

# Soft and Puréed Diets



We know that finding tasty, nutritious and visually-appealing soft and puréed meals can be difficult, which is why our chefs go the extra mile to develop meals and desserts that really satisfy. These nutritionally-balanced, appetising dishes have an attractive appearance that is retained after cooking, so you can enjoy food that not only tastes delicious, but looks great too.

We've extended our award-winning selection this season, to create a unique range of satisfying meals and desserts, together with snacks to give you options throughout the day.

If you have difficulty eating, chewing or swallowing, you'll be well aware that sometimes it can be hard to find food that looks good, and offers you taste, variety and all the essential nutrients that your body needs.

Not only are the choices delicious and nutritious, each puréed dish is moulded so you can enjoy the taste and appearance of each element of the meal and satisfy your eyes as well as your tastebuds.

Plus, we've developed a new selection of lighter options such as Hot Bacon and Tuna Sandwiches that you can enjoy at any time of day.

Everything's frozen for freshness and convenience, and you'll find that you're only ever minutes away from something appetising to eat. So why not sample one of our traditional favourites such as Cottage Pie or Pork & Apple Casserole; try one of our Hot Cheese Sandwiches; or satisfy your urge for something sweet with a new Hot Chocolate Cake?

Whatever you choose, it'll not only taste delicious, but look good too.

Our range conforms to the new national guidelines for texture modification in adults – for more information, turn to page 7.

"We have been very busy preparing a whole host of new dishes for the Soft & Puréed range, and we're extremely proud of the results. Tasty, nutritious and appealing to the eye, I'm sure you'll find something to savour."

**Phil Rimmer**  
Head Chef

## Our unique all-day menu



034 Hot Cheese Sandwich



360 Cottage Pie with peas



040 Hot Chocolate Cake

### Puréed Hot Sandwiches & Cakes (category C)

- 034 **NEW** Hot Cheese Sandwich D MS V 200g
- 032 **NEW** Hot Bacon Sandwich D LF R MS 200g
- 031 **NEW** Hot Tuna Sandwich D LF MS 200g
- 040 **NEW** Hot Chocolate Cake MS V 160g
- 041 **NEW** Hot Apple Cake MS V 160g


### Puréed Meals (category C)

- 372 **Chicken & Gravy** with mashed potato and broccoli D MS GF 455g
- 373 **Chicken & Vegetable Casserole** with mashed potato, carrots and swede D MS GF 455g
- 374 **Chicken Supreme** with mashed potato and carrots D MS 455g
- 371 **Chicken Curry** with mashed potato and cauliflower D 455g
- 363 **Beef & Gravy** with mashed potato and peas D MS GF 455g
- 362 **Beef Stew** with mashed potato and parsnips D MS 455g
- 360 **Cottage Pie with peas** D MS 430g OVEN COOK ONLY
- 361 **Potato Topped Steak Pie** with carrots D MS 430g OVEN COOK ONLY
- 377 **Sausages in Gravy** with mashed potato, carrots and swede D MS 455g
- 376 **Pork & Gravy** with mashed potato and peas D MS GF 455g

### Puréed Meals (category C) continued

- 378 **Pork & Apple Casserole** with mashed potato and parsnips D MS GF 455g
- 381 **Lamb & Gravy** with mashed potato and broccoli D MS GF 455g
- 382 **Lamb & Vegetable Casserole** with mashed potato, carrots and swede D MS 455g
- 383 **Shepherds Pie with carrots** D MS 430g OVEN COOK ONLY
- 367 **Fish in Creamy Sauce** with mashed potato and carrots D MS 455g
- 366 **Fish Pie with peas** D MS GF 430g OVEN COOK ONLY
- 368 **Salmon Supreme** with mashed potato and broccoli D MS GF 455g
- 390 **Macaroni Cheese** with mashed potato and peas D MS V 455g
- 391 **Cauliflower & Broccoli Bake with Light Cheese Sauce** with mashed potato, carrots and swede D MS V 455g
- 392 **Mediterranean Vegetable Pasta** with mashed potato and peas D MS V VG 455g
- 394 **Vegetable Curry** with mashed potato and parsnips D MS V VG 455g
- 396 **Cheese Omelette** with mashed potato and baked beans D MS GF V 455g
- 393 **Cheesy Potato Pie with broccoli** D MS V 430g OVEN COOK ONLY
- 395 **Vegetable & Bean Cottage Pie** with carrots D MS V VG 430g OVEN COOK ONLY

# The simple way to prepare your soft and puréed meals

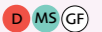





You can cook your meals in the microwave or in a conventional oven. Some of our meals are 'OVEN COOK ONLY' you'll see this symbol  next to the relevant dishes.

**IMPORTANT:** when microwave cooking puréed meals, sandwiches, cakes and desserts (category C) always adjust to **HALF POWER**.


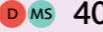

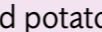



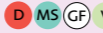



All meals have individual cooking times and instructions on the label, so always read it carefully before cooking. If you have any questions don't hesitate to speak to your delivery driver, or contact our Customer Helpline on 0800 773 773.

## Soft Meals (category D)

- 106 **Chicken in Rich Gravy**  
with mashed potato, carrots and swede  
 400g
- 107 **Chicken & Vegetable Casserole**  
with mashed potato, carrots and sprouts  
 400g
- 105 **Chicken Curry**  
with white rice, broccoli and cauliflower  
 400g
- 102 **Savoury Minced Beef**  
with parsley mashed potato, carrots and sprouts  400g
- 101 **Rich Beef Stew**  
with mashed potato, broccoli and cauliflower  400g
- 100 **Corned Beef Hash**  
with mashed potato, carrots and broccoli  
 400g
- 109 **Sausages in Onion Gravy**  
with parsley mashed potato, carrots and broccoli  400g
- 108 **Pork Casserole**  
with mashed potato, cauliflower and sprouts  400g
- 110 **Liver & Bacon Casserole**  
with mashed potato, carrots and swede  
 400g
- 111 **Lamb Stew**  
with parsley mashed potato, parsnips and sprouts  
 400g




## Soft Meals (category D) continued

- 103 **Fish in Mornay Sauce**  
with mashed potato, carrots and broccoli  
 400g
- 104 **Salmon Supreme**  
with parsley mashed potato, carrots and broccoli  400g
- 112 **Macaroni Cheese**  
with mashed potato, carrots, swede and broccoli  400g
- 113 **Cauliflower & Broccoli in a Very Cheesy Sauce**  
with parsley mashed potatoes, carrots and swede  410g
- 114 **Vegetable & Lentil Casserole**  
with parsley mashed potato, cauliflower and sprouts  
 400g
- 115 **Mediterranean Vegetables**  
with parsley mashed potato, parsnips and sprouts  
 400g
- 116 **Vegetable Curry**  
with white rice, broccoli and cauliflower  
 400g
- 118 **All Day Vegetarian Breakfast**  
with scrambled eggs, tomatoes, mushrooms and mashed potato  
 400g
- 117 **Cheesy Potato Bake**  
with mashed potato, carrots and parsnips  
 400g

## Puréed Hot Desserts (category C and D)

- 150 **Bakewell Sponge & Custard**  
 155g
- 151 **Eve's Pudding & Custard**  
 155g
- 152 **Lemon Sponge & Lemon Sauce**  
 155g
- 153 **Chocolate Sponge & Vanilla Sauce**  
 155g
- 155 **Rice Pudding**  
 155g
- 157 **Mixed Fruit Pie & Custard**  
 155g
- 158 **Apple Pie & Custard**  
 155g
- 159 **Summer Fruits & Custard**  
 160g
- 154 **Sticky Toffee Pudding & Custard**  
 155g

## Puréed Cold Desserts (category C)

- 482 **NEW Coffee Dessert**  
 75g
- 497 **NEW Chocolate Mousse\***  
 65g
- 499 **NEW Strawberry Mousse\***  
 65g

## Soft & Puréed Range prices:

Puréed Meals	£4.35
Soft Meals	£3.60
Hot Sandwiches	£2.95
Hot Cakes	£1.95
Hot Desserts	£1.00

**AWARD WINNING RANGE**



Soft & Puréed

Before starting a soft or puréed diet, please arrange for a healthcare professional to assess your needs and monitor your diet regularly.

Our range covers these texture categories:

**C Thick Purée Dysphagic Diet** – Smooth and thick with a uniform consistency

**D Pre-mashed Dysphagic Diet** – Moist food requiring little chewing and some texture variation

Consult your dietitian or speech and language therapist if you are unsure which category is the most appropriate for you.

enjoying food again...

I enjoy the variety of Soft & Puréed meals available – it means I can always choose something different. Plus, they're very tasty and I know that I'm getting all the vitamins I need. All the meals are very nourishing."

Mrs Kath Daniel  
Newbury, Berkshire

My favourite dish,  
Beef & Gravy



\*Contains artificial sweetener