



DAY 75

It's a difficult time at the moment and might feel like there isn't much to celebrate. But the bank holiday on the 8th May to commemorate 75 years since the end of World War Two is a reminder that we have got through difficult times before and is a day that will be important to some of your residents. If you are still planning to commemorate VE Day in your care home, we have put together a range of recipe and activity ideas to support you and help lighten the mood if you can. We're here for your care home.

#InItTogether



IDEAS FOR A CELEBRATION

It's nice for your residents to have a reason to celebrate and they might want to get involved in activities and games even if they are social distancing. We've come up with a few suggestions for you.



Bunting making!

The BBC has a link to some bunting templates click [here](#) to download the PDF.

Name that tune!

Why not go for a World War 2 theme, you could even do this with residents in their room.



Sharing stories!

Asking residents to write down and share their stories and memories of the war in a book if they are able



War quiz!

Hold a war time themed quiz or print quiz sheets for residents to complete.



Raise a toast to the Nation's Heroes at 3pm on 8th May

DEMENTIA FRIENDLY FINGER FOOD IDEAS

Here is a selection of recipes that would make a lovely afternoon tea or finger food options for residents self-isolating in their room.

Smoked Mackerel Tart - Serves 10

Ingredients

20	Tart Round Neutral 4.5cm (37876)
20g	Everyday Favourites Creamed Horseradish Sauce (02852)
80g	Set Soured Cream (27085)
0.5	Lemon (75140)
0.5g	Everyday Favourites Cracked Black Peppercorns (50396)
1	Young's MSC Scottish Smoked Mackerel Fillets 70-100g (20962)
10g	Dill (75664)

Method

1. Place the tartlets on a serving dish
2. Mix the horseradish and set soured cream together with the zest of half a lemon, season lightly with cracked black pepper
3. Place in a piping bag and neatly pipe into the pastry shells
4. Garnish with a small hand torn piece of smoked mackerel and a sprig of dill



Mini Roast Beef in Yorkshires - Serves 10

Ingredients

20	Aunt Bessie's Bite-Size Mini Yorkshire Puddings (72299)
100g	Everyday Favourites Coated Roast Potatoes (76315)
10ml	Everyday Favourites Creamed Horseradish Sauce (02852)
30g	Set Soured Cream (27085)
200g	Sliced Beef In Gravy (40603)

Method

1. Place the yorkshire pudding on an oven tray
2. Roast the potatoes and mash down, add the horseradish sauce and soured cream, place in a piping bag with a large nozzle
3. Pipe the potato mix into the Yorkshire pudding and place in the oven for 5 minutes to warm through
4. Top with hot slivers of roast beef and gravy
5. Garnish with pieces of vegetable, ensure the whole canape is warmed through before serving

Pork, Stilton & Cranberry Sausage Roll - Serves 10

Ingredients

454g	Tranfield Pork Sausagemeat (02718)
150g	Premium Selection Blue Stilton Wedges (25019)
60g	Fine Foods Cranberries (32874)
2g	Everyday Favourites Cooking Salt (04439)
3g	Everyday Favourites Cracked Black Peppercorn (50396)
2	Everyday Favourites Free Range Medium Eggs (09126)
5	Everyday Favourites 5" Puff Pastry Square (60752)

Method

1. Mix the sausagemeat in a bowl with the crumbled stilton, cranberries, salt, pepper and 1 egg, ensure the mixture is well combined
2. Lay 5 squares of defrosted pastry on a tray and brush the edges of one half with beaten egg
3. Place a sausage shaped piece of the mixture evenly in the centre of each pastry sheet
4. Fold the pastry over to create a side seam, press well to seal
5. Place on a greaseproof lined baking tray leaving space for the pastry to cook and brush with the beaten egg carefully to ensure all sides of the pastry are covered
6. Bake at 200°C for 25-35 minutes ensuring the pastry is cooked underneath, leave to stand on the tray for 5 minutes before removing
7. Cut into 2 for large sausage rolls or 4 for buffet size

**Raise a toast to the Nation's
Heroes at 3pm on 8th May**

Lemon Ginger & Raspberry Custard Tart - Serves 10

Ingredients

20	Tart Round Neutral 4.5cm (37876)
100ml	Everyday Favourites UHT Dairy Whipping Cream (31652)
30ml	Everyday Favourites Ready to Serve Custard (04363)
20g	Schwartz Stem Ginger (58269)
60g	Raspberries (75293)
10g	Mint (75108)

Method

1. Place the tartlets on a serving plate
2. Whip the cream to a firm peak and stir in the custard, finely dice the stem ginger and stir into the mix, place in a piping bag and chill
3. Pipe into the tartlet cases and top with a whole fresh raspberry and sprig of mint

Cheese & Chive Pinwheels - Serves 10

Ingredients

4	Everyday Favourites 5" Puff Pastry Square (60752)
60g	Everyday Favourites Grated Mature White Cheddar (29715)
5g	Chives (75118)

Method

1. Lay the defrosted pastry on a board and roll slightly thinner, top 2 with the grated cheese and finely chopped chive
2. Place the other pastry pieces on top to form a lid, roll each of the pastries out to thinner rectangular pieces
3. Roll up from the long side to form 2 rolls (aka swiss rolls), slice each roll into 10 pieces
4. On a floured surface, place a piece of the roll flat side down and roll out into a very thin oval shape
5. Repeat for all 20 and place on lined baking sheets leaving room between each piece
6. Bake at 200°C for 12 minutes or until browned and crisp, allow to cool on the tray, they will crisp further as they cool

**Raise a toast to the Nation's
Heroes at 3pm on 8th May**

CATERING FOR RESIDENTS WITH DYSPHAGIA

We've selected a range of British inspired IDDSI compliant products from our Simply Puree range. Each meal complies with IDDSI guidelines for texture ensuring you can prepare each meal safely and with peace of mind. Each dish also has consistency in nutritional content allowing you to easily control calorie intake. But that's not all, made to home cooked standards, these authentic and tasty meals are full of flavour.



Level 4

All Day Breakfast

All day breakfast consisting of sausages, scrambled eggs and baked beans.

04920 • 12x380g • Frozen

Roast Beef with Mustard Mash

Roast beef rich in gravy with mustard mashed potato, carrot, cauliflower and Yorkshire pudding.

04895 • 12x380g • Frozen

Chicken & Stuffing

Chicken and stuffing, rich in gravy with mashed potato, carrots and broccoli.

04894 • 12x380g • Frozen

Shepherd's Pie

Shepherd's pie rich in gravy with mashed potato, carrots and peas.

04900 • 12x380g • Frozen

Fisherman's Pie

Fisherman's pie in a rich white sauce with mashed potato, peas and carrots.

04875 • 12x380g • Frozen

Level 4 snacking

Beans on Toast

06119 • 24x160g • Frozen

Cheese on Toast

06129 • 24x150g • Frozen

Egg on Toast with a Tomato Sauce

06133 • 24x160g • Frozen

Custard Cream Biscuit & Tea

06140 • 24x150g • Frozen

Chocolate Bourbon Biscuit & Tea

06143 • 24x160g • Frozen





**SIMPLY
PUREE.CO.UK**

Level 5

Cottage Pie

Cottage pie with cauliflower cheese, carrots and swede.
21565 • 12x380g • Frozen

Lancashire Hotpot

Lancashire hotpot with mashed potato and mushy peas.
21574 • 12x380g • Frozen

Chicken Casserole

Chicken casserole with mashed potato and carrots.
21567 • 12x380g • Frozen

Beef Stew & Dumplings

Beef stew and dumplings with mashed potato and carrots.
07164 • 12x380g • Frozen

Fish Pie

Fish pie with mushy peas and carrots.
07201 • 12x380g • Frozen

Level 6

Cottage Pie

Cottage pie with cauliflower cheese, carrots and swede.
21561 • 12x380g • Frozen

Chicken Casserole

Chicken casserole with mashed potato and carrots.
21564 • 12x380g • Frozen

Beef Stew & Dumplings

Beef stew and dumplings with mashed potato and carrots.
07271 • 12x380g • Frozen

Roast Lamb

Roast lamb and mint with mashed potato and buttered swede.
04887 • 12x380g • Frozen

Roast Chicken & Stuffing

Chicken and stuffing with diced potato in a parsley sauce and buttered swede.
07478 • 12x380g • Frozen



SIMPLYFOODSOLUTIONS

For more information go to
bidfood.co.uk/simplypuree

LORD WOOLTON PIE RECIPE

Why not bake your own version of the traditional Lord Woolton Pie, a thrifty way of using up leftovers and store cupboard ingredients during World War Two.

Serves 10

Ingredients

600g	Cauliflower (75468)
600g	Parsnip (74938)
600g	Carrot (75591)
10g	Spring Onions (75634)
15g	Marmite Spread (08802)
25g	Everyday Favourites Porridge Oats (40126)
2g	Everyday Favourites Cooking Salt (04439)
2g	Everyday Favourites Ground White Pepper (70407)
3g	Dried Parsley (43255)
300g	Everyday Favourites Wholemeal Flour (42020)
150g	Everyday Favourites Mashed Potato (01485)
100g	Everyday Favourites Baking Fat (85015)
7g	Dr. Oetker Baking Powder (25611)
2g	Everyday Favourites Cooking Salt (04439)

Method

1. Wash, peel and break the cauliflower into large florets, chop the parsnip, carrot and carrot into even sized chunks, slice the spring onions
2. Place in a pot and cover with just enough water to cover 3/4 way up the vegetables
3. Add in marmite, oats, salt and pepper, cook until the vegetables are tender and the water has mostly been absorbed
4. Season and place in a deep pie dish, sprinkle with the parsley
5. Make the pastry by mixing the flour with the baking powder and salt, rub in the baking fat
6. Mix in the defrosted mashed potato and form a dough, add a little water if too dry
7. Roll the pastry out to the size of your baking dish and place on top sealing the edges on the dish
8. Brush with a little milk and make a small hole in the centre for the steam to escape
9. Place in the oven at 200°C for 30 minutes until the top is browned and firm to the touch



MAIN COURSE IDEAS

A selection of British inspired recipes to bring a nostalgic feel to your VE day menu.

Garden Pea & Ham Hock Soup - Serves 10

Ingredients

50g	Everyday Favourites Premium Baking & Spreading Fat (04784)
150g	Onion (75585)
150g	Ware Potatoes (75212)
25g (1ltr)	Everyday Favourites Vegetable Bouillon Mix (04192)
500g	Everyday Favourites Economy Peas (82829)
100ml	Kerrymaid Double Cream (72600)
200g	Farmstead Deli Yorkshire Ham (76883)
20g	Mint (75108)

Method

1. Melt the fat in a large pan, add the diced onion and diced potato, sweat down for 5 minutes
2. Make up the stock with hot water and add to the pan, simmer for 20 minutes
3. Add the garden peas and cook for a further 4 minutes, add half the cream (add a little soup to the cream first so it doesn't curdle)
4. Blend the soup in batches until smooth and return to the pan.
5. Add the remaining cream and chopped mint, heat gently and taste, season as required.



Stilton, Cheddar & Bacon Tartlettes - Serves 10

Ingredients

500g	Everyday Favourites Shortcrust Pastry Mix (03396)
100g	Everyday Favourites Diced Onions (01623)
80g	Farmstead Unsmoked Rindless Streaky Bacon (43397)
75g	Premium Selection Blue Stilton Wedges (25019)
50g	Everyday Favourites Grated Mature White Cheddar (29715)
2	Everyday Favourites Free Range Medium Eggs (04285)
250ml	Whole Milk Bottle (06153)
10g	Flat Parsley (75673)

Method

1. Make up the pastry mix with 75ml of cold water or until formed a dough, chill for 1 hour
2. Roll out on to a floured surface and cut rounds to line 10 individual tartlet tins, prick the bottom of the pastry once and rest for 10 minutes in the fridge before filling
3. Meanwhile dice the bacon and fry with the diced onion until soft and golden, place in the base of the tartlet cases evenly
4. Crumble the stilton into each case and top with the grated cheese
5. Mix the eggs into the milk and season, pour into the tart cases ensuring they are full
6. Bake at 180°C for 25-30 minutes ensuring the bases are cooked through, allow to rest in the tins for 5 minutes before removing.



Fisherman's Pie - Serves 10

Ingredients

80g	Everyday Favourites Like Butter (71560)
80g	Everyday Favourites Plain White Flour (42018)
60g	Spring Onion (75634)
800ml	Whole Milk Bottle 568 (06346)
800g	Fish Pie Mix (11309)
30g	Lion Authentic Dijon Mustard (70421)
100g	Everyday Favourites Sweetcorn (98441)
100g	Everyday Favourites Choice Peas (04364)
800g	Everyday Favourites Mashed Potato (01485)
20ml	Double Cream (06175)
100g	Everyday Favourites Grated Mild Coloured Cheddar (29713)

Method

1. Melt the butter in a thick based large pan, add the flour and cook out for 3 minutes
2. Add the thinly sliced spring onions and cook for 2 minutes
3. Gradually add the milk and stir continuously to make a smooth sauce
4. Add the fish, dijon mustard, sweetcorn and peas, season
5. Place the filling in an oven proof dish
6. Heat up the potato in a microwave and when soft stir in the cream to slacken a little
7. Pipe or place evenly on top of the fish filling, sprinkle with the grated cheese
8. Bake at 180-200°C for 25-30 minutes until the top is browned and fish is cooked.



Celebration Nut Roast - Serves 10

Ingredients

10	KK Fine Foods Nut Roast Slice (00055)
500ml	Gustoso Multi Use Tomato Base (49604)

Method

1. Cook the nut roast slice in oven to manufacturers instructions
2. Warm the tomato sauce and serve over the nut roast
3. Garnish with traditional roasted vegetables.



Spinach & Feta Pancake - Serves 10

Ingredients

5	Everyday Favourites Medium Fresh Eggs (18933)
750ml	Arla UHT Milk (14831)
100ml	Everyday Favourites UHT Dairy Single Cream (31653)
150g	Everyday Favourites Plain White Flour (42018)
250g	Everyday Favourites Leaf Spinach (70525)
100ml	Everyday Favourites Extended Life Vegetable Oil - Polybottle (03435)
250g	Feta Wedge (89241)

Method

1. Whisk the eggs, milk, cream and flour together to make the batter, season to taste
2. Cook the defrosted spinach in a small pan without water, squeeze out all liquid and chop roughly, add to pancake mix and stir in well
3. Heat a little oil on a pancake pan and spoon 1 portion of the mix onto it, crumble a portion of feta onto the pancake, cook until set then turn over to cook the other side and serve.



Braised Blade of Beef - Serves 10

Ingredients

50ml	Everyday Favourites Extended Life Vegetable Oil - Polybottle (03435)
10 each	Farmstead Featherblade Steak (33852)
100ml	Casa de Mare Red Wine Vinegar (90053)
750g	Onion (75585)
20g	Everyday Favourites Garlic Purée (01456)
5g	Everyday Favourites Paprika (70375)
400ml	Gourmet Classic Cabernet Sauvignon Cooking Wine (57249)
1kg	Everyday Favourites Chopped Tomatoes (17576)
15g	Tomato Purée (05636)
2	Everyday Favourites Bay Leaves (29529)
25g	Everyday Favourites Beef Bouillon Mix (04176)

Method

1. Heat half the oil in a shallow casserole dish, brown the steaks well on each side, and then remove from the pan.
2. Splash the vinegar into the pan and let it bubble and almost evaporate. Add the rest of the olive oil and the onion and gently fry for 10-15 minutes until softened.
3. Once the onion has softened, stir in the garlic and the paprika and cook for 1 minute.
4. Pour in the red wine and chopped tomatoes, then stir in the tomato puree and bay leaves.
5. Stir in the beef bouillon paste to 1 litre of boiling water then pour into dish, put the steaks in and cover. Place in the oven for 2 hours stirring halfway through, adding a splash of water if needed.
6. Cook until the meat is tender, the liquid will reduce to a $\frac{1}{3}$ during cooking.



DESSERT IDEAS

End on a sweet note with some classic British puddings.

Sultana Scone Eton Mess - Serves 10

Ingredients

600ml	Double Cream (06175)
300g	Strawberries
5	Heather Cameron Meringue Nests 3" (26632)
3	Everyday Favourites Sultana Scones (78750)

Method

1. Whip the cream to soft peaks
2. Wash, dry, remove green tops off the strawberries and cut into quarters
3. Crush the meringue nests into large and small pieces
4. Break the scones into small pieces
5. Mix the strawberries, meringue and scone pieces into the softly whipped cream gently, place in serving dishes and chill



Cherry & White Chocolate Trifle - Serves 10

Ingredients

800g	Italian Savoiardi Sponge Fingers (00785)
400g	Everyday Favourites Red Cherry Fruit Topping & Pie Filling (03047)
600ml	Everyday Favourites Ready to Serve Custard (04363)
300ml	Everyday Favourites UHT Dairy Whipping Cream (31652)
150g	Callebaut White Chocolate Large Shavings (10247)

Method

1. Place the sponge fingers in the base of your serving bowl
2. Top with the red cherry pie filling and chill for an hour to allow the juice to soak into the sponge
3. Pour the chilled custard on top of the cherry so layers appear. Chill well
4. Whip the cream to soft peaks and gently stir in 100g of the white chocolate shavings
5. Pipe the cream on top of the set custard and sprinkle with the remaining white chocolate flakes

Milk Chocolate Mousse - Serves 10

Ingredients

500g	Callebaut Milk Chocolate Callet (55098)
500ml	Double Cream (06175)
20g	Everyday Favourites Cocoa Powder (29710)

Method

1. Warm the 200ml of the cream to 45 C and add the chocolate callets, take off the heat and stir to allow the chocolate to melt, allow to cool
2. Whip the remaining cream to soft peaks and pour in the cooled chocolate mix, fold in carefully
3. Spoon or pipe into serving dishes and chill
4. Sprinkle with a little chocolate powder before serving



Raspberry Pavlova - Serves 10

Ingredients

10 each	Heather Cameron Meringue Nests 3" (26632)
300ml	Everyday Favourites UHT Dairy Whipping Cream (31652)
5ml	Vanilla Flavouring (17695)
50g	Tate & Lyle Fairtrade Caster Sugar (07531)
300g	Raspberries (56176)

Method

1. Place the meringue nest on a plate.
2. Whip the cream in a bowl with the vanilla essence and sugar until a soft peak.
3. Pipe the cream into the meringue nest.
4. Place the raspberries (or the fruit of your choice) on top of the cream and serve.



Spotted Dick - Serves 10

Ingredients

325g	Everyday Favourites Self Raising Flour (42019)
180g	Atora Vegetable Suet Mix Light (07309)
220g	Everyday Favourites Sultanas (19897)
120g	Tate & Lyle Fairtrade Caster Sugar (07531)
1each	Orange (75316)
1each	Lemon (75140)
225ml	Arla UHT Milk (14831)

Method

1. Mix the flour, suet, sultanas, caster sugar, lemon and orange zest in a bowl.
2. Pour in 150ml of milk and mix to a firm but moist dough, adding the extra milk if necessary.
3. Shape into a fat roll about 20cm long. Place on a large rectangle sheet of baking parchment. Wrap loosely to allow for the pudding to rise and tie the ends with string.
4. Place a steamer over a large pan of boiling water, add the pudding to the steamer, cover and steam for 1 1/2 hours topping up with water from time to time.
5. Remove from the steamer and allow to cool slightly before unwrapping, then serve.



DRINKS IDEAS

The nation is still being encouraged to raise a glass to those who gave up so much for us during the war. For many of your residents this will be an opportunity to give thanks - so we've put together a range of drinks options for the toast.

English wine & bubbles

Hattingley Valley Classic Reserve NV

48166 • 6x75cl • Ambient

Hattingley Valley Rose

10100 • 6x75cl • Ambient



Lyme Bay Brut Reserve NV

48170 • 6x75cl • Ambient

Lyme Bay Sandbar Bacchus

46504 • 6x75cl • Ambient

Lyme Bay Pinot Noir Rose

42933 • 6x75cl • Ambient



English Gin

Chase Great British Gin

32341 • 6x70cl* • Ambient

Chase Pink Grapefruit & Pomelo Gin

32342 • 6x70cl* • Ambient

Chase Seville Marmalade Gin

32343 • 6x70cl* • Ambient



Pimms, sherry & port

Pimm's No.1

00552 • 6x70cl* • Ambient

Croft Original Sherry

25219 • 6x75cl • Ambient

Taylors Port LBV

46654 • 6x75cl • Ambient



English ale

Doombar

34613 • 8x500ml • Ambient

Black Sheep Ale

34859 • 8x500ml • Ambient

London Pride

52497 • 8x500ml • Ambient

Bombardier

81337 • 8x500ml • Ambient

Meantime London Lager

56529 • 24x330ml • Ambient



Cordial

Bottlegreen Elderflower Cordial

31863 • 6x500ml • Ambient

DRESSING THE ROOM OR DINNER TRAY

If your residents are able to enjoy their meals together, you could consider dressing the table to give a celebratory feel. For residents isolating in their room, why not consider a small decoration on their dinner tray.

Table decorations

Individual Gold Party Box

26331 • 1x50pk • Catering Supplies

72 Assorted Medium Multicoloured Hats

24506 • 4x72pk* • Catering Supplies

Paper Streamers

26333 • 4x50pk* • Catering Supplies

Large Gold And Silver Foil Board Hats

41104 • 4x72pk* • Catering Supplies

Individual Silver Party Box

01636 • 1x50pk • Catering Supplies

Silver & Gold Foil Blowouts

41106 • 4x72pk* • Catering Supplies

Multicolour Rocket Balloons

91778 • 12x144pk* • Catering Supplies



WE DAY 75

Contact your account manager for more support or
visit bidfood.co.uk/care-homes



#InItTogether

