

Main Meals

Beef

Roast Beef with Mustard Mash

with carrots and cauliflower

Beef Bolognese

with carrots, broccoli and potato

Chicken

Chicken & Stuffing

with carrots, broccoli and potato

Chicken Curry

with cauliflower, peas and potato

Lemon Chicken

with green beans, carrots and potato

Lamb

Shepherds Pie

with carrots and peas

Lamb & Mint

With carrot/parsnip, broccoli & mashed potato

Fish

Salmon in Dill Sauce

with carrots, peas and potato

Fisherman's Pie

with mushy peas, carrots and potato

Vegetarian

Omelette in Cheese Sauce

with beans and potato

Chickpea Stew in tomato

Sauce

with Mash Potato, Peas

and Root Vegetable

Puddings

Rice Pudding

Lemon Mousse

Banana Mousse

Level 4 Pureed Snacking Menu

Chocolate Mousse (not suitable for people on thickened drinks)

Muller Yoghurt - strawberry and apricot (not suitable for people recommended to have extremely thick drinks (level 4))

Custard pot (not suitable for people recommended to have extremely thick drinks (level 4))

Jelly (not suitable for people on thickened drinks)

Ice Cream (not suitable for people recommended to have extremely thick drinks (level 4))

ALWAYS CHECK IF AY BEHIND THE BED GUIDELINES ARE IN PLACE. IF IN ANY DOUBT THEN PLEASE ASK A MEMBER OF THE NURSING TEAM

ALWAYS CHECK WITH NURSING TEAM IF PERSON HAS ANY DIFFICULTY UNDERSTANDING OR TALKING

WHEN SERVING MEALS AND DESSERTS

OFFER MEAL FROM CORRECT MENU

LEVEL 4 PUREE (Thick Puree Texture C) label



LEVEL 5 MINCED AND MOIST (Pre Mashed Texture D) label



LEVEL 6 SOFT AND BITE SIZED (Fork Mashable Texture E) label



WHEN SERVING DRINKS AND SNACKS

IF A DRINK REQUIRES THICKENING, DO NOT GIVE IT TO THE PATIENT UNTIL IT HAS BEEN THICKENED BY A MEMBER OF THE NURSING TEAM

CHECK THAT SNACKS ARE FROM THE CORRECT MENU-

LEVEL 4 PUREE



LEVEL 5 MINCED & MOIST



LEVEL 6 SOFT AND BITE SIZED



ONLY SERVE PUDDING AND SNACKS FROM CORRECT MENU (as above).

Snacks - **DO NOT** give jelly if a patient is having thickened drinks. **DO NOT** give ice cream or custard pots if extremely thick (level 4) drinks are recommended - see yellow bed signs or ask SLT if unsure