



# Pureed Meals

*We produce and deliver confidence*



# The Meals Service

We offer an extensive catering service across the county meeting diverse menu and service requirements.

We supply far more than a service delivering individual meals to people in their own homes. We also deliver meals to residential homes, day care centres and luncheon clubs. In addition to this we are part of Nottinghamshires County Council emergency planning. We supply meals to people who have been evacuated from their homes due to fire, floods or any disasters.

We can provide meals frozen, chilled or hot, delivered to your door. We are Nottinghamshire based so therefore understand the local area and its peoples needs.

We are able to deliver a single meal or a multi drop depending on your requirements. With a choice of over fifty different main courses and the equivalent sweet courses, we offer a range to cover all needs.

The range we provide covers most dietary needs. Diabetic meals, low fat diets, gluten free meals, high calorie meals, soft meals, pureed meals and ethnic meals including Jewish Kosher meals, African Caribbean, Asian vegetarian, Halal, MAOI diet meals.

Our aim is to ensure that everyones recieves a meal that is suitable and meets their individual needs. With this in mind extensive work has been carried out in areas where we felt we could extend and improve the options available



“Using a specialised food preparation and presentation methods we have worked to develop a range of meals to benefit and assist service users with severe swallowing difficulties ”

“Our friendly staff will deliver your meals to your door whatever the weather”

The meals you receive will be delivered either hot or frozen depending on your own personal needs. If you receive a frozen delivery it will give you the flexibility of reheating and eating the meal at the time of day best suited to yourself. You will also be able to choose your own menu and eat the meal you choose each day.

The frozen meals will be delivered to you in the quantities that you require and are able to store. If we find that your needs are better met by having a hot delivery, one of our friendly drivers will deliver a hot meal on each day that you require the service. The meal of your choice will be delivered piping hot and ready to eat accompanied by a suitable dessert.

The meals that you find necessary to suit your diet are not always easy to access from local stores. One example of this is a growing need for a soft food menu that is appetising and varied.

## How the Meals Service can Help You

Our friendly staff will deliver your meals to your door whatever the weather. You will no longer need to either worry about going to the shops or employing someone to shop for your meals.



# Pureed Meals

Using specialised food preparation and presentation methods we have worked to develop a range of meals to benefit and assist service users with severe swallowing difficulties.

The meals are:

- **made with natural ingredients**
- **have no added water**
- **are gluten free**
- **use a recognised thickening agent used by NHS**
- **offer consistent texture**
- **lactose free**

The benefits to you are:

- **labour saving**  
to produce an appetising pureed meal yourself takes a lot of time and effort
- **consistency**  
you have the same texture for all parts of the meal and every meal, giving you peace of mind
- **presentation**  
the meals look appealing with each food type separated

As an organisation we are market led and listen to our customers. This is how the pureed range was first initiated, by noticing some of our service users struggling to find a meal for them to swallow.

Our range started at two different meals and has now extended to five different main courses with sweet course available as well. We are continuing to develop and we are hoping to extend this in the near future.

Our menu at present consists of:

- Cottage Pie**
- Fish in Cheese Sauce**
- Pork Meat Loaf**
- Lamb Grill**
- Breast of Chicken**

All the above meals are made with prime cuts of meat and fish and are complimented with potatoes and vegetables. The meat dishes have gravy and the fish dish a cheese sauce.

In addition we have two sweet courses available:

- Peached in custard**
- Pears in chocolate sauce**

“All pureed meals are made with prime cuts of meat and fish and complimented with potatoes and vegetables ”

“Meals have the appearance of any conventional meal but can be eaten with a spoon. Peas will resemble peas...”

## Tailored to your Needs

The meals service is able to deliver a range of soft food meals. We currently stock a range of three different minced meals, minced chicken, minced lamb and minced beef as well as minced beef and dumplings, cottage pie, minced fish and soft pasta dishes. Whilst these are suitable for people who experience difficulties with eating and digesting ordinary meals they are not suitable for people with dysphagia.

Dysphagia is not a complaint, it is a symptom of illness and is often present in stroke victims, people suffering from Huntington's disease, multiple sclerosis, cancer and post operations.

As we become more aware of the requirements of customers with dysphagia, we looked at how the meals service might respond to the proposal for a product tailor made to suit their needs.

The product used is called Thick and Easy and is a powder added to the pureed food. It has no taste and does not alter the nutritional value of the food. The food is moulded into shapes and frozen. The food is removed from the moulds and arranged into the standard microwaveable containers which can be delivered frozen or hot. The whole of the meal is treated to give the same consistency (that of mashed potatoes), even the gravy. Liquids are difficult to swallow as well as solids. People with dysphagia often have no coughing reflex, it is therefore easy for a liquid to enter the lungs.

The meals when delivered have the appearance of any conventional meal but can be eaten with a spoon. The peas will resemble peas, the chicken looks like a chicken breast and so on.

We wanted to be able to offer our service users as much choice as possible. To this end we have produced five different main meals each using a different meat to give variation in the diet. A selection of vegetables are used and

more menu options are being explored including vegetarian options.

All meals can be accompanied by our soft sponges or pureed fruit and custard.

The meals have the appearance and smell of the fresh ingredients used unlike baby foods or meals you may try and liquidise yourself. If you share your mealtimes with others the pureed meals from the meals service will look very similar to the meal your fellow diners are eating.



“All meals can be accompanied by our soft sponges or pureed fruit and custard”

## Additional Services

If you have friends or family who feel you may benefit from the Meals Service, we offer a full range of meals which can be delivered frozen, chilled or hot.

In addition to the main meal of the day, the meals service is also able to provide salads for tea. Each salad is prepared on the day of delivery to ensure the product is fresh when delivered to you. The salads are packed individually and each contain a bread roll and butter as well as the main salad components. The protein content varies daily from a range of sliced meats, pork pies, egg and a vegetarian option. Each salad is accompanied by a cold sweet, cake, cookie, scone, fruit or cheese and biscuits.

We can also arrange for frozen breakfast to be delivered to for you to re generate when required. A packet of cereal is supplied with each breakfast.



# Ordering

If you or someone you know would benefit from these meals please contact us on **01623 490 015** we will place your order or discuss the meals and your needs further.

When ordering please state the quantity of meals you require, the type of meal, the delivery address and date required.

The pureed meals can be delivered both to individuals in their own homes and to day centres, luncheon clubs and residential homes.

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