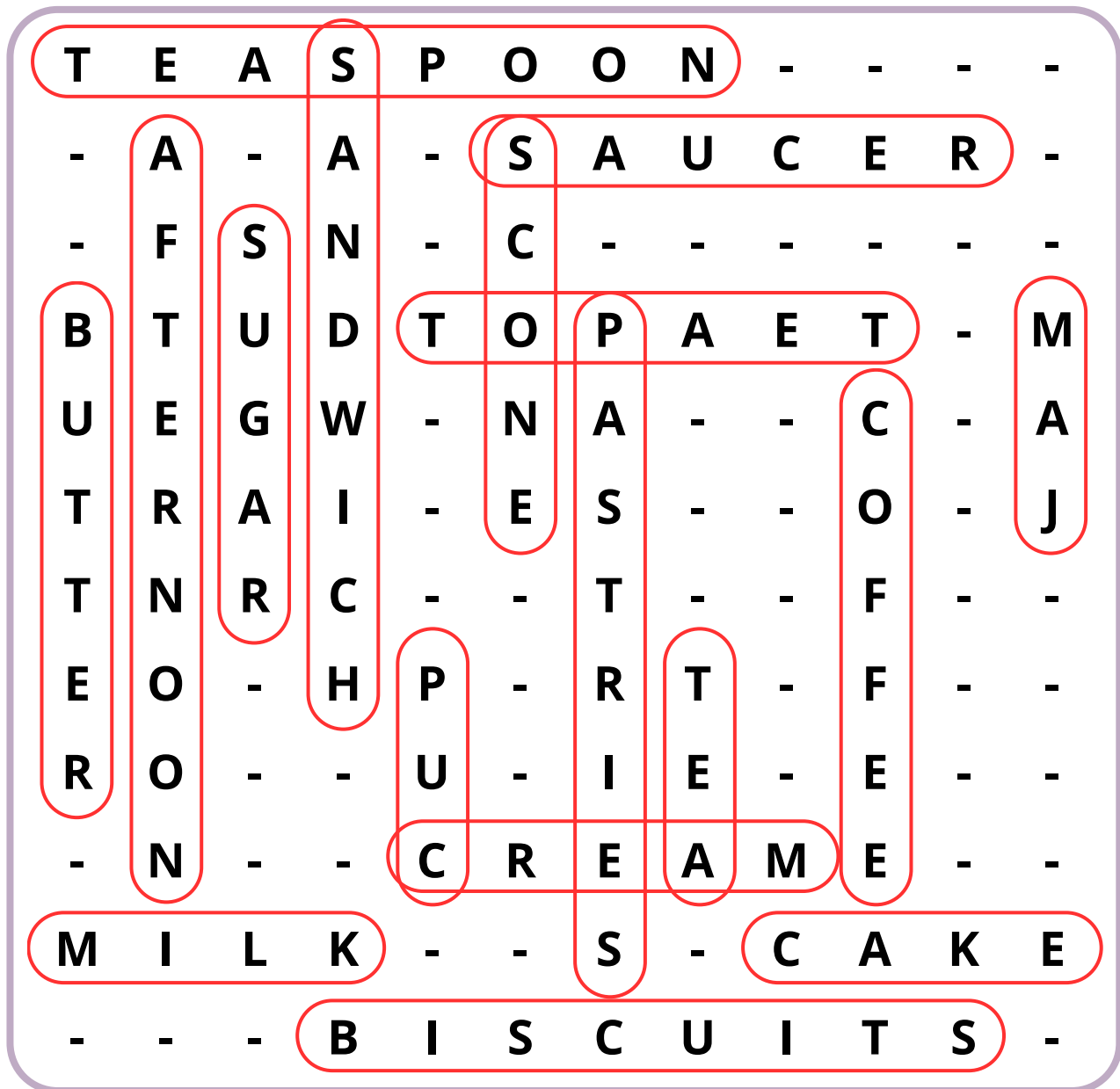
Afternoon
Biscuits
Butter
Cake
Coffee
Cream
Cup

Jam
Pastries
Milk
Sandwich
Saucer
Scone
Sugar

Tea
Teapot
Teaspoon

**Can you
find all
17 words?**

Afternoon Tea Word Search Answer Sheet



Afternoon
Biscuits
Butter
Cake
Coffee
Cream
Cup

Jam
Pastries
Milk
Sandwich
Saucer
Scone
Sugar

Tea
Teapot
Teaspoon

Can you
find all
17 words?

Afternoon Did You Know?

You might find some of these facts surprising! Did you know...

Tea is the most widely consumed beverage in the world after water.

Turkey is the biggest tea-drinking nation? Turkey drinks the most tea per capita NOT the UK!

The first recorded use of tea dates back to China in 2737 BC.

Earl Grey tea was named after a former British Prime Minister Charles Grey, the 2nd Earl Grey, who served as British Prime Minister from 1830 to 1834.

Half of tea drinkers take sugar with their tea.

98% of tea drunk in the UK is with milk.

There are over 1500 different varieties of tea.

165 million cups of tea are drunk in the UK every day compared to only 70 million cups of coffee.

The average person in Britain drinks 876 cups of tea per year – which is more than 2 cups a day!

The teabag was invented in 1908 by Thomas Sullivan, a New York tea merchant, who started to send samples of tea to his customers in small silken bags.

70% of the UK population drank tea yesterday, were you one of them?

Afternoon Tea Craft



Design Your Own Invitations

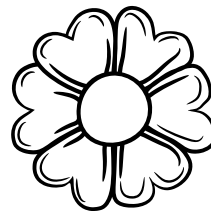
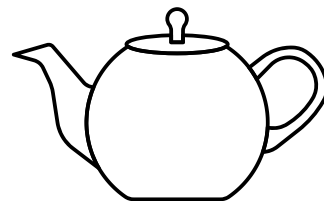
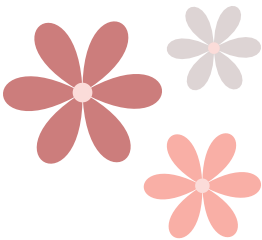
Why not have a craft session with residents to make personalised invitations, which can then be used to invite friends and family to join the Afternoon Tea Party.

Using blank postcards can be a perfect starting point as they are ready for your residents to decorate using scraps of lace, ribbon, flowers, stickers, cut up paper and anything else you can think of. We've even provided a page of tea inspired pictures for you to print out and use.

Alternatively, use the template we've provided below.

Don't forget to add what date, time & where the tea party is!

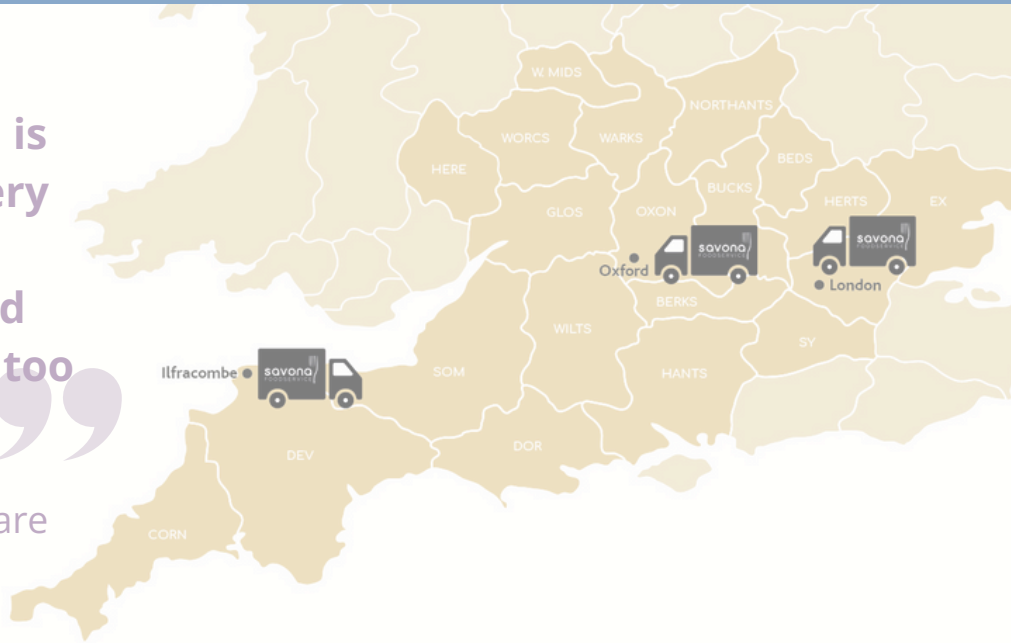




How Can We Help?

“Working with Savona is seamless; they are very people focused, forward thinking and innovative. Nothing is too much trouble.”

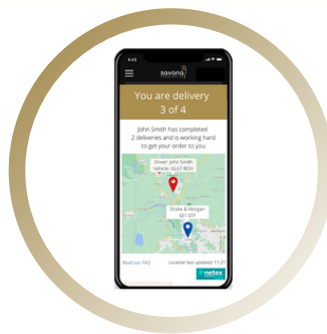
Kevin Osborne, Brendon Care



Outstanding Service



Online Ordering



Live Order Tracking



5000 Products



Menu Plans & Product Data



Product Training



Added Value Support



Expert Advice

Foodservice that just works.