

Level 5 Minced & Moist Menu



Main Meals

Beef

Beef Stew & Dumplings

with carrots and mashed potato

Cottage Pie

with cauliflower cheese, carrots and swede

Beef Bolognese

with mash lentils and carrots

Lamb

Lamb Casserole

with minted mash and broccoli

Lancashire Hotpot

with mushy peas and mashed potato

Lamb & Mint

with mashed potato and buttered swede

Chicken

Chicken & Stuffing

with buttered swede and mashed potato

Chicken Curry

with ground rice and lentil daal

Chicken Pie

with mushy peas and mashed potato

Fish

Fish in Cheese Sauce

with parsley mashed potato and mushy peas

Fisherman's Pie

with mushy peas and carrots

Tuna Bake

with mushy peas and mashed potato

Vegetarian

Lentil Bolognese

with mashed potato and carrot/swede

Macaroni Cheese

with mash, lentils and carrots

Vegetable Lasagne

Puddings

Rice Pudding

Lemon Mousse

Banana Mousse

Whilst our patient meals do not contain nuts, we cannot guarantee that all products served are completely nut free. If you have an allergy or intolerance to any food ingredient, please inform your housekeeper, who will be able to provide you with the information that you require to make your menu choice

Level 5 Minced & Moist 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 ANY 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

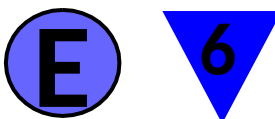


LEVEL 5 MINCED & MOIST

(Pre mashed Texture D) LABEL



LEVEL 6 SOFT & 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-

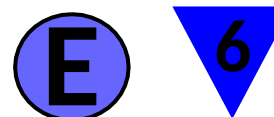
LEVEL 4 PUREE



LEVEL 5 MINCED & MOIST



LEVEL 6 SOFT & 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