



Calendar  
2014

# Thank you for buying this calendar



We hope that you and your family will enjoy using it throughout the year.

With this calendar your children can have a go at the fun activities provided. But it is not just the children that get to have fun. For everyone, you can all come together to create delicious meals and treats provided by our own recipes, helping to bring those special moments once more.

All proceeds from each calendar that has been purchased will go to the charity Unicef, helping children in most need of care around the world.

# Sheraton Hotel

For more than 70 years Sheraton has enjoyed a history as vibrant and spirited as the travelers we welcome. The world has changed, but one thing hasn't - travel is about bringing people together.

## The Little Things Matter

Like being welcomed by team members who greet the morning with exactly what you wanted but didn't need to ask: the morning paper, coffee and a warm hello. Or simply being able to

open the door to the most comfortable room you've seen in weeks and collapsing into a much-needed catnap.

## And the Big Things, Too

Recognizing that travel brings people together, we're on a mission to bring conversation back to the travel experience.

# Unicef

UNICEF works in the UK to champion children's rights, win support and raise money for our work with children everywhere. For over 60 years UNICEF has been the world's leading organisation for children, working to help them survive and thrive from early childhood through adolescence.

Throughout our work, UNICEF is guided by the UN Convention on the Rights of the Child, which sets out the rights of all children to be free from exploitation,

violence and abuse. UNICEF is the largest global organisation working specifically for children and their rights.

UNICEF works with families, communities and governments in more than 190 countries worldwide to help every child reach their full potential through long-term and emergency work on health care, education and protection for children at risk.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	1	2

# February

## Recipe: Orange Chocolate Dip with Fruit



Pour the milk into a saucepan. Add the grated orange zest. Bring the milk to the boil. Remove the pan from the heat and add chocolate.



Stir the milk until the chocolate has melted. Once melted, pour the sauce into a bowl and leave it to cool.



Cut all the fruit into small chunks.



Place the fruit chunks onto wooden skewers and serve with the chocolate dip. It is now ready to eat!

### You will need:

- 1 Pineapple
- 3 Kiwis
- 18 Strawberries
- 100ml Milk
- 100g Milk Chocolate
- Zest of 1 Orange



Can you find all 8 words?

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

BUTTER

CHEESE

CARROT

SAUCE

APPLE

JUICE

RICE

FISH



### You will need:

750g Potatoes  
Pinch of salt  
100g Cabbage  
50g Butter  
100ml Milk  
1/2 bunch of  
Spring Onions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	25	26	27	28	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

# March

## Recipe: Colcannon



Remove skin off the potatoes with a peeler and slice into small chunks.



Add a pinch of salt to the water and boil the potatoes into a pot until soft. Drain the potatoes with a collander.



Cut thin slices of cabbage and spring onion and mix it together with the potatoes.



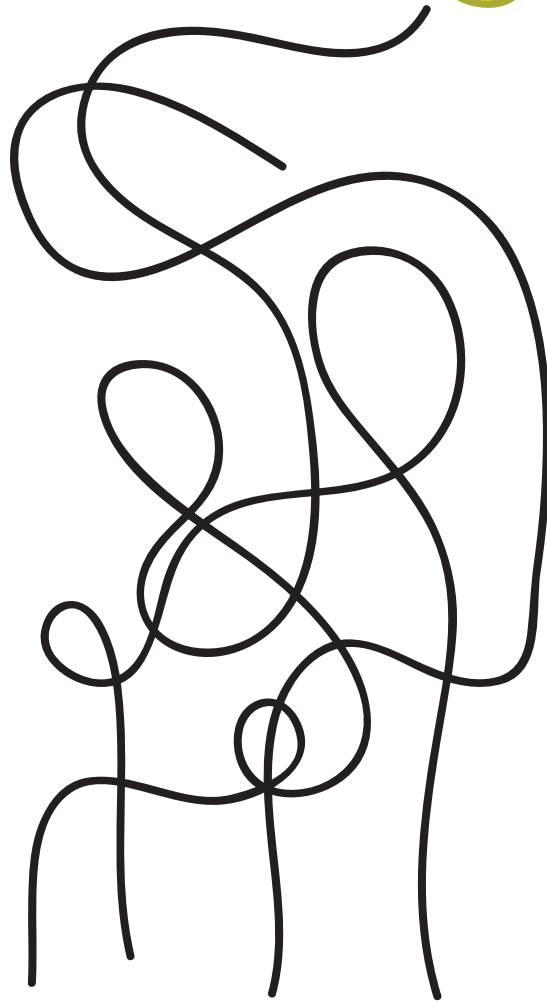
Add half of the butter and all of the milk together with the potato mixture.



Put the colcannon into a serving dish and make several dipping holes with a spoon. Add the rest of the butter into the dips. It is now ready to eat!



Eating an apple will  
equal to one of your  
5-a-day fruit and veg!



A

B

C

D

Find the right path to reach the  
delicious crunchy apple!





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

# April

## Recipe: Cheese Omelette

### You will need:

- 3 eggs
- 1 tbsp cold water
- Large knob of butter
- 20g grated Cheddar cheese
- Salt and Pepper



Break the eggs into a bowl and start to whisk with a fork. Mix in the water and add salt and pepper.



Melt the butter into a frying pan, making sure it covers the bottom and sides of the pan.



When the butter completely melts, pour the eggs into the pan. Move the pan back and forth to spread the egg mixture around.



As the egg mixture begins to set at the edges, use a spatula to push the set omelette towards the middle.



Tilt the pan slightly to bring in the runny egg mixture into the middle, replacing the set omelette.



When the omelette is set at the bottom but creamy on the top, sprinkle the grated cheese over one half of the omelette.



With the spatula fold the uncovered part of the omelette onto the cheesy side.



With the frying pan carefully slide off the omelette onto a plate. It is now ready to eat!



**Help the Baker create yummy cakes  
by filling out the missing letters to the  
ingredients and equipment needed.**

E \_ \_

B \_ w l

O \_ e n

F \_ o u \_

S \_ o \_ n

\_ u g \_ r

W a \_ \_ r

I c \_ n g

W h \_ s k

B \_ t t \_ r C \_ e a m

\_ t r \_ w b e \_ r y J \_ m

B a \_ i n g T \_ n

**Make sure to always have an  
adult help you when cooking!**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

### You will need:

- 1 9-inch Baked Single-Crust Pie Base
- 425ml Pumpkin Puree
- 250ml Packed Brown Sugar
- 175 ml Evaporated Milk
- 2 Eggs
- 1 tsp Cinnamon
- 1/2 tsp Nutmeg
- 1/4 tsp Ground Ginger
- 1/4 tsp Salt

### Recipe: Pumpkin Pie



Pre-heat the oven to Gas Mark 8. Beat the eggs together in a bowl using a fork.



In a mixing bowl, whisk the pumpkin puree, sugar, milk, eggs, cinnamon, nutmeg, ginger and salt together.



Pour the mixture into the pie crust base.



Place the pie mixture and base into the bottom third shelf of the oven for 15 minutes.



Reduce the temperature to Gas Mark 4 and bake for 30 more minutes. Let it cool on a rack. It is now ready to eat!



# October



**Draw yourself and the people who have helped you cook, and write about what you enjoyed in cooking this month's recipe.**

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