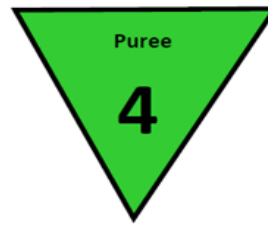


Texture Modified Menu

Level 4 Puree



Appetisers

Heinz Tomato Soup **GF V**

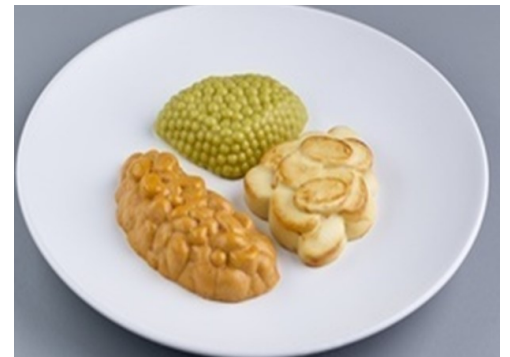
If you are recommended thickened fluids, soup will be thickened by a member of the nursing team (using thickener) to the right consistency for you .

Main Courses

- ◆ **Roast Lamb with mint in gravy:** mashed potatoes, peas, swede & parsnips **E**
- ◆ **Salmon in a dill & cream sauce:** mashed potatoes, carrots & peas **E**
- ◆ **Roast Beef in Gravy:** mustard mash, carrot, cauliflower & Yorkshire pudding **E**
- ◆ **Beef stew and dumplings :** mashed potato, carrots and peas **E**
- ◆ **Petite Tomato and Basil Pasta :** with Peas **V VG E MWM** (apetito)
- ◆ **Fish in cheese sauce :** mashed potato, carrots and peas **E**
- ◆ **Chicken casserole** onion gravy, mash potato, root veg and peas **-this dish is made without gluten MWM** allergen aware
- ◆ **Chickpea stew in a tomato sauce:** mashed potato swede parsnip & peas **V VG MWM** **this dish is made without gluten** allergen aware
- ◆ **Petite vegetable and bean casserole** **GF V VG MWM** (apetito)

Desserts

- ◆ Lemon Sponge & Custard **V**
- ◆ Apple pie & Custard **V**
- ◆ Alpro custard pot **VG V MWM**



If you have a food allergy or intolerance please inform a member of staff who will be able to inform you which dishes will be suitable . A range of allergen free meals are available on request from the catering dept.

GF: Gluten free suitable for people with coeliac disease or gluten intolerance

V: Vegetarian

VG: Vegan

E: High Energy– good choices for people with a poor appetite

H: Healthy Choice – dishes low in fat, sugar and salt for people advised to eat a ‘healthy’ diet e.g. people with diabetes

MWM = made without milk



4 PUREED



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Level 4 Pureed Food for Adults

What is this food texture level?

Level 4 – Pureed Foods:

- ✓ Are usually eaten with a spoon
- ✓ Do **not** require chewing
- ✓ Have a smooth texture with no lumps
- ✓ Hold shape on a spoon
- ✓ Fall off a spoon in a single spoonful when tilted
- ✓ Are **not** sticky
- ✓ Liquid (like sauces) must not separate from solids



Why is this food texture level used for adults?

Level 4 – Pureed Food may be used if you are not able to bite or chew food or if your tongue control is reduced. Pureed foods only need the tongue to be able to move forward and back to bring the food to the back of the mouth for swallowing.

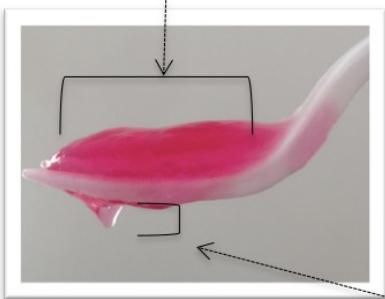
It's important that puree foods are not too sticky because this can cause the food to stick to the cheeks, teeth, roof of the mouth or in the throat. Pureed foods are best eaten using a spoon.

How do I test my food to make sure it is Level 4 Pureed?

It is safest to test Pureed Food using the IDDSI Fork Drip Test **and** the IDDSI Spoon Tilt Test.

See videos of the IDDSI Fork Drip Test and IDDSI Spoon Tilt Test at
www.IDDSI.org/framework/food-testing-methods/

Extremely thick liquids sit in a mound or pile above the fork



IDDSI Fork Drip Test
 Liquid does **not** dollop, or drip continuously through the fork prongs

A small amount may flow through and form a tail below the fork



IDDSI Spoon Tilt Test

Sample holds its shape on the spoon and falls off fairly easily if the spoon is tilted or lightly flicked

Sample should **not** be firm or sticky

Pureed food must pass both tests!

Intended for general information only
 Please consult with your health care professional for specific advice for your needs

Please refer to The Special Diet Protocol for further guidance

Texture Modified Menu

Level 5 Minced & Moist



Appetisers

Heinz Tomato Soup **GF V**

If you are recommended thickened fluids, soup will be thickened by a member of the nursing team (using thickener) to the right consistency for you .

Main Courses

- ♦ **Fish in cheese sauce** with mash potato & mushy peas **E**
- ♦ **Vegetable tikka masala** with lentil dahl and ground rice **E V**
- ♦ **Roast lamb** with mint & potato mash & buttered swede
- ♦ **Macaroni cheese** with mashed potato, lentils & carrots **E V**
- ♦ **Vegetable lasagne** with potato mash & carrots **V**
- ♦ **Chicken Curry** with Bombay potatoes and Lentil Dahl
- ♦ **Vegetable casserole** with herby crushed potatoes & carrots **V VG H MWM**
(allergen aware dish) **this dish is made without gluten**
- ♦ **Vegetable and West country cheddar and cheese bake** **GF V E** (apetito)
- ♦ **Vegetable and lentil casserole** **VG V ED MWM** (apetito)

Desserts

- ♦ Lemon Sponge & Custard **V**
- ♦ Apple pie & Custard **V**
- ♦ **Alpro custard pot** **VG V MWM**
- ♦ **Thick and creamy yoghurt** **V**



If you have a food allergy or intolerance please inform a member of staff who will be able to inform you which dishes will be suitable . A range of allergen free meals are available on request from the catering dept.

GF: Gluten free suitable for people with coeliac disease or gluten intolerance

V: Vegetarian

VG: Vegan

E: High Energy– good choices for people with a poor appetite

H: Healthy Choice – dishes low in fat, sugar and salt for people advised to eat a ‘healthy’ diet

e.g. people with diabetes **MWM: made without milk**



5 MINCED & MOIST



Level 5 Minced & Moist Food for Adults

What is this food texture level?

Level 5 – Minced & Moist Foods:

- ✓ Soft and moist, but with no liquid leaking/dripping from the food
- ✓ Biting is **not** required
- ✓ Minimal chewing required
- ✓ Lumps of 4mm in size
- ✓ Lumps can be mashed with the tongue
- ✓ Food can be easily mashed with just a little pressure from a fork
- ✓ Should be able to scoop food onto a fork, with no liquid dripping and no crumbles falling off the fork



Why is this food texture level used for adults?

Level 5 – Minced & Moist food may be used if you are not able to bite off pieces of food safely but have some basic chewing ability. Some people may be able to bite off a large piece of food, but are not able to chew it down into little pieces that are safe to swallow. Minced & Moist foods only need a small amount of chewing and for the tongue to ‘collect’ the food into a ball and bring it to the back of the mouth for swallowing. It’s important that Minced & Moist foods are not too sticky because this can cause the food to stick to the cheeks, teeth, roof of the mouth or in the throat. These foods are eaten using a spoon or fork.

How do I test my food to make sure it is Level 5 Minced & Moist?

It is safest to test Minced & Moist food using the IDDSI Fork Drip Test *and* the IDDSI Spoon Tilt Test.

See videos of the IDDSI Fork Test and IDDSI Spoon Tilt Test at www.IDDSI.org/framework/food-testing-methods/

IDDSI Fork Test
For *adults* the lump size is **4mm**, which is about the gap between the prongs of a standard dinner fork

ADULT 4mm
CHILD 2mm

Minced & Moist food must pass both tests!

IDDSI Spoon Tilt Test
Sample holds its shape on the spoon and falls off fairly easily if the spoon is tilted or lightly flicked

Sample should **not** be firm or sticky

Intended for general information only

Please consult with your health care professional for specific advice for your needs

Please refer to The Special Diet Protocol for further guidance

Texture Modified Menu

Level 6 Soft & Bite Sized



Appetisers

Heinz Tomato Soup **GF V**

If you are recommended thickened fluids, soup will be thickened by a member of the nursing team (using thickener) to the right consistency for you .

Soup from the main menu (Not lentil, leek & potato or minted pea)

Main Courses

- ◆ **Chicken Casserole** with mashed potato & carrot
- ◆ **Vegetable Casserole** with herby crushed potatoes & carrots **V VG H MWM** (Allergen aware dish) *this dish is made without gluten*
- ◆ **Vegetable curry** **GF VG V E MWM** (apetito)
- ◆ **Tuna Bake** with cheesy potatoes and carrots
- ◆ **Macaroni Cheese** with mustard mash potato, carrots & swede **V**
- ◆ **Roast Beef** with mustard mash & cauliflower cheese **H**
- ◆ **Cottage Pie** with carrot swede & cauliflower cheese **H**
- ◆ **Chicken Curry** with Bombay potatoes and Lentil Dahl
- ◆ **Fish in cheese sauce** with mash potato & mushy peas
- ◆

Desserts

- ◆ **Jam Sponge & Custard** **V**
- ◆ **Custard** **V**
- ◆ **Rice Pudding** **V**
- ◆ **Smooth and creamy yoghurt** **V**
- ◆ **Alpro custard dessert** **VG V MWM**



If you have a food allergy or intolerance please inform a member of staff who will be able to inform you which dishes will be suitable . A range of allergen free meals are available on request from the catering dept.

GF: Gluten free suitable for people with coeliac disease or gluten intolerance

V: Vegetarian

VG: Vegan

E: High in Energy: good choices for people with a poor appetite

H: Healthy Choice: dishes low in fat, sugar and salt for people advised to eat a 'healthy' diet e.g. people with diabetes **MWM: made without milk**



6 SOFT & BITE-SIZED



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Level 6 Soft & Bite-Sized for Adults

What is this food texture level?

Level 6 – Soft & Bite-Sized Foods:

- ✓ Soft, tender and moist, but with no thin liquid leaking/dripping from the food
- ✓ Ability to ‘bite off’ a piece of food is *not* required
- ✓ Ability to chew ‘bite-sized’ pieces so that they are safe to swallow *is required*
- ✓ ‘Bite-sized’ pieces no bigger than 1.5cm x 1.5cm in size
- ✓ Food can be mashed/broken down with pressure from fork
- ✓ A knife is *not* required to cut this food



Why is this food texture level used for adults?

Level 6 – Soft & Bite-Sized food may be used if you are not able to bite off pieces of food safely but are able to chew bite-sized pieces down into little pieces that are safe to swallow. Soft & Bite-Sized foods need a moderate amount of chewing, for the tongue to ‘collect’ the food into a ball and bring it to the back of the mouth for swallowing. The pieces are ‘bite-sized’ to reduce choking risk. If you notice the food pieces are not being chewed well though, please contact your clinician to make sure you are on the correct food texture to reduce choking risk. Soft & Bite-Sized foods are eaten using a fork, spoon or chopsticks.

How do I test my food to make sure it is Level 6 Soft & Bite-Sized?

It is safest to test Soft & Bite-Sized food using the IDDSI Fork Pressure test.

See videos of the IDDSI Fork Pressure Test at www.IDDSI.org/framework/food-testing-methods/

IDDSI Fork Pressure Test

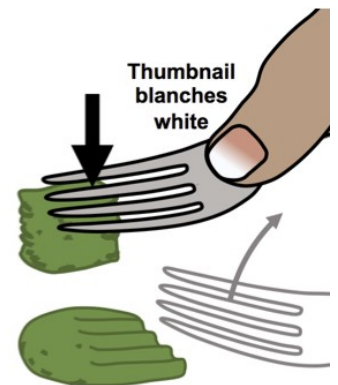
For **adults** the lump size is **no bigger than 1.5cm x 1.5cm**, which is about the **width** of a standard dinner fork.

To make sure the food is soft enough, press down on the fork until the thumbnail blanches to white, then lift the fork to see that the food is completely squashed and does not regain its shape

No bigger than 1.5cm x 1.5cm bite size for adults



Soft & Bite-Sized food must pass both size and softness tests!



Intended for general information only. Please consult with your health care professional for specific advice for your needs

Please refer to The Special Diet Protocol for further guidance