



PRODUCT LIST
EDITION 3



apetito CARE HOME CATERING

NEW



292108
Strawberry Ice Cream

*delicious new
ice creams*

SEE PAGE 20 FOR MORE DETAILS

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Large and Small Portions

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introducing our 2011 product range

WITH A WIDE RANGE OF MEALS AND DESSERTS FEATURING THE BEST INGREDIENTS AND SEASONINGS, AN IRRESISTIBLE MENU AWAITS YOUR RESIDENTS. At *apetito*, OUR EXPERT TEAMS WORK TIRELESSLY TO ENSURE EACH DISH IS DELICIOUS, NUTRITIOUS AND VISUALLY TEMPTING.

SPECIAL DIETS IN CARE HOME CATERING



BY SUE BAIC MSc RD
CONSULTANT DIETITIAN
JUNE 2011

Many care home residents have a variety of therapeutic, cultural and ethical dietary needs. It's important to meet these requirements with a quality range of meal choices. Indeed, the National Association of Care Catering (NACC) and the Care Quality Commission (CQC) advise that meal services offer an extensive choice of meals and special diet options to promote a pleasant and dignified dining experience.

We satisfy these needs through a wide range of care homes meals and desserts. Each dish is tasty, appealing and nutritious while meeting NACC, CQC and the Dietitian's Toolkit standards for hospital catering; as well as suitability guidelines for most special diets.

This guide will help you select from our range of mouth-watering meals and desserts. We have defined our suitability criteria for each of the main diets. However, as every person's needs are different and can change, we recommend that each care home works with residents' dietitians for planning menus and monitoring.

To help, we can provide you with a complete nutritional breakdown of our products. You can order meals in a variety of tray sizes, meaning you can exactly match the number of portions to your requirements.

For the first time, we are now able to provide you with an entirely new range of traditional savoury pastry products which are ideal as snacks or tasty tea-time treats. To spot our tea-time selections, look out for the dishes highlighted with the tea cup icon.

We've also added hot sandwiches and cakes to our existing range of world-leading category C texture-modified products. This has given us the opportunity to offer products to cater for all meal occasions, from breakfast right through to supper. These new sandwiches and cakes are fortified and provide similar calorie count to main meals so nutritional requirements are met and more tempting options are possible. This innovative meal solution is unique to *apetito* – nothing else in the marketplace offers your residents so many appealing options.

we hope you and your residents enjoy these fantastic new developments to our delicious range



SEE PAGE 13 FOR MORE DETAILS



unique all-day dining options

SEE PAGE 4 FOR MORE INFORMATION ON OUR TEXTURE-MODIFIED RANGE

PREPARING YOUR MENU CYCLE



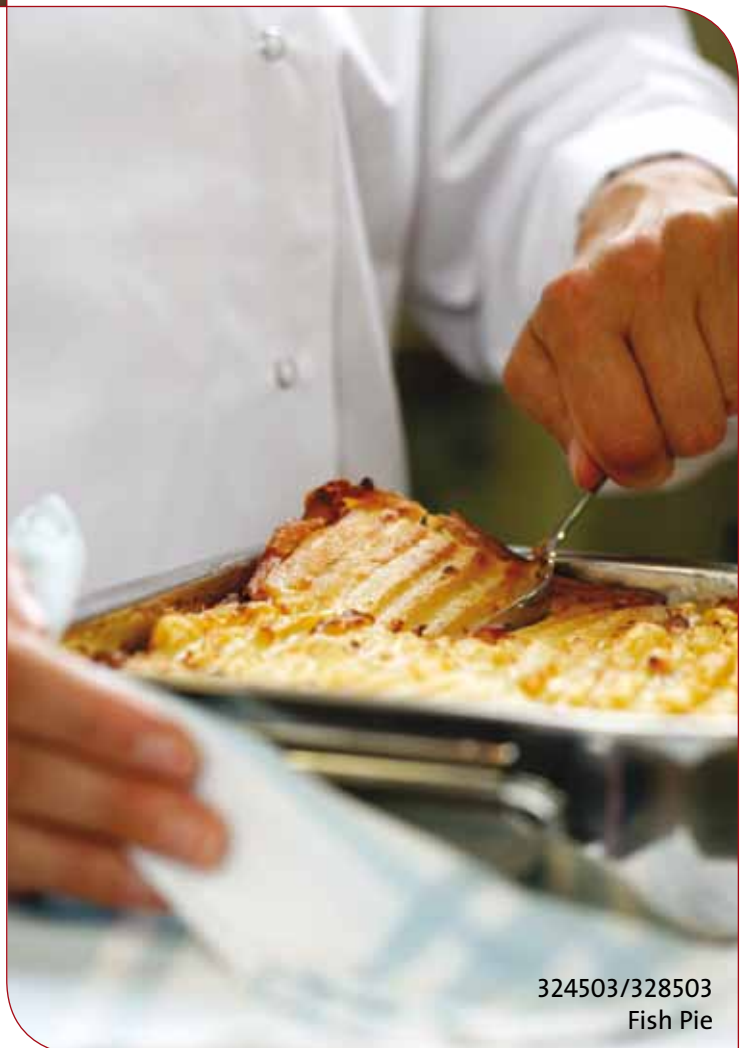
**YOUR CDM WILL HELP
PREPARE VARIED, NUTRITIOUS
AND APPEALING MENUS
FOR EVERYONE IN YOUR
CARE HOME.**

WE KNOW PLANNING MENUS CAN BE A DIFFICULT TASK. THAT'S WHY WE'LL APPOINT A CLIENT DEVELOPMENT MANAGER (CDM) WHO IS DEDICATED TO HELPING YOU PREPARE VARIED, NUTRITIOUS AND APPEALING MENUS FOR EVERYONE IN YOUR CARE HOME.

Your CDM will take the time to learn about your needs and residents' preferences. They will then help prepare four-week menu cycles packed with tasty dishes. If you wish, they can even arrange a tasting evening so your residents and their relatives can sample the range of food on offer.

At the end of the four-week cycle, your CDM will check the system is running well and enhance the service if necessary. Our support doesn't end there. We'll review your menus every four months to make sure they're delivering the right blend of delicious dishes to your residents.

Alongside our main meals and desserts, there's also a tempting range of tea-time options. You'll find more details of these on page 6.



324503/328503
Fish Pie



week 4

MENU PLANNER

week 3

MENU PLANNER

week 2

MENU PLANNER

week 1

MENU PLANNER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main meal						
Cottage Pie <i>or</i> Sausage Hotpot <i>Served with</i> Mashed Potato <i>or</i> Boiled Potatoes Sliced Carrots Cauliflower	Pork & Apple Casserole <i>or</i> Vegetable Crumble <i>Served with</i> Potato Wedges <i>or</i> Croquette Potatoes Brussel Sprouts Vegetable Medley	Minced Steak & Potato Pie <i>or</i> Sweet & Sour Chicken <i>Served with</i> Mashed Potato <i>or</i> White Rice Cut Green Beans Carrot Tips	Braised Chicken with Lentils <i>or</i> Irish Stew <i>Served with</i> Lyonnaised Potato <i>or</i> Mustard Mash Cabbage Broccoli	Battered Fish <i>or</i> Vegetable Lasagne <i>Served with</i> Oven Chips <i>or</i> Boiled Potatoes Peas Heinz Baked Beans	Ham & Leek Crumble <i>or</i> Chef's Chicken Curry <i>Served with</i> Spring Onion Mash White Rice Cauliflower	Roast Beef in Gravy with Yorkshire Pudding <i>or</i> Roast Pork in Gravy with Yorkshire Pudding <i>Served with</i> Roast Potatoes <i>or</i> Boiled Potatoes Brussel Sprouts
Desserts						
Sticky Toffee Pudding & Custard <i>or</i> Rice Pudding	Summer Fruit Crumble & Custard <i>or</i> Tapioca	Chocolate Chip Sponge & Custard <i>or</i> Semolina	Spotted Dick & Custard <i>or</i> Rice Pudding & Nutmeg	Apple Pie & Custard <i>or</i> Cooked Summer Fruits	Bread & Butter Pudding & Custard <i>or</i> Rice & Sultanas	Raspberry Pudding & Custard <i>or</i> Stewed Apple
Tea-time						
Chicken & Pasta with Tomatoes & Herbs	Corned Beef Hash	Cauliflower Cheese	Minestrone Soup	Traditional Pasty	Beef Bolognaise Pasta	Cream of Carrot Soup

NOT ONLY DO WE OFFER A WIDE CHOICE OF LARGE-PORTION MEALS AND DESSERTS. WE ALSO PROVIDE A RANGE OF INDIVIDUAL MEALS, TO REDUCE WASTAGE AND MAKE IT EASY TO CATER FOR RESIDENTS WITH SPECIAL DIETS.



introducing our texture-modified cakes and sandwiches to provide you with an all-day dining solution

EVERYONE DESERVES TO ENJOY TASTY MEALS. HOWEVER, PEOPLE WHO CANNOT CHEW, SWALLOW AND DIGEST FOODS PROPERLY HAVE TRADITIONALLY LACKED ACCESS TO ATTRACTIVE DINING CHOICES.

THAT IS, UNTIL NOW. AS THE FIRST IN THE INDUSTRY TO DEVELOP AN ALL-DAY SOLUTION, *apetito's* GROUND-BREAKING RANGE OF TEXTURE-MODIFIED MEALS AND SNACKS ARE MORE THAN DELICIOUS AND NUTRITIOUS.

As a valued *apetito* customer, we are sure that you will be aware of the ground-breaking range of texture-modified meals which we launched last year. We are delighted to inform you that we are adding to this range by introducing a selection of sandwiches and cakes for the first time.

As you would expect these have been developed with the same care and attention as the existing range. We have invested significantly in machinery and technologies that guarantee consistent particle size and texture, while eliminating bacterial risk from blender equipment and handling.

Additionally, because we deliver dishes frozen in convenient individual portions, we can save you time and money. Our unique FoodSafe+ system also ensures you enjoy complete peace of mind.

“INDIVIDUALS WHO FACE CHALLENGES TO EAT, CHEW OR SWALLOW RISK SUFFERING DEHYDRATION, MALNUTRITION AND WEIGHT LOSS. WITH A VARIETY OF MENU CHOICES THAT DON'T COMPROMISE ON FLAVOUR AND NUTRITION, OUR RANGE PROVIDES RESIDENTS WITH DISHES THEY ARE MORE LIKELY TO EAT, ENHANCING RECOVERY AND MAINTAINING WELLBEING.”

SUE BAIC MSc RD CONSULTANT DIETITIAN

the best just got even better

Our comprehensive range of meals include:

Category C Sandwiches and Cakes

All our puréed dishes look like normal food and our new cakes and sandwiches are no different. The result is a healthy, nourishing and visually appealing range that provides a dignified dining experience.

Suitable for multiple meal occasions such as breakfast, lunch, suppertime and snacks, the new category C cakes and sandwiches range includes:

- Hot Chicken Sandwich
- Hot Tuna Sandwich
- Hot Bacon Sandwich
- Hot Cheese Sandwich
- Hot Chocolate Cake
- Hot Apple and Cinnamon Cake

Category C Meals

Our category C meals are of a completely smooth and thick consistency, moulded for a natural appearance, and hold their shape after cooking. There are 24 options in the range.

Category D Meals

Our category D meals are moist, with a uniform particle size. They have some texture variation and are ideal for residents with swallowing, chewing and digestion problems. Each meal has been designed with particular care to provide appetising colour combinations, and fantastic flavours. There are 19 dishes in the range.

Category C Cold Desserts

We also carry a range of 3 cold desserts for the warmer months, or as a lighter dessert option.

Category C Hot Desserts

Our category C hot desserts are an industry-first, providing residents with access to hot British classics, such as Apple Pie. The texture is smooth and the desserts are layered to retain each distinct flavour, such as apple, pastry and custard, for an unparalleled dining experience. There are 9 desserts to choose from.

Delivering unparalleled choice to every customer

Our improved texture-modified range embraces meals that, for the first time, look just like standard dishes and cater for all levels of appetite with hot sandwiches and cakes offering residents more choice throughout the day. The range also delivers superior levels of nutrition, meeting guidelines including those of the Health of the Nation and National Association for Care Caterers (NACC).

We also cater for a wide range of dietary requirements, including;

- Diabetic
- Gluten free
- Dairy free
- Vegetarian
- Vegan
- Moderate Salt
- Energy Dense

see page 21 for more details



217034 Puréed Hot Cheese Sandwich



217040 Puréed Hot Chocolate Cake



217153 Chocolate Sponge with Vanilla Sauce

A TASTY SELECTION OF TEA-TIME FAVOURITES

With *apetito*, you'll find there's much more to our menus than main meals and desserts. We also offer a wide choice of tea-time favourites that eliminate the need to prepare evening food and give your residents dishes they're sure to love.

Come tea-time, everyone deserves tasty food that delights their tastebuds. That's why we've worked hard to create a selection of tea-time classics that are sure to tempt your residents.

In addition to our existing range, we've introduced a number of tasty pastry items, perfect for tea, supper or snacks. So, whatever the preference, there's always a delicious and nutritious dish that will satisfy their appetites for the evening ahead.

NEW
RANGE



214106
7" Premium Sausage Roll

326002
Carrot Cake



HERE'S JUST A SELECTION OF WHAT'S ON OFFER. WITHIN THIS BROCHURE, YOU CAN EASILY SPOT OUR TEA-TIME SELECTIONS: JUST LOOK OUT FOR DISHES HIGHLIGHTED WITH THE TEA CUP ICON.





delicious soups

Minestrone Soup
Scotch Broth
Pea & Ham Soup
Butterbean & Bacon Soup
Chef's Carrot Soup
Mushroom Soup
Tomato Soup
Leek & Potato Soup

SEE PAGE 8 FOR MORE
OPTIONS

vegetarian options

Cauliflower Cheese
Vegetable Quiche
Cheese Flan
Potato, Cheese & Leek Bake
Cheese & Tomato Omelettes
Macaroni Cheese
Baked Vegetable Pie
Broccoli & Herb Quiche

SEE PAGE 14 FOR MORE
OPTIONS



simple suppers

Ham & Leek Crumble
Sausages in Onion Gravy
Fish Pie
Tuna & Pasta Bake
Cod in Parsley Sauce
Steak Slice
Chicken & Broccoli Bake
Spinach & Cheese Slice

SEE PAGES 8-16
FOR MORE OPTIONS

DON'T FORGET TO TALK TO YOUR CDM ABOUT BRINGING A CHOICE OF TEA-TIME FAVOURITES TO YOUR MENU CYCLE.

LARGE AND SMALL PORTIONS PACKED IN CRATES



SOUPS

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					
324647	Minestrone Soup											Large	1120g	8
328647												Small	420g	3
324648	Scotch Broth											Large	1120g	8
328648												Small	420g	3
324649	Pea & Ham Soup											Large	1120g	8
328649												Small	420g	3
324652	Carrot Soup											Large	1120g	8
328652												Small	420g	3
324655	Mushroom Soup											Large	1120g	8
328655												Small	420g	3
324656	Tomato Soup											Large	1200g	8
328656												Small	450g	3
324657	Leek & Potato Soup											Large	1120g	8
328657												Small	420g	3
324659	Red Lentil Broth											Large	1120g	8
328659												Small	420g	3
324660	Vegetable & Herb Soup											Large	1120g	8
328660												Small	420g	3
324661	Chicken Broth											Large	1200g	8
328661												Small	450g	3
324664	Tomato & Vegetable Soup											Large	1200g	8
328664												Small	450g	3
324665	Chunky Vegetable Soup											Large	1200g	8
328665												Small	450g	3





BEEF DISHES

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					
324101	Beef Lasagne											Large	1600g	8
328101												Small	400g	2
324100	Roast Beef in Gravy											Large	1260g	8
328100												Small	340g	2
324103	Beef Casserole											Large	1440g	8
328103												Small	360g	2
324105	Chilli Con Carne											Large	1360g	8
328105												Small	340g	2
324109	Savoury Minced Beef											Large	1360g	8
328109												Small	360g	2
324111	Cottage Pie											Large	1600g	8
328111												Small	400g	2
324115	Beef Bolognese with Pasta											Large	1360g	6
328115												Small	440g	2
328116	Hungarian Goulash with Herb Dumplings											Small	330g	2



BEEF DISHES CONTINUED

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					
324132	Hungarian Beef Goulash	•		•	•							Large	1160g	8
328790	Herb Dumplings	•										Small	160g	8
324118	Chef's Cottage Pie	•			•				•			Large	1600g	8
328118		Small										400g	2	
324119	Corned Beef Hash 	•				•			•			Large	1500g	6
328119		Small										500g	2	
324125	Baked Minced Steak & Potato Pie	•			•				•			Large	1544g	8
328125		Small										384g	2	
324128	Baked Chef's Steak & Kidney Pie	•			•				•			Large	1456g	8
328128		Small										364g	2	
324130	Baked Steak & Mushroom Pie	•			•				•			Large	1544g	8
328130		Small										384g	2	
324131	Braised Steak & Mushrooms 	•			•	•						Large	1440g	8
328107	Braised Steak & Mushrooms with Dumplings	•										Small	400g	2
324133	Steak Pie with Flaky Pastry Top	•							•			Large	1300g	6
328133		Small										440g	2	
324134	NEW Beef Madras	•		•	•							Large	1320g	8
328134		Small										330g	2	



OUR DELICIOUS NEW MOROCCAN LAMB

OFFER YOUR RESIDENTS SOMETHING A BIT DIFFERENT WITH OUR DELICIOUS NEW MOROCCAN LAMB DISH. PACKED WITH FLAVOURFUL DATES AND APRICOTS, SEASONED WITH HERBS AND SPICES. WHY NOT SERVE WITH RICE AND MIXED VEGETABLES, ITS A TASTY ALTERNATIVE.

SEE OVERLEAF FOR MORE DETAILS

LARGE AND SMALL PORTIONS PACKED IN CRATES



LAMB & MUTTON DISHES

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					
324301	IMPROVED Irish Stew	•			•							Large	1440g	8
328301												Small	360g	2
324302	Shepherds Pie	•								•		Large	1600g	8
328302												Small	400g	2
324303	Lancashire Hotpot	•			•							Large	1520g	8
328303												Small	380g	2
324300	Roast Lamb in Gravy	•	•	•		•						Large	1360g	8
328300												Small	340g	2
324309	Lamb Casserole	•			•							Large	1440g	8
328309												Small	360g	2
324310	NEW Moroccan Lamb	•			•	•						Large	1360g	8
328310												Small	340g	2
324311	Minced Lamb & Vegetable Potato Gratin	•			•					•		Large	1600g	8
328311												Small	400g	2
324313	Curried Lamb, Potato & Tomato	•			•	•						Large	1440g	8
328313												Small	360g	2
328316	Savoury Minced Lamb	•			•							Small	340g	2
324318	Braised Lamb in Cider	•			•							Large	1280g	8
328308	Braised Lamb in Cider with Dumplings	•			•							Small	380g	2




POULTRY DISHES

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					
324401	Roast Chicken Breasts in Gravy	•	•	•	•							Large	1360g	8
328401												Small	340g	2
324402	Sliced Turkey in Gravy	•	•	•		•						Large	1360g	8
328402												Small	340g	2
324406	Chicken & Vegetable Casserole	•	•	•	•							Large	1360g	8
328406												Small	340g	2
324407	IMPROVED Chicken a la King	•		•		•						Large	1360g	8
328407												Small	340g	2
324409	Chicken & Pasta with Tomatoes & Herbs	•	•		•							Large	1360g	6
328409												Small	453g	2
324410	Sweet & Sour Chicken	•	•	•	•	•						Large	1360g	8
328410												Small	340g	2
324411	Chicken Chasseur	•	•	•								Large	1360g	8
328411												Small	360g	2
324412	Chicken & Broccoli Bake	•										Large	1360g	8
328412												Small	340g	2
324416	Turkey & Ham Hotpot	•	•	•								Large	1480g	8
328416												Small	370g	2







POULTRY DISHES CONTINUED

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					
324418	Fricassee of Chicken, Mustard & Tarragon	.	.	.								Large	1360g	8
328418		Small	340g	2										
324419	Chicken Breast with Lentils	Large	1440g	8
328419		Small	360g	2										
328420	Minced Chicken in Gravy		Small	360g	2
324421	Chicken in Mustard & Coriander	.	.	.								Large	1440g	8
328421		Small	360g	2										
324423	Chicken Curry	Large	1360g	8
328423		Small	340g	2										
324431	IMPROVED Baked Chicken & Ham Pie 	.										Large	1456g	8
328431		Small	364g	2										
324432	Baked Chicken & Vegetable Pie	.			.					.		Large	1544g	8
328432		Small	386g	2										



PORK DISHES

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					
324200	Roast Pork in Gravy						Large	1360g	8
328200		Small	380g	2										
324201	IMPROVED Sliced Gammon & Pineapple						Large	1070g	8
328201		Small	270g	2										
324202	Ham & Leek Crumble 	.								.		Large	1200g	6
328202		Small	400g	2										
324204	Potato-Topped Bacon Pie 	.				.		.				Large	1600g	8
328204		Small	400g	2										
324206	Pork Steaklettein Pepper Sauce	.										Large	1360g	8
328206		Small	340g	2										
324216	Pork & Apple Casserole	Large	1360g	8
328216		Small	340g	2										
324220	Minced Pork in Gravy	Large	1440g	8
328220		Small	360g	2										
328221	Minced Ham in Sauce	.								.		Small	360g	2
324113	Vienna Steaks in Sauce	.								.		Large	1360g	6
328113		Small	440g	2										
324600	Sausages in Onion Gravy 	.								.		Large	1360g	6
328600		Small	440g	2										
324601	Sausage Casserole 	.										Large	1440g	8
328601		Small	360g	2										

LARGE AND SMALL PORTIONS PACKED IN CRATES



OTHER MEAT DISHES

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					
324604	Meatballs in Tomato Sauce	•										Large	1600g	8
328604		Small	400g	2										
324608	Bacon, Leek & Mushroom Pasta Bake	•						•				Large	1360g	8
328608		Small	340g	2										
324611	Liver & Bacon	•		•								Large	1360g	8
328611		Small	360g	2										
324614	Haggis	•										Large	690g	6
328614		Small	230g	2										
324610	NEW Faggots in Onion Gravy	•										Large	1140g	6
328610		Small	380g	2										



FISH DISHES

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					
324500	Cod in Parsley Sauce	•	•	•	•				•		•	Large	1360g	8
328500		Small	360g	2										
324501	Cod in Butter Sauce	•	•	•	•	•			•		•	Large	1360g	8
328501		Small	340g	2										
324503	Fish Pie	•			•				•			Large	1600g	8
328503		Small	430g	2										
324504	Salmon & Broccoli Bake	•			•							Large	1360g	8
328504		Small	340g	2										
324505	Breaded Cod	•		•	•							Large	600g	6
328505		Small	200g	2										
324507	Battered Fish	•			•							Large	480g	4
324508	Tuna & Pasta Bake	•			•				•			Large	1410g	6
328508		Small	470g	2										
324521	Cod with Mushroom & Leek Sauce	•	•	•	•						•	Large	1200g	6
328521		Small	380g	2										
324523	Cod in Cheese Sauce	•			•				•			Large	1160g	8
328523		Small	290g	2										
324524	Smoked Haddock in Cheese Sauce	•										Large	1200g	6
328524		Small	400g	2										
324525	NEW Smoked Haddock & Vegetable Bake	•	•	•	•							Large	1440g	8
328525		Small	360g	2										

FANCY SOMETHING A BIT DIFFERENT?

TRY OUR NEW FAGGOTS IN ONION GRAVY
SEE ABOVE FOR MORE DETAILS.





SAVOURY PASTRIES

NEW RANGE

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										AVERAGE WEIGHT PER UNIT	UNITS PER CASE	
		D	LF	R	MS	GF	V	S	ED					
214100	Steak Slice	•											175g	26
214101	Chicken & Mushroom Slice	•											174g	26
214102	Vegetable Slice	•								•			175g	26
214103	Spinach & Cheese Slice	•								•			173g	26
214104	Traditional Pasty	•											195g	22
214105	Potato, Cheese & Onion Pasty	•							•		•		115g	36
214106	7" Premium Sausage Roll	•											135g	48



BREAKFAST DISHES

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	
		D	LF	R	MS	GF	V	S	ED						
324606	Cooked Bacon & Mushrooms	•		•		•							Large	540g	6
324607	Cooked Sausages	•		•									Large	468g	6
324680	Porridge	•	•	•	•								Large	1200g	8
324720	Scrambled Eggs	•		•	•	•	•						Large	960g	8
328720													Small	240g	2

BRAND NEW



SAVOURY PASTRIES

OUR CHEFS HAVE BEEN BUSY IN THE KITCHEN DEVELOPING GREAT NEW PRODUCTS AND ARE PLEASED TO ANNOUNCE THE LAUNCH OF OUR SAVOURY PASTRIES RANGE.

These products are ideal for supper time or providing snack items on your menu. The pastries are packed individually in cases so that you can easily prepare the exact amount you require.

NOTE: OUR PASTRIES SHOULD ALWAYS BE OFFERED AS A PART OF A BALANCED MENU PLAN.



LARGE AND SMALL PORTIONS PACKED IN CRATES



ACCOMPANIMENTS

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					
324773	Yorkshire Puddings	.	.				.					Large	120g	8
324774	Stuffing Balls	.	.				.					Large	464g	16
324777	Gravy	.					.	.				Large	1000g	10
328777		Small										375g	3	
328790	Herb Dumplings	.					.					Large	160g	8



VEGETARIAN DISHES

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					
324701	Cauliflower Cheese	.					.	.				Large	1360g	6
328701		Small										440g	2	
324702	Vegetable Quiche			Large	1360g	8
328702		Small										340g	2	
324703	Vegetable Lasagne	.					.	.				Large	1380g	6
328703		Small										460g	2	
324704	Vegetable Crumble	.					.					Large	1360g	6
328704		Small										440g	2	
324705	Curried Vegetables				Large	1590g	6
328705		Small										530g	2	
324706	Vegetable Chilli		Large	1590g	6
328706		Small										530g	2	
324709	Vegetarian Sausages in Gravy	.					.					Large	1360g	6
328709		Small										440g	2	
324710	Cheese Flan	.					.		.			Large	1360g	8
328710		Small										340g	2	
324711	Macaroni Cheese	.					.	.				Large	1360g	6
328711		Small										440g	2	
324713	Potato, Cheese & Leek Bake				Large	1300g	6
328713		Small										440g	2	
324715	Cauliflower & Broccoli Pasta	.					.	.				Large	1320g	6
328715		Small										440g	2	
324716	Vegetable & Bean Cottage Pie				Large	1590g	6
328716		Small										530g	2	
324718	Cauliflower in Very Cheesy Sauce	.					.					Large	1320g	6
328718		Small										440g	2	
324719	Tomato, Onion & Gruyère Quiche			Large	1020g	6
328719		Small										340g	2	
324722	Cheese & Tomato Omelettes				Large	600g	5
328722		Small										240g	2	
324723	Plain Omelettes				Large	600g	6
328723		Small										200g	2	

.. INDICATES MEALS SUITABLE FOR A VEGAN DIET.

ALL LARGE/SMALL PRODUCTS ARE AVAILABLE TO ORDER EITHER BY INDIVIDUAL UNIT OR AS A COMPLETE CRATE. A COMPLETE CRATE CONTAINS EITHER 15 LARGE PORTIONS OR 40 SMALL PORTIONS.



VEGETARIAN DISHES CONTINUED

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					
324724	Potato-Topped Vegetable Pie	.					.		.			Large	1600g	8
328724												Small	405g	2
324725	Pasta Shells in Creamy Cheese Sauce				Large	1200g	6
328725												Small	400g	2
324726	Pasta, Mushroom & Leek Mornay				Large	1360g	6
328726												Small	440g	2
324727	Potato & Vegetable Gratin	.					.					Large	1360g	6
328727												Small	440g	2
328729	Glazed Nut Roast	.					.		.			Small	470g	2
324730	Cheese & Mushroom Omelettes					Large	600g	5
328730												Small	240g	2
324731	Bean Goulash				Large	1560g	6
328731												Small	520g	2
324734	Baked Leek, Cheese & Egg Pie	.					.		.			Large	1158g	6
328734												Small	384g	2
324735	Baked Vegetable Pie			Large	1544g	8
328735												Small	384g	2
324737	Broccoli & Herb Quiche			Large	1360g	8
328737												Small	340g	2
324741	Pasta Provençale		Large	1240g	6
328741												Small	410g	2



324706/328706
Vegetable Chilli

LARGE AND SMALL PORTIONS PACKED IN CRATES



POTATOES & RICE

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					
324745	NEW Sauté Potatoes	•		•	•	•	••					Large	600g	6
328745												Small	200g	2
324746	NEW West Country Cheddar Mash	•		•	•	•	•	•				Large	1200g	12
328746												Small	400g	4
324747	NEW Garlic & Herb Potato Wedges	•		•		•	••					Large	600g	6
328747												Small	200g	2
324744	NEW Spiced Potato Wedges	•		•		•	••					Large	600g	6
328744												Small	200g	2
324751	Roast Potatoes	•		•	•	•	•					Large	904g	8
328751												Small	225g	2
324752	Boiled Potatoes	•		•	•	•	•					Large	800g	8
328752												Small	200g	2
324753	Oven Chips	•			•	•	•					Large	600g	6
328753												Small	200g	2
324754	Croquette Potatoes	•		•		•	•					Large	600g	8
328754												Small	150g	2
324765	White Rice	•		•	•	•	•					Large	720g	6
328765												Small	240g	2
324766	Potato Lyonnaise	•		•		•	•					Large	1200g	8
328766												Small	300g	2
324767	Mustard Mash	•		•		•	•					Large	960g	8
328767												Small	240g	2
324778	Jacket Potato Halves	•	•	•	•	•	•				•	Large	656g	8
328778												Small	162g	2
255101	NEW Jacket Potato Whole*	•	•	•	•	•	••				•	Bag	200Kg	10
324779	Vegetable Rice	•		•		•	•					Large	800g	8
328779												Small	200g	2
324780	Traditional Roast Potatoes	•		•	•	•	•					Large	880g	8
328780												Small	220g	2
324783	Spring Onion Mash	•		•		•	•					Large	960g	8
328748												Small	240g	2
324787	Mashed Potato	•		•		•	•					Large	1200g	12
328787												Small	400g	4
324789	Potato Wedges	•		•		•	•					Large	800g	8
328789												Small	200g	2

*PLEASE NOTE OUR NEW WHOLE JACKET POTATO (255101) ARE SOLD AS 10 POTATOES PER BAG, 6 BAGS ARE IN A CASE



•• INDICATES MEALS SUITABLE FOR A VEGAN DIET.

ALL LARGE/SMALL PRODUCTS ARE AVAILABLE TO ORDER EITHER BY INDIVIDUAL UNIT OR AS A COMPLETE CRATE. A COMPLETE CRATE CONTAINS EITHER 15 LARGE PORTIONS OR 40 SMALL PORTIONS.



VEGETABLES

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					
324740	Broccoli											Large	500g	6
328740												Small	160g	2
324756	Peas											Large	800g	8
328756												Small	240g	3
324757	Cabbage											Large	800g	8
328757												Small	240g	3
324758	Cauliflower											Large	600g	8
328758												Small	225g	3
324768	NEW Minted Green Vegetables											Large	800g	8
328768												Small	300g	3
324759	Brussel Sprouts											Large	800g	8
328759												Small	240g	3
324760	Carrot Tips											Large	800g	8
328760												Small	240g	3
324761	Cut Green Beans											Large	640g	8
328761												Small	240g	3
324762	Mixed Vegetables											Large	640g	8
328762												Small	240g	3
324763	Mushy Peas											Large	1200g	12
328763												Small	300g	3
324764	Sliced Carrots											Large	640g	8
328764												Small	240g	3
324769	Baked Beans											Large	1200g	12
328769												Small	300g	3
324770	Vegetable Medley											Large	800g	8
328770												Small	240g	3
324771	Mashed Swede											Large	800g	8
328771												Small	300g	3
324775	Sweetcorn											Large	800g	8
328775												Small	240g	3
324791	Mashed Root Vegetables											Large	800g	8
328791												Small	200g	2



HOT DESSERTS

PRODUCT CODE	PRODUCT	DIETARY INFORMATION										PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED					

PIES

324808	Mixed Fruit Pie											Large	1126g	8
328808												Small	428g	3
324809	Cherry Pie											Large	1126g	8
328809												Small	423g	3
324853	Blackcurrant Pie											Large	1126g	8
324854	Raspberry & Apple Pie											Large	1126g	8
328854												Small	420g	3

LARGE AND SMALL PORTIONS PACKED IN CRATES



HOT DESSERTS CONTINUED

PRODUCT CODE	PRODUCT	DIETARY INFORMATION									PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED				

PIES CONTINUED

324859	Apple Pie										Large	1126g	8
328859												Small	423g

CRUMBLES

324801	Apple Crumble										Large	1200g	8
328801												Small	450g
324810	Plum Crumble										Large	1120g	8
328810												Small	420g
324813	Rhubarb Crumble										Large	1200g	8
328813												Small	450g
324827	Summer Fruit Crumble										Large	1120g	8
328827												Small	420g
324831	Apricot Crumble										Large	1120g	8
328831												Small	420g

SPONGES

324805	Apple Sponge										Large	860g	8
328805												Small	325g
324806	Chocolate Chip Sponge										Large	700g	8
328806												Small	265g
324811	Syrup Sponge										Large	860g	8
328811												Small	320g
324812	Lemon Flavoured Sponge										Large	860g	8
328812												Small	325g
324818	Jam Sponge										Large	860g	8
328818												Small	320g
324820	NEW Chocolate Sponge with Cherries										Large	860g	8
328820												Small	320g
324821	Ginger Sponge										Large	520g	8
324828	Sultana Sponge										Large	680g	8
328828												Small	255g

PUDDINGS

324800	Bread & Butter Pudding with Marmalade										Large	1240g	8
328800												Small	460g
324815	Apple Cake										Large	990g	8
328815												Small	370g
324816	Spotted Dick										Large	700g	8
328816												Small	270g
324823	Bakewell Tart										Large	1173g	8
328823												Small	457g
324835	Raspberry Pudding										Large	800g	8
328835												Small	300g
324840	Sticky Toffee Pudding										Large	920g	8
328840												Small	345g
324855	Treacle Tart										Large	1120g	8
326002	Carrot Cake										Large	480g	8



HOT DESSERTS CONTINUED

PRODUCT CODE	PRODUCT	DIETARY INFORMATION									PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED				
324824	Rice Pudding										Large	1120g	8
328824											Small	420g	3
324825	Rice Pudding & Nutmeg										Large	1120g	8
328825											Small	420g	3
324826	Tapioca										Large	1120g	8
328826											Small	420g	3
324832	Rice Pudding & Sultanas										Large	1120g	8
328832											Small	420g	3
324833	Semolina Pudding										Large	1120g	8
328833											Small	420g	3
324838	Butterscotch Rice Pudding										Large	1120g	8
328838											Small	420g	3
324839	NEW Clotted Cream Rice Pudding										Large	1120g	8
328839											Small	420g	3
COOKED FRUIT													
324861	Cooked Apricots										Large	1200g	8
324862	Cooked Summer Fruits										Large	1200g	8
324863	Stewed Apple										Large	1200g	8
CUSTARD													
324870	Custard										Large	1200g	8
328870											Small	450g	3
324873	Diabetic Custard										Large	1200g	8
328873											Small	450g	3



324813/328813 Rhubarb Crumble

INDIVIDUAL PORTIONS PACKED IN CASES



COLD DESSERTS

PRODUCT CODE	PRODUCT	DIETARY INFORMATION							PACK SIZE	AVERAGE WEIGHT PER UNIT	UNITS PER CASE
		D	LF	R	MS	GF	V	S			
292106	NEW Vanilla Flavoured Ice Cream (Tub)		•	•	•	•	•	•	Indiv	80ml	60
292107	NEW Chocolate Ice Cream (Tub)		•	•	•	•	•	•	Indiv	80ml	60
292108	NEW Strawberry Ice Cream (Tub)		•	•	•	•	•	•	Indiv	80ml	60
292419	Fruit Cocktail	•	•	•	•	•	•	••	Indiv	140g	24
292424	Strawberry Sundae				•	•	•	•	Indiv	106g	15
292434	Caramel Sundae				•	•	•	•	Indiv	106g	15
292462	Raspberry Dessert				•	•	•	•	Indiv	77g	27
292465	Strawberry Cheesecake				•	•	•	•	Indiv	94g	24
292466	Blackcurrant Cheesecake				•	•	•	•	Indiv	94g	24
292467	Strawberry Trifle				•	•	•	•	Indiv	105g	24
292468	Mixed Fruit Trifle				•	•	•	•	Indiv	105g	24
292471	Raspberry Trifle				•	•	•	•	Indiv	105g	24
292480	Apricot & Peach Dessert	•	•		•	•	•	•	Indiv	76g	27
292482	Coffee Dessert				•	•	•	•	Indiv	77g	27
292485	Hazelnut Dessert				•	•	•	•	Indiv	60g	27
292497	Chocolate Mousse	•	•	•	•	•	•	•	Indiv	65g	18
292499	Strawberry Mousse	•	•		•	•	•	•	Indiv	65g	18



292106 Vanilla Flavoured Ice Cream

OUR NEW RANGE OF ICE CREAMS ARE PACKED IN INSULATED POLYSTYRENE TUBS.

•• INDICATES MEALS SUITABLE FOR A VEGAN DIET.

SPECIAL DIET PRODUCTS



INDIVIDUAL PURÉED SANDWICHES & CAKES SERVED IN CPET TRAYS

**NEW
RANGE**







PRODUCT CODE	PRODUCT	DIETARY INFORMATION								PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CASE
		D	LF	R	MS	GF	V	S	ED				
217030	NEW Hot Chicken Sandwich	•	•		•					Indiv	200g	1	12
217031	NEW Hot Tuna Sandwich	•	•		•					Indiv	200g	1	12
217032	NEW Hot Bacon Sandwich	•	•	•	•					Indiv	200g	1	12
217034	NEW Hot Cheese Sandwich	•			•		•			Indiv	200g	1	12
217040	NEW Hot Chocolate Cake				•		•			Indiv	160g	1	12
217041	NEW Hot Apple and Cinnamon Cake				•		•			Indiv	160g	1	12



INDIVIDUAL PURÉED MEALS SERVED IN CPET TRAYS

PRODUCT CODE	PRODUCT	DIETARY INFORMATION								PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CASE
		D	LF	R	MS	GF	V	S	ED				

CATEGORY C PURÉED MEALS SERVED WITH POTATOES & VEGETABLES

217360	Cottage Pie				•		•			Indiv	430g	1	12
217361	Potato-Topped Steak Pie 	•			•					Indiv	430g	1	12
217362	Beef Stew 	•			•					Indiv	455g	1	12
217363	Beef & Gravy	•			•	•				Indiv	455g	1	12
217366	Fish Pie	•			•	•				Indiv	430g	1	12
217367	Fish in Creamy Sauce 	•			•					Indiv	455g	1	12
217368	Salmon Supreme	•			•	•				Indiv	455g	1	12
217371	Chicken Curry	•			•					Indiv	455g	1	12
217372	Chicken & Gravy	•			•	•				Indiv	455g	1	12
217373	Chicken & Vegetable Casserole	•			•	•				Indiv	455g	1	12
217374	Chicken Supreme	•			•					Indiv	455g	1	12
217376	Pork & Gravy	•			•	•				Indiv	455g	1	12
217377	Sausages & Gravy	•			•					Indiv	455g	1	12
217378	Pork & Apple Casserole	•			•	•				Indiv	455g	1	12
217381	Lamb & Gravy	•			•	•				Indiv	455g	1	12
217382	Lamb & Vegetable Casserole	•			•					Indiv	455g	1	12
217383	Shepherds Pie 	•			•					Indiv	430g	1	12
217390	Macaroni Cheese	•			•		•			Indiv	455g	1	12
217391	Cauliflower & Broccoli Bake	•			•		•			Indiv	455g	1	12
217392	Mediterranean Vegetable Pasta	•			•		••			Indiv	455g	1	12
217393	Cheesy Potato Pie 	•			•		•			Indiv	430g	1	12
217394	Vegetable Curry 	•			•		••			Indiv	455g	1	12
217395	Vegetable & Bean Cottage Pie	•			•		••			Indiv	430g	1	12
217396	Omelette in Cheesy Sauce	•			•	•	•			Indiv	455g	1	12



OVEN COOK ONLY

•• INDICATES MEALS SUITABLE FOR A VEGAN DIET.

SPECIAL DIET PRODUCTS



INDIVIDUAL PURÉED MEALS CONTINUED SERVED IN CPET TRAYS

PRODUCT CODE	PRODUCT	DIETARY INFORMATION								PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CASE
		D	LF	R	MS	GF	V	S	ED				

CATEGORY C PURÉED HOT DESSERTS

217150	Bakewell Sponge				•		•			Indiv	155g	1	12
217151	Eve's Pudding				•		•			Indiv	155g	1	12
217152	Lemon Sponge				•		•			Indiv	155g	1	12
217153	Chocolate Sponge with Vanilla Sauce				•		•			Indiv	155g	1	12
217154	Sticky Toffee Pudding				•		•			Indiv	155g	1	12
217155	Rice Pudding				•	•	•			Indiv	155g	1	12
217157	Mixed Fruit Pie				•		•			Indiv	155g	1	12
217158	Apple Pie				•		•			Indiv	155g	1	12
217159	Summer Fruits & Custard				•		•			Indiv	160g	1	12

CATEGORY C PURÉED COLD DESSERTS

292462	Raspberry Dessert				•	•				Indiv	77g	1	27
292482	Coffee Dessert				•	•				Indiv	77g	1	27
292497	Chocolate Mousse	•	•	•	•	•				Indiv	65g	1	18
292499	Strawberry Mousse	•	•		•	•				Indiv	65g	1	18

PURÉED MIXER PACKS

217750	Puréed Mixer Pack – Meat Dishes, includes the following:											12	
	Cottage Pie	•			•					Indiv	430g	1	1
	Potato-Topped Steak Pie	•			•					Indiv	430g	1	1
	Beef Stew	•			•					Indiv	455g	1	1
	Beef & Gravy	•			•	•				Indiv	455g	1	1
	Chicken Curry	•			•					Indiv	455g	1	1
	Chicken & Vegetable Casserole	•			•	•				Indiv	455g	1	1
	Chicken Supreme	•			•					Indiv	455g	1	1
	Pork & Gravy	•			•	•				Indiv	455g	1	1
	Sausages & Gravy	•			•					Indiv	455g	1	1
	Lamb & Gravy	•			•	•				Indiv	455g	1	1
	Lamb & Vegetable Casserole	•			•					Indiv	455g	1	1
	Shepherds Pie	•			•					Indiv	430g	1	1

217757	Puréed Mixer Pack – Vegetarian & Fish Dishes, includes the following:											12	
	Macaroni Cheese	•			•		•			Indiv	455g	1	1
	Cauliflower & Broccoli Bake	•			•		•			Indiv	455g	1	1
	Mediterranean Vegetable Pasta	•			•		•			Indiv	455g	1	1
	Cheesy Potato Pie	•			•		•			Indiv	430g	1	1
	Vegetable Curry	•			•		•			Indiv	455g	1	1
	Vegetable & Bean Cottage Pie	•			•		•			Indiv	430g	1	2
	Omelette in Cheesy Sauce	•			•	•	•			Indiv	455g	1	2
	Fish Pie	•			•	•				Indiv	430g	1	1
	Fish in Creamy Sauce	•			•					Indiv	455g	1	1
	Salmon Supreme	•			•	•				Indiv	455g	1	1



INDIVIDUAL PURÉED MEALS CONTINUED
SERVED IN CPET TRAYS

PRODUCT CODE	PRODUCT	DIETARY INFORMATION								PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CASE
		D	LF	R	MS	GF	V	S	ED				

PURÉED MIXER PACKS CONTINUED

PRODUCT CODE	PRODUCT	D	LF	R	MS	GF	V	S	ED	PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CASE
217758	Puréed Desserts Mixer Packs, includes the following:												12
	Bakewell Sponge				•		•			Indiv	155g	1	2
	Eve's Pudding				•		•			Indiv	155g	1	2
	Lemon Sponge				•		•			Indiv	155g	1	2
	Sticky Toffee Pudding				•		•			Indiv	155g	1	2
	Rice Pudding				•	•	•			Indiv	155g	1	2
	Apple Pie				•		•			Indiv	155g	1	2

217759	Puréed Desserts Mixer Packs, includes the following:												12
	Eve's Pudding				•		•			Indiv	155g	1	2
	Chocolate Sponge with Vanilla Sauce				•		•			Indiv	155g	1	2
	Sticky Toffee Pudding				•		•			Indiv	155g	1	2
	Rice Pudding				•	•	•			Indiv	155g	1	2
	Mixed Fruit Pie				•		•			Indiv	155g	1	2
	Summer Fruits & Custard				•		•			Indiv	160g	1	2



217363 Puréed Beef & Gravy with Mashed Potato and Peas

read more about our unique all-day range on page 4

SPECIAL DIET PRODUCTS



SMALL PORTION SOFT DIET MEALS PACKED IN CRATES

PRODUCT CODE	PRODUCT	DIETARY INFORMATION								PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS
		D	LF	R	MS	GF	V	S	ED			
328109	Savoury Minced Beef	•		•	•				•	Small	360g	2
328111	Cottage Pie	•			•				•	Small	400g	2
328220	Minced Pork in Gravy	•	•	•	•	•			•	Small	360g	2
328221	Minced Ham in Sauce	•							•	Small	360g	2
328302	Shepherds Pie	•							•	Small	400g	2
328420	Minced Chicken in Gravy	•	•	•					•	Small	360g	2
328503	Fish Pie	•			•				•	Small	430g	2



INDIVIDUAL SOFT DIET MEALS SERVED IN CPET TRAYS

PRODUCT CODE	PRODUCT	DIETARY INFORMATION								PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CASE
		D	LF	R	MS	GF	V	S	ED				

CATEGORY D SOFT MEALS SERVED WITH POTATOES & VEGETABLES

217100	Corned Beef Hash	•			•	•				Indiv	400g	1	12
217101	Rich Beef Stew	•			•	•				Indiv	400g	1	12
217102	Savoury Minced Beef	•			•	•				Indiv	400g	1	12
217103	Fish in Mornay Sauce	•			•					Indiv	400g	1	12
217104	Salmon Supreme	•			•					Indiv	400g	1	12
217105	Chicken Curry	•			•	•				Indiv	400g	1	12
217106	Chicken in Rich Gravy	•			•	•				Indiv	400g	1	12
217107	Chicken & Vegetable Casserole	•			•	•				Indiv	400g	1	12
217108	Pork Casserole	•			•					Indiv	400g	1	12
217109	Sausages in Onion Gravy	•			•	•				Indiv	400g	1	12
217110	Liver & Bacon Casserole	•			•					Indiv	400g	1	12
217111	Lamb Stew	•			•					Indiv	400g	1	12
217112	Macaroni Cheese	•			•		•			Indiv	400g	1	12
217113	Cauliflower & Broccoli in Very Cheesy Sauce	•			•		•			Indiv	410g	1	12
217114	Vegetable & Lentil Casserole	•			•		••			Indiv	400g	1	12
217115	Mediterranean Vegetables	•			•		••			Indiv	400g	1	12
217116	Vegetable Curry	•			•		••			Indiv	400g	1	12
217117	Cheesy Potato Bake	•			•		•			Indiv	400g	1	12
217118	All Day Vegetarian Breakfast	•			•	•	•			Indiv	400g	1	12



seeing is believing...

FOR A FREE TASTE TEST OF OUR UNIQUE ALL-DAY RANGE
OF SOFT AND PURÉED RANGE CALL 0800 0281 818
OR EMAIL TASTETEST@APETITO.CO.UK



INDIVIDUAL SOFT DIET MEALS CONTINUED
SERVED IN CPET TRAYS

PRODUCT CODE	PRODUCT	DIETARY INFORMATION								PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CASE
		D	LF	R	MS	GF	V	S	ED				

SOFT MIXER PACKS

217760	Soft Mixer Pack – Meat Dishes, includes the following:											12			
	Corned Beef Hash	•			•	•						Indiv	400g	1	1
	Rich Beef Stew	•			•	•						Indiv	400g	1	1
	Savoury Minced Beef	•			•	•						Indiv	400g	1	1
	Chicken Curry	•			•	•						Indiv	400g	1	1
	Chicken in Rich Gravy	•			•	•						Indiv	400g	1	1
	Pork Casserole	•			•							Indiv	400g	1	1
	Liver & Bacon Casserole	•			•							Indiv	400g	1	1
	Lamb Stew	•			•							Indiv	400g	1	1
	Chicken & Vegetable Casserole	•			•	•						Indiv	400g	1	2
	Sausages in Onion Gravy	•			•	•						Indiv	400g	1	2

217761	Soft Mixer Pack – Vegetarian & Fish Dishes, includes the following:											12			
	Macaroni Cheese	•			•		•					Indiv	400g	1	1
	Cauliflower & Broccoli in Very Cheesy Sauce	•			•		•					Indiv	410g	1	1
	Vegetable & Lentil Casserole	•			•		••					Indiv	400g	1	2
	Mediterranean Vegetables	•			•		••					Indiv	400g	1	1
	Vegetable Curry	•			•		••					Indiv	400g	1	1
	Cheesy Potato Bake	•			•		•					Indiv	400g	1	2
	All Day Vegetarian Breakfast	•			•	•	•					Indiv	400g	1	2
	Fish in Mornay Sauce	•			•							Indiv	400g	1	1
	Salmon Supreme	•			•							Indiv	400g	1	1

217110 Soft Liver and Bacon with Mashed Broccoli, Carrots and Potato



TASTE THE FLAVOUR

EXPERIENCE THE CHOICE

SEE THE DIFFERENCE

SPECIAL DIET PRODUCTS



INDIVIDUAL GLUTEN-FREE MEALS

PRODUCT CODE	PRODUCT	DIETARY INFORMATION								PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CASE
		D	LF	R	MS	GF	V	S	ED				

BEEF

294512	Steak in Red Wine & Mushroom Sauce	.			.	.				Indiv	400g	1	12
298203	Corned Beef Hash	.			.	.				Indiv	360g	1	12
298207	Beef Hotpot				Indiv	340g	1	12
298208	Cottage Pie				Indiv	340g	1	12
298209	Savoury Minced Beef				Indiv	350g	1	12
298210	Chilli Con Carne				Indiv	360g	1	12
298214	Steak & Mushroom Casserole	.			.	.				Indiv	360g	1	12
298218	Beef Bordelaise				Indiv	330g	1	12

LAMB DISHES

294530	Moroccan Lamb	.			.	.				Indiv	380g	1	12
294535	Honey & Apricot Lamb	.			.	.				Indiv	370g	1	12
298237	Lamb in Gravy				Indiv	340g	1	12
298239	Lamb & Vegetable Casserole				Indiv	330g	1	12
298240	Lancashire Hotpot	.			.	.				Indiv	410g	1	12

POULTRY DISHES

294546	Chicken Supreme	.			.	.				Indiv	410g	1	12
294689	Hunters Chicken Casserole				Indiv	395g	1	12
297258	Chicken Thigh on the Bone	.			.	.				Indiv	350g	1	12
298251	Chicken a la King	.			.	.				Indiv	380g	1	12
298254	Sweet & Sour Chicken				Indiv	390g	1	12
298256	Chicken in Gravy				Indiv	350g	1	12
298257	Chicken Breast				Indiv	350g	1	12
298259	Chicken & Vegetable Casserole				Indiv	340g	1	12
298264	Chicken Curry with Rice				Indiv	360g	1	12
298279	Chicken Breast in Cheese & Bacon Sauce	.			.	.				Indiv	415g	1	12

PORK DISHES

294518	Roast Pork in Apple Gravy				Indiv	380g	1	12
294520	Gammon with Pineapple				Indiv	380g	1	12
294522	Sweet & Sour Pork	.			.	.				Indiv	410g	1	12
294523	Pork Steakette	.			.	.				Indiv	450g	1	12
294528	Gammon in Cumberland Sauce				Indiv	370g	1	12
298223	Pork in Gravy				Indiv	340g	1	12
298283	Ham in Parsley Sauce				Indiv	350g	1	12



INDIVIDUAL GLUTEN-FREE MEALS CONTINUED

PRODUCT CODE	PRODUCT	DIETARY INFORMATION								PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CASE
		D	LF	R	MS	GF	V	S	ED				
294570	Plaice Fillet with Spinach & Cheese	•			•	•				Indiv	410g	1	12
297140	Ocean Pie	•	•		•	•				Indiv	520g	1	12
298313	Fish in Butter Sauce	•	•	•	•	•				Indiv	360g	1	12

VEGETARIAN DISHES

298343	Omelette, Chips & Beans	•			•	•	•			Indiv	370g	1	12
298344	Spanish Omelette	•			•	•	•			Indiv	390g	1	12
298352	Winter Vegetable Hotpot	•	•		•	•				Indiv	480g	1	12



294520 Gammon with Pineapple

SPECIAL DIET PRODUCTS



INDIVIDUAL GLUTEN-FREE MEALS CONTINUED

PRODUCT CODE	PRODUCT	DIETARY INFORMATION								PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CASE
		D	LF	R	MS	GF	V	S	ED				

GLUTEN FREE MIXER PACK

217701	Gluten Free Mixer Pack, includes the following:										24			
	Beef Hotpot	•	•		•	•					Indiv	340g	1	4
	Cottage Pie	•	•	•	•	•					Indiv	340g	1	4
	Ham in Parsley Sauce	•	•	•	•	•					Indiv	350g	1	4
	Lamb & Vegetable Casserole	•	•	•	•	•					Indiv	330g	1	4
	Chicken in Gravy	•	•	•	•	•					Indiv	350g	1	4
	Pork in Gravy	•	•	•	•	•					Indiv	340g	1	4



INDIVIDUAL GLUTEN-FREE DESSERTS

PRODUCT CODE	PRODUCT	DIETARY INFORMATION								PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CASE	
		D	LF	R	MS	GF	V	S	ED					
292480	Apricot & Peach Dessert	•	•		•	•					Indiv	76g	1	27
292433	Blackcurrant Sorbet		•		•	•	•				Indiv	120ml	1	12
292434	Caramel Sundae				•	•	•				Indiv	106g	1	15
292435	Choc Ice (Pack of 10)				•	•	•				Indiv	39g	1	12
292497	Chocolate Mousse	•	•	•	•	•					Indiv	65g	1	18
292456	Clotted Cream Ice-Cream				•	•	•				Indiv	120ml	1	12
293455	Cointreau & Orange Ice Cream				•	•	•				Indiv	120ml	1	12
293842	Clotted Cream Rice Pudding				•	•	•				Indiv	160g	1	24
292488	Crepe Brulee				•	•	•				Indiv	103g	1	16
292419	Fruit Cocktail	•	•	•	•	•	•				Indiv	140g	1	24
292482	Coffee Dessert				•	•					Indiv	77g	1	27
293448	Luxury Chocolate Mousse				•	•					Indiv	80g	1	24
292463	Luxury Creme Caramel				•	•	•				Indiv	120g	1	16
293830	Rice Pudding				•	•	•				Indiv	160g	1	24
293933	Rice Pudding with Apple	•	•		•	•	•				Indiv	140g	1	24
292499	Strawberry Mousse	•	•		•	•					Indiv	65g	1	18
292424	Strawberry Sundae				•	•	•				Indiv	106g	1	15
292421	Vanilla Ice Cream	•	•		•	•	•				Indiv	100ml	1	18

TO HELP PEOPLE WITH A GLUTEN-FREE DIET, WE HAVE PREPARED A VARIETY OF GLUTEN-FREE MAIN COURSES AND DESSERTS, FOLLOWING STRICT CRITERIA FROM COELIAC UK, THE LEADING CHARITY FOR PEOPLE WITH COELIAC DISEASE AND DERMATITIS HERPETIFORMIS. AT EVERY STEP, CARE IS TAKEN TO ENSURE THESE PRODUCTS DO NOT COME INTO CONTACT WITH OTHER DISHES AND INGREDIENTS CONTAINING GLUTEN.





LOW FAT MIXER PACK

PRODUCT CODE	PRODUCT	DIETARY INFORMATION								PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CASE	
		D	LF	R	MS	GF	V	S	ED					
217704	Low Fat Mixer Pack, includes the following:										24			
	Fish in Butter Sauce	Indiv	360g	1	4
	Lamb in Gravy	Indiv	340g	1	4
	Chicken & Vegetable Casserole	Indiv	340g	1	4
	Savoury Minced Beef	Indiv	350g	1	4
	Ham in Parsley Sauce	Indiv	350g	1	4
	Pork & Root Vegetable Casserole	Indiv	370g	1	4



298259 Chicken & Vegetable Casserole

SPECIAL DIET PRODUCTS



INDIVIDUAL DIABETIC DESSERTS

PRODUCT CODE	PRODUCT	DIETARY INFORMATION								PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CASE
		D	LF	R	MS	GF	V	S	ED				
216901	Apple Pie & Custard	.			.		.			Indiv	154g	1	24
216902	Cherry Pie & Custard	.			.		.			Indiv	140g	1	24
216908	Rice Pudding			Indiv	160g	1	24
216910	Rice Pudding with Strawberries			Indiv	142g	1	24
216912	Date Sponge & Custard	.	.				.			Indiv	135g	1	24
216913	Rhubarb Pie & Custard	.			.		.			Indiv	150g	1	24
216914	Carrot Cake & Custard	.					.			Indiv	135g	1	24
216918	Pears with Custard			Indiv	140g	1	24
216921	Banana Pudding & Custard	.			.		.			Indiv	140g	1	24
216924	Date & Ginger Sponge & Custard	.					.			Indiv	135g	1	24
216925	Apricot & Sultana Pudding & Custard	.					.			Indiv	135g	1	24
216926	Mixed Fruit & Custard			Indiv	140g	1	24
216927	Apple & Raspberry Roly Poly & Custard	.	.				.			Indiv	135g	1	24
216928	Baked Fruit Bread Pudding & Custard	.					.			Indiv	160g	1	24
216932	Apricot Pudding & Custard	.			.		.			Indiv	155g	1	24

DIABETIC DESSERTS MIXER PACKS

217705	Diabetic Desserts Mixer Pack, includes the following:											24	
	Apple Pie & Custard	.			.		.			Indiv	154g	1	3
	Cherry Pie & Custard	.			.		.			Indiv	140g	1	3
	Rice Pudding			Indiv	160g	1	3
	Rice Pudding with Strawberries			Indiv	142g	1	3
	Date Sponge & Custard	.	.				.			Indiv	135g	1	3
	Rhubarb Pie & Custard	.			.		.			Indiv	150g	1	3
	Apricot & Sultana Pudding & Custard	.					.			Indiv	135g	1	3
	Mixed Fruit with Custard			Indiv	140g	1	3

217706	Diabetic Desserts Mixer Pack, includes the following:											24	
	Rice Pudding			Indiv	160g	1	3
	Carrot Cake & Custard	.					.			Indiv	135g	1	3
	Pears with Custard			Indiv	140g	1	3
	Banana Pudding & Custard	.			.		.			Indiv	140g	1	3
	Date & Ginger Sponge & Custard	.					.			Indiv	135g	1	3
	Mixed Fruit with Custard			Indiv	140g	1	3
	Apple & Raspberry Roly Poly & Custard	.	.				.			Indiv	135g	1	3
	Cherry Pie & Custard	.			.		.			Indiv	140g	1	3

ETHNIC INDIVIDUAL MEALS



KOSHER MEALS MANUFACTURED BY HERMOLIS

PRODUCT CODE	PRODUCT	DIETARY INFORMATION								PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CASE
		D	LF	R	MS	GF	V	S	ED				
256101	Roast Chicken in Gravy	•	•	•		•				Indiv	440g	1	10
256102	Chicken Schnitzel	•								Indiv	410g	1	10
256103	Sliced Beef in Gravy	•			•					Indiv	480g	1	10
256104	Beef Goulash	•								Indiv	460g	1	10
256105	Sliced Lamb Meal	•								Indiv	450g	1	10
256106	Shepherds Pie	•			•	•				Indiv	560g	1	10
256107	Spaghetti Bolognese	•								Indiv	530g	1	10
256108	Fried Haddock	•								Indiv	370g	1	10
256109	Fried Cod	•			•					Indiv	360g	1	10
256110	Grilled Plaice	•	•	•	•					Indiv	450g	1	10
256111	Poached Plaice	•	•		•					Indiv	510g	1	10
256112	Grilled Salmon	•			•					Indiv	390g	1	10
256113	Tomato Omelette	•			•	•				Indiv	465g	1	10
256114	Spaghetti Neapolitan	•	•	•	•		•			Indiv	515g	1	10

KOSHER MEAL MIXER PACK

256190	Kosher Meal Mixer Pack	Contains one of each of the above meals	14
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256107 Spaghetti Bolognese



ETHNIC INDIVIDUAL MEALS



KOSHER DESSERTS MANUFACTURED BY HERMOLIS

PRODUCT CODE	PRODUCT	DIETARY INFORMATION								PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CASE
		D	LF	R	MS	GF	V	S	ED				
256211	Passion Fruit Mousse				•	•	•			Indiv	50g	1	40
256212	Orange Caramel Dessert		•	•	•	•	•			Indiv	50g	1	40
256213	Pear Helene Dessert				•	•	•			Indiv	50g	1	40
256214	Apple Strudel		•		•		•			Indiv	50g	1	40
256215	Chocolate Cake						•			Indiv	50g	1	40
256216	Checkerboard Gateau				•		•			Indiv	50g	1	40

KOSHER DESSERT MIXER PACK

256290	Kosher Dessert Mixer Pack, includes the following:											14	
	Passion Fruit Mousse				•	•	•			Indiv	50g	1	3
	Orange Caramel Dessert		•	•	•	•	•			Indiv	50g	1	2
	Pear Helene Dessert				•	•	•			Indiv	50g	1	3
	Apple Strudel		•		•		•			Indiv	50g	1	2
	Chocolate Cake						•			Indiv	50g	1	2
	Checkerboard Gateau				•		•			Indiv	50g	1	2



CARIBBEAN & WEST INDIAN MEALS MANUFACTURED BY BLUE MOUNTAIN FOODS

PRODUCT CODE	PRODUCT	DIETARY INFORMATION								PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CASE
		D	LF	R	MS	GF	V	S	ED				
256301	Fried Chicken, Rice & Red Kidney Beans	•			•					Indiv	360g	1	12
256302	Chicken Curry & White Rice	•	•		•					Indiv	360g	1	12
256303	Brown Stew Chicken, Rice & Red Kidney Beans	•			•		•			Indiv	360g	1	12



256308 Callaloo & Saltfish and White Rice



CARIBBEAN & WEST INDIAN MEALS CONTINUED
MANUFACTURED BY BLUE MOUNTAIN FOODS

PRODUCT CODE	PRODUCT	DIETARY INFORMATION								PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CASE
		D	LF	R	MS	GF	V	S	ED				
256304	Brown Stew Lamb, Rice & Red Kidney Beans	•	•		•					Indiv	360g	1	12
256305	Mutton Curry & White Rice	•								Indiv	360g	1	12
256306	Jerk Chicken & Rice	•								Indiv	360g	1	12
256307	Ackees & Saltfish & White Rice	•				•				Indiv	360g	1	12
256308	Callaloo & Saltfish & White Rice	•	•		•	•				Indiv	360g	1	12
256309	Fried Hake Fish & White Rice	•								Indiv	360g	1	12
256310	Steamed Coley Fish & White Rice	•	•			•				Indiv	360g	1	12
256311	Ackees & Saltfish, Yam & Sweet Potato	•				•				Indiv	360g	1	12
256312	Callaloo & Saltfish, Yam & Sweet Potato	•	•			•				Indiv	360g	1	12
256314	Brown Stew Beef, Yam & Sweet Potato	•	•							Indiv	360g	1	12
256315	Fried Red Snapper Fish, Yam & Sweet Potato	•	•		•					Indiv	360g	1	12

CARIBBEAN & WEST INDIAN MIXER PACK

256390	Caribbean & West Indian Mixer Pack	Contains one of each of the above meals										14
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ASIAN HALAL MEALS
MANUFACTURED BY RAJ FOODS

PRODUCT CODE	PRODUCT	DIETARY INFORMATION								PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CASE
		D	LF	R	MS	GF	V	S	ED				
256601	Masala Gosht & Mixed Dal with Basmati Rice	•	•			•				Indiv	370g	1	12
256602	Chicken Dal & Kadai Vegetables with Saag Pulao	•	•			•				Indiv	370g	1	12
256603	Dal Gosht & Corn Peas Methi with Jeera Rice	•				•				Indiv	370g	1	12
256604	Chicken Saag & Rajasthani Dal with Saffron Rice	•	•			•				Indiv	370g	1	12
256605	Keema Matar & Saag Alu with Saag Pulao Rice	•				•				Indiv	370g	1	12
256606	Chicken Tikka Masala & Rajasthani Dal with Saffron Rice	•	•							Indiv	370g	1	12
256607	Coconut Fish & Saag Chhole with Pulao Rice	•	•			•				Indiv	370g	1	12
256608	Chicken Pepper & Whole Moong Dal with Jeera Rice	•	•			•				Indiv	370g	1	12

ETHNIC INDIVIDUAL MEALS



ASIAN HALAL VEGETARIAN MEALS MANUFACTURED BY RAJ FOODS

PRODUCT CODE	PRODUCT	DIETARY INFORMATION								PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CASE
		D	LF	R	MS	GF	V	S	ED				
256609	Alu Gosht & Rajasthani Dal with Saffron Rice	•	•				•			Indiv	370g	1	12
256610	Keema Chana & Aubergine Potato with Pulao Rice	•					•			Indiv	370g	1	12
256611	Murgh Masala & Alu Gobi with Jeera Rice	•	•				•			Indiv	370g	1	12
256612	Saag Gosht & Chana Dal with Basmati Rice	•	•				•			Indiv	370g	1	12
256613	Chicken Coconut & Mixed Dal with Basmati Rice	•					•			Indiv	370g	1	12
256614	Fish Curry & Split Masoor Dal with Saag Pulao	•	•				•			Indiv	370g	1	12
256615	Mutton with Red Kidney Beans & Alu Matar with Basmati Rice	•	•				•			Indiv	370g	1	12
256616	Chicken with Green Beans & Rajasthani Dal with Saffron Rice	•	•				•			Indiv	370g	1	12
256617	Gobi Gosht & Masala Chhole with Pulao Rice	•	•				•			Indiv	370g	1	12
256618	Minced Mutton Cabbage & Split Masoor with Saag Pulao	•					•			Indiv	370g	1	12
256619	Karai Gosht & Teen Dal with Jeera Rice	•					•			Indiv	370g	1	12
256620	Keema Alu & Whole Moong Dal with Jeera Rice	•	•				•			Indiv	370g	1	12
256621	Chicken with Chhole & Aubergine Potato with Pulao Rice	•	•				•			Indiv	370g	1	12



256626 Saag Alu & Split Masoor Dal with Saag Pulao



ASIAN HALAL VEGETARIAN MEALS
MANUFACTURED BY RAJ FOODS

PRODUCT CODE	PRODUCT	DIETARY INFORMATION								PACK SIZE	AVERAGE WEIGHT PER UNIT	RECOMMENDED PORTIONS	UNITS PER CASE
		D	LF	R	MS	GF	V	S	ED				
256622	Alu Brinjal Peas & Chana Dal with Plain Basmati Rice			Indiv	370g	1	12
256623	Alu Gobi & Rajasthani Dal with Saffron Rice			Indiv	370g	1	12
256624	Cabbage Peas & Rajasthani Dal with Saffron Rice			Indiv	370g	1	12
256625	Methi Paneer & Mixed Dal with Plain Basmati Rice			Indiv	370g	1	12
256626	Saag Alu & Split Masoor Dal with Saag Pulao			Indiv	370g	1	12
256627	Corn Peas, Potato & Chana Dal with Basmati Rice			Indiv	370g	1	12
256628	Mixed Capsicum Potato & Whole Moong Dal with Jeera Rice			Indiv	370g	1	12
256629	Alu Matar & Chana Dal with Basmati Rice			Indiv	370g	1	12
256630	Alu Sem & Mixed Dal with Plain Basmati Rice			Indiv	370g	1	12
256631	Kadai Vegetables & Kala Chana with Saag Pulao			Indiv	370g	1	12
256632	Aubergine Kala Chana & Teen Dal with Jeera Rice			Indiv	370g	1	12
256633	Cabbage Potato & Chhole-Spinach with Pulao Rice			Indiv	370g	1	12
256634	Gobi Brinjal Kala Chana & Split Masoor Dal with Saag Pulao			Indiv	370g	1	12
256635	Corn, Peas, Methi & Rajasthani Dal with Saffron Rice			Indiv	370g	1	12
256636	Alu Gobi & Kadhi with Khichadi			Indiv	430g	1	12
256637	Aubergine Peas & Toor Dal with Basmati Rice			Indiv	430g	1	12
256638	Tindoor & Whole Moong Dal with Basmati Rice			Indiv	430g	1	12
256639	Dudhi Chana & Kadhi with Khichadi			Indiv	430g	1	12
256640	Cauliflower Peas & Toor Dal with Basmati Rice			Indiv	430g	1	12
256641	Turia & Whole Moong Dal with Basmati Rice			Indiv	430g	1	12
256642	Aubergine Potato & Kadhi with Khichadi			Indiv	430g	1	12

DIETARY CODES

RATIONALE FOR LARGE-PORION SPECIAL DIET CODING:

D DIABETIC

People with diabetes, especially when unwell, are encouraged to eat appetising, nourishing food. All our soups, main meals and accompaniments are coded as suitable for people with diabetes. However, some residents with diabetes may be advised to select meals lower in fat or salt or to lose weight. For them the best choice may be from our Healthier Choice (●) or Reducing (R) ranges.

The diet for a resident with diabetes does not need to be sugar free. Moderate amounts of sugar are generally allowed as part of a healthy diet. Often the most suitable desserts are fruit or yogurt but in some cases more substantial desserts may be appropriate.

Our Large-portion desserts all contain sugar and so have not been coded for people with diabetes but local guidelines for acceptability of sugar can be applied as appropriate. Diabetic custard, sweetened with an artificial sweetener, is available in Large portions and 3 portion packs.

In addition, we have a range of 8 individual hot lower sugar desserts also available as a mixed case of 24.

LF LOWER FAT

Fat restrictions may be required for residents with heart disease or some digestive problems. The level of restriction will vary between individuals but will typically be around 50-70g of fat a day. However fat is an important source of fat-soluble vitamins and calories, especially for residents with a small appetite.

Care must be taken to ensure lower fat diets are used appropriately. Our lower fat meals and desserts are coded as recommended in Health of the Nation Guidelines for Hospital Catering. These are as follows:

- Soups with 5g fat or less per portion
- Main course dishes with 8g fat or less per portion
- Accompaniments: all starchy foods cooked without added fat and all vegetables
- Individual dessert items with 5g fat or less per portion.

R REDUCING

Some residents may be advised to lose weight as part of their treatment. In this case a slow, steady loss is appropriate and a diet lower in fat and sugar providing around 1200-1500 calories (kcal) per day is most commonly advised.

For such residents we have a range of meals which are coded as suitable for reducing according to the following criteria:

- Soups with 75 calories or less per portion
- Main course dishes with 200 calories (kcal) or less per portion
- Accompaniment: all starchy foods cooked and contain 200 calories (kcal) or less per portion
- All vegetables
- Items have been coded so that a complete main course meal can generally be provided in less than 400 calories (kcal)
- None of our Large-portion desserts are coded suitable for reducing. The need can usually be met by fruit or yogurt choices from the menu.

Some of our main course dishes containing pasta or potato topping provide less than 400 calories (kcal). These can be coded as reducing if residents are advised on the menu not to select an additional starchy accompaniment. For more information refer to Nutridata or your *apetito* consultant.

MS MODERATE SALT

Some salt (or sodium chloride) is important for the flavouring of food. However, high intakes will increase blood pressure, especially in those with heart, kidney or liver problems in whom intakes may need to be restricted. Salt comes from that added at table and in cooking, but most comes from processed foods and ingredients. Usual intakes of salt are around 9g per day. A moderate salt restriction will be around 4-6g salt a day. This is equivalent to 1600-2300mg or 70 –100mmol sodium per day.

To help with the selection of a moderate salt diet we have used the following criteria to code Large-portion products as suitable:

- Main course dishes with 460mg (20mmol) sodium or less per portion
- Starchy foods and vegetables: all those cooked without added salt
- Desserts with 115mg (5mmol) sodium or less per portion.

Please note: occasionally some residents may need a more restricted salt intake, in which case the local dietetic service will be able to provide more guidance about suitability of dishes for an individual.

GF GLUTEN FREE

A gluten free diet may be used to treat coeliac disease, an intolerance to the protein (gluten) found in some cereals. Several main courses, starchy accompaniments, vegetables and desserts in the Large-portion product range are gluten free. These have been prepared in accordance with the criteria laid down by the Coeliac Society and do not contain any wheat, rye, barley, oats or any other ingredients with gluten. Extreme care is taken during product manufacture; our industry-leading dispensary ensures segregation from other allergens and ingredients containing gluten to avoid cross contamination.

V VEGETARIAN

Large portions listed as vegetarian are produced without meat, fish or their derivatives. They may contain dairy produce such as milk, cheese or eggs. Fats and oils used are from a vegetable source and only vegetarian cheese is used, as it does not contain animal rennet.

S SOFT

The Large-portion range has a number of dishes which are naturally soft and a minced range available in Small portion packs which require little chewing before swallowing. These dishes are equivalent to those defined as texture category E in the National Descriptors for Texture Modification in Adults (2002). They are moist and can be broken into pieces with a fork. They may be suitable for some residents needing minor texture modification of their diets.

ED ENERGY DENSE

An energy dense diet may be needed for residents with a poor appetite or weight loss. Large-portion products have been coded as energy dense in line with Health of the Nation Guidelines for Hospital Catering and the BDA's 'Delivering Nutritional Care Through Food and Beverage Services' (2006).

These suggest providing around 500 calories (kcal) from the main course meal alone.

The criteria for our energy dense products are as follows:

- Main course dishes with 350 calories (kcal) or more per portion
- Starchy accompaniments and vegetables – all are suitable in conjunction with an ED main course item
- Desserts with 250 calories (kcal) or more per portion and which can be served with custard or ice cream to provide more than 300 calories (kcal) per serving.

HEALTHIER CHOICE

Dishes which meet the criteria for both moderate salt and lower fat are coded as suitable for healthier choice.

ALLERGY AVOIDANCE

On request we can supply information for specific food intolerances or allergies. For example, we have meals in the range free from milk or eggs. Meals and desserts listed as milk free will also be lactose free. These products do not contain any milk or milk derivatives such as butter, caseinates, cheese, cream, lactose, whey, and yogurt. The meals and desserts designated as egg free do not contain any egg, or egg derivatives such as dried egg, egg albumen, egg lecithin.

We **do not** have separate production facilities and so cannot guarantee our products will be totally free from traces of nuts. We use refined coconut oil in some of our meals but our policy is not to classify it as a nut derivative. **NO OTHER NUT OILS ARE USED.**

CUSTOMER SERVICES HELPLINE 0870 60 50 293

REFERENCES

The British Dietetic Association (2006). Delivering Nutritional Care through Food and Beverage Services. Food Counts of the BDA. Birmingham.

National Association of Care Catering (2005). A Recommended Standard for Community Meals. www.thenacc.co.uk.

Health of the Nation Nutritional Guidelines for Hospital Catering (1995). Department of Health, London.

National Descriptors for Texture Modification in Adults (2002). Joint working group of the BDA and Royal College of Speech and Language Therapists.

Food in Hospitals – National Catering and Nutrition Specification for Food and Fluid Provision in Hospitals in Scotland, The Scottish Government (2008).

WINNING AWARDS YEAR AFTER YEAR

2005

The Queen's Award for Enterprise
– Innovation

2006

PWC West of England Business of the Year

2007

FDF Community Partnership Awards

2008

National Business Awards National
Finalists & Regional Winners –
Innovation & Corporate Social Responsibility

2009

Franchise Marketing Awards
Big Tick – Business in the Community, Talent Award
National Business Awards
South – Customer Focus

2010

RoSPA – Gold Award for Occupational
Health & Safety
Craft Guild of Chefs Award – Phil Rimmer,
Development Chef of the Year
Catey – Sustainable Business Award
National Business Award – Customer Focus
Food Manufacturing Excellence Awards –
Company of the Year and
Food Manufacturer of the Year

2011

RoSPA – Gold Award for Occupational
Health & Safety

This brochure is intended to provide general information about our products and services. You should always seek further advice on any particular issue or requirement you might have. Whilst we make every effort to ensure the accuracy of the information contained in this brochure, we do not accept any responsibility for any inaccuracies or errors which might be contained in it.