










# MENU IDEAS

*for modified texture diets using IDDSI\* descriptors*



## WEEK 1

WEEK 1			Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 BREAKFAST	Level 6	SOFT & BITE SIZED	Weetabix™ well soaked in milk topped with ripe sliced banana	Porridge made with milk, topped with ripe peach slices	Cornflakes™ well soaked in milk	Ready Brek™ topped with canned fruit pieces	Oatmeal and banana smoothie	Chopped smoked salmon with creamy scrambled eggs	Creamy, cheesy scrambled eggs with baked beans on soaked, buttered white bread** with crusts removed
			Mango and banana smoothie	Tropical Tuesday smoothie (tinned pineapple/mango, fruit juice and yogurt)	Banana strawberry smoothie	Tangy lemon milkshake	Egg in a cup (with butter and cheddar cheese)	Creamy berry smoothie	
	Level 5	MINCED & MOIST	Weetabix™ well soaked in milk topped with mashed banana	Porridge made with milk, topped with ripe mashed peach	Creamy porridge with stewed, mashed apple and cinnamon	Ready Brek™ topped with stewed, mashed, canned fruit	Oatmeal and banana smoothie	Finely chopped smoked salmon with creamy scrambled eggs	Creamy, cheesy scrambled eggs with creamed potato and mashed baked beans
				Fruity yogurt	Semolina	Finely chopped omelette with feta, minced tomato and basil	Creamy berry smoothie		
Level 4	PURÉED	Puréed Weetabix™ with bit-free jam	Puréed porridge made with milk, topped with puréed tinned peach	Creamy puréed porridge with honey	Ready Brek™ topped with puréed fruit or bit-free jam	Moulded grapefruit segments and yogurt	Puréed creamy eggs with creamed trout/salmon and lemon juice	Moulded sausages, puréed scrambled eggs and moulded tomato juice segments	
						Puréed porridge made with milk	Honey mango smoothie		
 SOUP			Mushroom soup	Creamy parsnip soup	Leek and broccoli soup	French onion soup	Leek and potato soup	Tomato and basil soup	Green pea soup
 LUNCH	Level 6	SOFT & BITE SIZED	Soft, chopped honey-baked bacon with parsley sauce	Soft chopped braised beef steak in a pepper sauce	Lamb casserole (with small pieces)	Chopped chicken in gravy	Beef and mushroom casserole	Chopped chicken in gravy	Chopped beef in gravy
			Poached cod in white sauce	Poached cod in a lemon and dill sauce	Cod in a creamy sauce	Poached cod and tomato bake	Fillet of salmon in a dill sauce	Poached haddock in onion sauce	Soft, chopped white fish with parsley sauce, rosemary, mashed potato and veg
	Level 5	MINCED & MOIST	Minced ham in parsley sauce	Minced beef in a peppery gravy sauce	Minced lamb casserole	Minced chicken and tomato casserole	Minced beef and mushroom casserole	Minced chicken in gravy	Minced beef
			Finely flaked fish pie	Finely flaked cod in a lemon and dill sauce	Finely flaked hake in a béchamel sauce	Finely flaked cod in a tomato bake	Finely flaked salmon in a dill sauce	Finely flaked haddock in onion sauce	Soft, finely chopped white fish with parsley sauce, rosemary, mashed potato and veg
	Level 4	PURÉED	Puréed ham in parsley sauce	Puréed braised beef steak in a pepper sauce	Puréed lamb casserole	Puréed chicken and tomato casserole	Puréed beef and mushroom casserole	Puréed chicken	Puréed beef
			Puréed fish pie (separated layers)	Puréed cod in a lemon and dill sauce	Puréed haddock in a zesty lemon sauce	Puréed cod in a tomato bake	Puréed salmon in a puréed dill sauce	Puréed smoked haddock in an onion sauce	Puréed white fish with parsley sauce, rosemary, mashed potato and veg
STARCH/VEGETABLE		Mashed potato with minced or puréed carrots and broccoli	Mashed potato with minced or puréed spinach and mixed veg	Mashed potato with minced or puréed carrots or broccoli	Mashed potato with minced or puréed beetroot and broccoli	Mashed potato with minced or puréed carrots and parsnip	Mashed potato with minced or puréed broccoli and mixed veg	Mashed potato with minced or puréed carrots and parsnip	
 LUNCH DESSERT	Level 6	SOFT & BITE SIZED	Baked apple and strawberry sponge with custard	Rice pudding	Bread** and butter pudding	Creamed semolina pudding	Soft, skinless fruit cocktail with fresh cream	Apple crumble and custard	Stewed pears in chocolate sauce
	Level 5&4	MINCED MOIST & PURÉED	Puréed stewed apple and strawberry with custard	Puréed rice pudding	Puréed summer fruits and custard	Creamed semolina pudding	Puréed fruit fool	Puréed stewed apple and custard	Puréed pears with chocolate sauce
 EVENING TEA	Level 6	SOFT & BITE SIZED	Chopped chicken, skinless tomato and soft spiced rice	Dhal with soft basmati rice	Traditional cottage pie	Soft, chopped beef meatballs in sauce, served with mashed potatoes	Beef bolognese pasta bake with soft broccoli	Soft creamy pasta carbonara and soft vegetables	Soft chopped chicken with soft skinless tomato and potato
		SOFT AND BITE SIZED SANDWICH	Crustless egg mayonnaise sandwich** or crustless bacon and mayo purée sandwich**	Crustless chicken and chilli mayo sandwich** or crustless thin ham and pickle sandwich**	Crustless, chopped ham and mayo sandwich** or crustless ham and pickle sandwich**	Crustless tuna mayo sandwich** or crustless smoked salmon-cream cheese purée sandwich**	Crustless chicken sandwich** with Caesar dressing or crustless tuna mayo sandwich**	Crustless sweet chilli topped chicken sandwich** or crustless trout paté sandwich**	Crustless egg, chopped onion and skinless tomato sandwich** or crustless tuna mayo sandwich**
	Level 5	MINCED & MOIST	Minced chicken, diced skinless tomato and mashed potato	Dhal with soft basmati rice	Traditional cottage pie	Minced skinless sausage meat, mashed potato, mashed carrots and gravy	Minced beef bolognese with minced broccoli and mashed potato	Minced pasta carbonara and minced vegetables	Minced chicken with minced tomato and mashed potato
	Level 4	PURÉED	Puréed chicken, puréed tomato and puréed mashed potato	Puréed, buttery scrambled egg on soaked, crustless bread**	Puréed traditional cottage pie	Puréed skinless sausage meat, puréed mashed potato, puréed carrots and gravy	Puréed beef bolognese with puréed broccoli and puréed mashed potato	Puréed pasta, puréed ham and puréed vegetables	Puréed chicken with puréed tomato and puréed mashed potato
	HOT OPTION ALTERNATIVE		Regular, minced or puréed scrambled egg	Regular, mashed or puréed baked beans	Regular, minced or puréed scrambled egg	Regular, minced or puréed scrambled egg	Regular, minced or puréed scrambled egg	Regular, mashed or puréed baked beans	Regular, minced or puréed scrambled egg
 EVENING TEA DESSERT			Puréed apples and custard	Puréed and sieved strawberries with cream	Puréed pears with custard	Puréed peach fool	Puréed mandarins with custard	Puréed pear with cinnamon and yogurt	Puréed raspberry fool
 SUPPER			Bit-free yogurt and banana (mashed/puréed)	Bit-free yogurt and banana (mashed/puréed)	Bit-free yogurt and banana (mashed/puréed)	Bit-free yogurt and banana (mashed/puréed)	Bit-free yogurt and banana (mashed/puréed)	Bit-free yogurt and banana (mashed/puréed)	Bit-free yogurt and banana (mashed/puréed)

### UPDATED VERSION

Menu ideas have been created by Nutricia Medical Speech & Language Therapists, Dietitians and Dysphagia chefs. Please consult your Speech & Language Therapist regarding correct consistencies to be followed.  
**Important:** Liquid options e.g. smoothies, soups, sauces and Level 4 (puréed) meals should be thickened to the prescribed fluid or food level with Nutilis Clear.  
Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.  
\* International Dysphagia Diet Standardisation Initiative.  
\*\* Bread should be soaked in order to meet IDDSI grade descriptor. Guidance on soaking bread can be found on page 13 of our Nutilis Clear recipe book available on NutriciaHCP.com

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MENU IDEAS

for modified texture diets using IDDSI\* descriptors



WEEK 2

WEEK 2			Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <div>BREAKFAST</div>	Level 6	SOFT & BITE SIZED	Mixed spice and honey semolina	Rice Crispies™ well soaked in milk	Cheesey omelette using grated cheese, with basil and tomato salsa	Nutmeg-spiced peaches topped with Greek yogurt	Apple cinnamon filled soft crêpes*** with crème fraîche	Cheesy scrambled egg with basil and chopped tomatoes	Porridge with stewed apples and cinnamon
			Monday melon smoothie	Zesty orange smoothie	Banana and peanut butter smoothie	Banana oatmeal smoothie		Ginger and raspberry smoothie	Strawberry smoothie
	Level 5	MINCED & MOIST	Mixed spice and honey semolina	Scrambled eggs with mashed tinned mixed beans	Finely chopped omelette with minced basil and tomato salsa	Nutmeg-spiced peaches topped with Greek yogurt	Layered rice pudding with apple cinnamon filling	Mashed cheesy scrambled egg with basil, puréed spinach and puréed tomatoes	Porridge with stewed apples and cinnamon
			Monday melon smoothie	Zesty orange smoothie	Banana and peanut butter smoothie	Banana oatmeal smoothie		Ginger and raspberry smoothie	Strawberry smoothie
	Level 4	PURÉED	Mixed spice and honey semolina (puréed)	Puréed buttery eggs on soaked bread**	Puréed cheesey omelette with moulded tomato juice segments	Nutmeg-spiced peaches topped with Greek yogurt	Layered Greek yogurt with apple cinnamon filling	Puréed cheesy omelette with moulded tomato juice segments	Piped sausage meat, layered with thickened tomato juice on a bed of soaked crustless bread**
			Monday melon smoothie	Zesty orange smoothie	Banana and peanut butter smoothie	Banana oatmeal smoothie		Peach smoothie	Ginger and raspberry smoothie
 <div>SOUP</div>			Mushroom soup	Carrot and coriander soup	Tomato soup	Creamy spinach and coriander soup	Cream of potato and garlic soup	Vegetable soup	Leek and potato soup
 <div>LUNCH</div>	Level 6	SOFT & BITE SIZED	Traditional cottage pie with gravy	Chopped chicken in a pepper sauce	Beef stroganoff (small pieces)	Soft, chopped curry served with soft basmati rice.	Chicken and tomato casserole	Soft beef and onion potato topped pie	Chopped turkey in gravy
			Poached whiting in lemon sauce	Salmon in a lemon and lime sauce	Poached cod in a parsley sauce	Haddock in lemon and dill sauce	Zesty Asian fishcake with sweet chilli sauce	Poached cod in a citrus sauce	Cajun salmon in white sauce
	Level 5	MINCED & MOIST	Traditional cottage pie with gravy	Minced chicken in a pepper sauce	Minced beef stroganoff	Minced curry with soft bastami rice	Minced chicken and tomato casserole	Minced beef and onion potato topped pie	Minced turkey in gravy
			Finely flaked whiting in lemon sauce	Finely flaked salmon in a lemon and lime sauce	Minced cod in a parsley sauce	Minced haddock in lemon and dill sauce	Minced zesty Asian fishcake with sweet chilli sauce	Finely flaked hake in a citrus sauce	Minced cajun salmon in white sauce
	Level 4	PURÉED	Puréed cottage pie (separated layers)	Puréed chicken in a pepper sauce	Puréed beef stroganoff	Puréed curry and basmati rice	Puréed chicken and tomato casserole	Puréed beef and onion potato topped pie	Puréed turkey in gravy
			Puréed whiting in lemon sauce	Puréed salmon in a lemon and lime sauce	Puréed cod in a parsley sauce	Puréed haddock in lemon and dill sauce	Puréed zesty Asian fishcake with sweet chilli sauce	Puréed haddock in a citrus sauce	Puréed cajun salmon in white sauce
STARCH/VEGETABLE		Mashed potato with minced or puréed carrots and spinach	Mashed potato with minced or puréed broccoli and parsnip	Mashed potato with minced or puréed mixed veg/swede	Mashed potato with minced or puréed carrots and broccoli	Mashed potato with minced or puréed Asian greens	Mashed potato with minced or puréed broccoli and mixed veg	Mashed potato with minced or puréed carrots and spinach	
 <div>LUNCH DESSERT</div>	Level 6	SOFT & BITE SIZED	Strawberry and blueberry crumble with custard	Apple sponge with vanilla custard	Toffee apple sponge with vanilla custard	Pineapple upside-down cake with custard	Chocolate sponge with chocolate sauce	Lemon cheesecake	Toffee apple cake with vanilla custard
	Level 5&4	MINCED MOIST & PURÉED	Puréed summer berries layered with custard	Custard with apple compote	Puréed toffee apple pudding with vanilla custard	Mashed or puréed banana and yogurt	Puréed fruit fool	Puréed apple and lemon custard	Puréed toffee apple with vanilla custard
 <div>EVENING TEA</div>	Level 6	SOFT & BITE SIZED	Scrambled egg, soft ham and skinless tomato	Diced ham and egg salad on a base of puréed rocket and avocado	Chicken and mushroom potato topped pie with broccoli	Chilli con carne with soft rice	Chopped, skinless sausage, mashed potato, carrots and gravy	Soft chopped, skinless sausages, skinless tomato and mash	Soft beef and onion pie, soft glazed carrots and mashed potato
		SOFT AND BITE SIZED SANDWICH	Crustless egg mayonnaise sandwich** or crustless bacon and mayo purée sandwich**	Crustless chicken and chilli mayo sandwich** or crustless thin ham and pickle sandwich**	Crustless, chopped ham and mayo sandwich** or crustless ham and pickle sandwich**	Crustless tuna mayo sandwich** or crustless smoked salmon-cream cheese purée sandwich**	Crustless chicken sandwich** with Caesar dressing or crustless tuna mayo sandwich**	Crustless sweet chilli chopped chicken sandwich** or crustless trout paté sandwich**	Crustless egg, chopped onion and skinless tomato sandwich** or crustless tuna and mayo sandwich**
	Level 5	MINCED & MOIST	Cheesy scrambled egg, chopped skinless tomato with soaked crustless bread**	Minced beef bolognese, mashed carrots and mashed potato	Minced chicken and mushroom potato pie with minced broccoli	Minced chilli con carne with minced carrots and mashed potato	Soft minced sausage meat, mashed potato, carrots and gravy	Minced and moist sausage meat, skinless tomato with soaked bread**	Minced beef and onion pie with minced carrot and potato
	Level 4	PURÉED	Puréed colcannon with gravy served with puréed chicken pieces	Puréed beef bolognese, puréed carrots and puréed mashed potato	Puréed chicken and mushroom potato pie with puréed broccoli	Puréed chilli con carne with puréed carrots and puréed mashed potato	Puréed sausage meat, puréed mashed potato, carrots and gravy	Puréed sausage, puréed tomato and puréed mashed potato	Puréed beef with puréed carrot and puréed mashed potato
	HOT OPTION ALTERNATIVE		Regular, minced or puréed scrambled egg	Regular, mashed or puréed baked beans	Regular, minced or puréed scrambled egg	Regular, minced or puréed scrambled egg	Regular, mashed or puréed baked beans	Regular, minced or puréed scrambled egg	Regular, mashed or puréed baked beans
 <div>EVENING TEA DESSERT</div>			Puréed apples and custard	Puréed and sieved strawberries with cream	Puréed pears with custard	Puréed peach fool	Puréed mandarins with custard	Puréed pear with cinnamon and yogurt	Puréed raspberry fool
 <div>SUPPER</div>			Bit-free yogurt and banana (mashed/puréed)	Bit-free yogurt and banana (mashed/puréed)	Bit-free yogurt and banana (mashed/puréed)	Bit-free yogurt and banana (mashed/puréed)	Bit-free yogurt and banana (mashed/puréed)	Bit-free yogurt and banana (mashed/puréed)	Bit-free yogurt and banana (mashed/puréed)

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# MENU IDEAS

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## WEEK 3

WEEK 3			Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 BREAKFAST	Level 6	SOFT & BITE SIZED	Banana and yogurt parfait	Pancakes*** topped with natural yogurt and stewed apple	Chopped smoked salmon and sweet potato cakes served with avocado dip	Cheddar cheese muffins	Soft, chopped potato cake with sour cream and chives	Omelette with cheese and diced ham	Devilled eggs
			Apple and avocado smoothie	Raspberry and banana smoothie bowl	Peach smoothie	Orange and pineapple smoothie	Avocado mousse	Frozen berry smoothie	Banana smoothie
	Level 5	MINCED & MOIST	Banana and yogurt parfait	Puréed pancake layer served with natural yogurt and stewed apple	Creamed salmon and potato cakes, served with avocado dip	Creamy porridge with mashed banana and honey	Modified full Irish i.e. moulded sausages with sauce & scrambled eggs	Shredded Wheat™ soaked in milk with yogurt and puréed blueberries	Scrambled egg served on soaked bread**
			Apple and avocado smoothie	Raspberry and banana smoothie bowl	Peach smoothie	Orange and pineapple smoothie	Avocado mousse	Frozen berry smoothie	Banana smoothie
	Level 4	PURÉED	Banana and yogurt parfait	Puréed porridge topped with strawberry compote	Creamed salmon served on puréed bread** with creamy avocado dip	Puréed creamy porridge with puréed banana and honey	Piped sausage meat with puréed scrambled eggs	Puréed Shredded Wheat™ soaked in milk with yogurt and puréed blueberries	Puréed poached egg milk and crustless soaked bread**
			Apple and avocado smoothie	Puréed raspberry and banana smoothie bowl	Peach smoothie	Orange and pineapple smoothie	Avocado mousse	Frozen berry smoothie	Banana smoothie
 SOUP			Roasted parsnip soup	Mushroom soup	Carrot and coriander soup	Minestrone soup	Cream of onion soup	Celery soup	Carrot and fresh dill soup
 LUNCH	Level 6	SOFT & BITE SIZED	Mild beef and vegetable curry	Turkey, leek and ham crustless pie	Beef bolognese	Chilli con carne in a baked potato	Chicken casserole	Beef meatballs in a mushroom sauce	Lamb casserole
			Poached fillet of cod in white sauce	Haddock with lemon and dill sauce	Mac & cheese pasta	Poached plaice in a tomato sauce	Poached whiting in lemon sauce	Cod in a tomato and basil sauce	Fillet of salmon in a lemon sauce
	Level 5	MINCED & MOIST	Minced beef and vegetable curry	Minced turkey, leek and ham crustless pie	Minced beef bolognese	Chilli con carne with mashed potato	Minced chicken casserole	Minced beef meatballs in a mushroom sauce	Minced lamb casserole
			Minced fillet of cod in white sauce	Minced haddock with lemon and dill sauce	Minced smoked salmon pasta	Minced plaice in a tomato sauce	Minced whiting in lemon sauce	Minced cod in a tomato and basil sauce	Minced salmon in a lemon sauce
	Level 4	PURÉED	Puréed beef and vegetable curry	Puréed turkey, leek and ham crustless pie	Puréed beef bolognese	Puréed pork and apple casserole	Puréed chicken casserole	Puréed beef meatballs in a mushroom sauce	Puréed lamb casserole
			Puréed cod in white sauce	Puréed haddock with lemon and dill sauce	Puréed smoked salmon pasta	Puréed plaice in a tomato sauce	Puréed whiting in lemon sauce	Puréed cod in a tomato and basil sauce	Puréed salmon in a lemon sauce
STARCH/VEGETABLE		Mashed potato with minced or puréed broccoli and carrots	Mashed potato with minced or puréed swede and beetroot	Mashed potato with minced or puréed carrot/spinach	Mashed potato with minced or puréed broccoli and swede	Mashed potato with minced or puréed carrots and parsnip	Mashed potato with minced or puréed broccoli and carrots	Mashed potato with minced or puréed beetroot and spinach	
 LUNCH DESSERT	Level 6	SOFT & BITE SIZED	Bread** and butter pudding with custard	Creamed semolina pudding	Orange and chocolate mousse	Rice pudding with pear compote	Apple crumble and custard	Smooth crème brûlée	Raspberry fool
	Level 5&4	MINCED MOIST & PURÉED	Puréed stewed pear and custard	Creamed semolina pudding	Orange and chocolate mousse	Rice pudding with pear compote	Puréed stewed apple with custard	Puréed rice pudding with pear compote	Puréed raspberry fool
 EVENING TEA	Level 6	SOFT & BITE SIZED	Soft chicken korma with onions, peppers, carrots served with soft basmati rice	Shepherd's pie with soft broccoli	Chopped chicken with mashed potato and carrots	Puréed colcannon with gravy served with soft chicken pieces	Beef lasagne with broccoli	Crustless fish pie	Soft, chopped chicken lasagne
		SOFT AND BITE SIZED SANDWICH	Crustless egg mayonnaise sandwich** or crustless bacon and mayo purée sandwich**	Crustless chicken and chilli mayo sandwich** or crustless thin ham and pickle sandwich**	Crustless, chopped ham and mayo sandwich** or crustless ham and pickle sandwich**	Crustless tuna mayo sandwich** or crustless smoked salmon-cream cheese purée sandwich**	Crustless chicken sandwich** with Caesar dressing or crustless tuna mayo sandwich**	Crustless sweet chilli chopped chicken sandwich** or crustless trout paté sandwich**	Crustless egg, chopped onion and skinless tomato sandwich** or crustless tuna mayo sandwich**
	Level 5	MINCED & MOIST	Minced chicken korma with onions, peppers and carrots served with basmati rice	Shepherd's pie with minced broccoli	Minced chicken, minced carrots and mashed potato	Cheesy scrambled egg, skinless tomato and soaked bread**	Minced beef bolognese with minced broccoli and mashed potato	Cheesy scrambled egg, minced ham, chopped skinless tomato and soaked crustless bread**	Minced chicken and vegetable with mashed potato
	Level 4	PURÉED	Puréed sausage meat, puréed carrots and gravy	Puréed shepherd's pie with puréed broccoli	Puréed chicken, puréed carrots and puréed mashed potato	Puréed cheesy scrambled egg, puréed tomato with soaked, crustless bread**	Puréed beef bolognese with puréed broccoli and puréed mashed potato	Puréed cheesy scrambled egg and puréed ham with soaked crustless bread**	Puréed chicken and vegetable with puréed mashed potato
	HOT OPTION ALTERNATIVE		Regular, mashed or puréed baked beans	Regular, minced or puréed scrambled egg	Regular, mashed or puréed baked beans	Regular, minced or puréed scrambled egg	Regular, minced or puréed scrambled egg	Regular, mashed or puréed baked beans	Regular, minced or puréed scrambled egg
 EVENING TEA DESSERT			Puréed apples and custard	Puréed strawberries with cream	Puréed pears with custard	Puréed peach fool	Puréed mandarins with custard	Puréed pear with cinnamon and yogurt	Puréed raspberry fool
 SUPPER			Bit-free yogurt and banana (mashed/puréed)	Bit-free yogurt and banana (mashed/puréed)	Bit-free yogurt and banana (mashed/puréed)	Bit-free yogurt and banana (mashed/puréed)	Bit-free yogurt and banana (mashed/puréed)	Bit-free yogurt and banana (mashed/puréed)	Bit-free yogurt and banana (mashed/puréed)

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# MENU IDEAS

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## WEEK 4

 BREAKFAST	Level 6	SOFT & BITE SIZED	Soft, chopped pancake*** made with banana, egg and oats. Served with syrup and butter	Boxty made with grated potato, mashed potatoes, flour, eggs, milk, butter and sugar	Ready Brek™ with stewed apple and cinnamon	Smoothie bowl with blended oats, yogurt, honey, pear and banana	Traditional Irish goody - boiled crustless bread**, sugar, cinnamon and heated milk	Parfait made with Greek yogurt, soaked Weetabix , honey and fresh berries	Soft omelette with mashed potato, chives, crème fresh and cheese
			Glass of milk/fruit juice	Berry juice/smoothie	Apple, honey and Greek yogurt smoothie		Banana and pear smoothie	Peanut butter, banana smoothie	Banana and pineapple smoothie
	Level 5	MINCED & MOIST	Puréed pancake made with banana, eggs and oats. Served with syrup and butter	Boxty made with mashed potatoes, flour, eggs, milk, butter and sugar	Ready Brek™ with stewed apple and cinnamon	Smoothie bowl with blended cooked oats, yogurt, honey, pear and banana	Puréed goody - boiled crustless bread**, sugar, cinnamon and heated milk	Parfait made with Greek yogurt, soaked Weetabix , honey and stewed fruit	Creamy scrambled eggs mixed with minced smoked salmon
			Glass of milk/fruit juice	Berry juice/smoothie	Apple, honey and Greek yogurt smoothie		Banana and pear smoothie	Peanut butter, banana honey smoothie	Banana and pineapple smoothie
	Level 4	PURÉED	Puréed pancake made with banana, eggs and oats. Served with syrup and butter	Puréed boxty made with puréed potatoes, flour, eggs, milk, butter and sugar	Ready Brek™ with puréed apple and cinnamon	Smoothie bowl with blended cooked oats, yogurt, honey, pear and banana	Goody – boiled crustless bread**, sugar, cinnamon and heated milk	Parfait made with Greek yogurt, soaked Weetabix , honey and puréed fruit	Puréed baked beans, cream cheese, puréed scrambled egg and puréed mashed potato
			Glass of milk/fruit juice	Berry juice/smoothie	Apple, honey and Greek yogurt smoothie		Banana and pear smoothie	Peanut butter, banana smoothie	Banana and pineapple smoothie
 SOUP	French onion soup                      Celery soup                      Tomato soup                      Leek and potato soup                      Carrot and fresh dill soup                      Mushroom soup                      Creamy spinach and coriander soup								
 LUNCH	Level 6	SOFT & BITE SIZED	Chopped chicken in gravy	Chopped beef meatballs in a mushroom sauce	Beef stroganoff	Soft chopped turkey in gravy	Lamb casserole	Soft, finely chopped honey-baked ham with parsley sauce	Soft, smoked fish cakes with tartar sauce
			Poached cod and tomato bake	Cod in a tomato and basil sauce	Poached cod in a parsley sauce	Cajun salmon in white sauce	Soft, creamy jambalaya	Poached cod in white sauce	Haddock in lemon and dill sauce
	Level 5	MINCED & MOIST	Minced chicken and tomato casserole	Minced beef meatballs in a mushroom sauce	Minced beef stroganoff	Minced turkey in gravy	Minced lamb casserole	Minced ham in parsley sauce	Minced pork in thyme gravy
			Finely flaked cod in a tomato bake	Minced cod in a tomato and basil sauce	Minced cod in a parsley sauce	Minced cajun salmon in white sauce	Minced salmon in a lemon sauce	Finely flaked fish pie	Minced haddock in lemon and dill sauce
	Level 4	PURÉED	Puréed chicken and tomato casserole	Puréed beef meatballs in a mushroom sauce	Puréed beef stroganoff	Puréed turkey in gravy	Puréed lamb casserole	Puréed ham in parsley sauce	Puréed pork in thyme gravy
			Puréed cod and tomato bake	Puréed cod in a tomato and basil sauce	Puréed cod in a parsley sauce	Puréed cajun salmon in white sauce	Puréed salmon in a lemon sauce	Puréed fish pie (separated layers)	Puréed haddock in lemon and dill sauce
STARCH/VEGETABLE		Mashed potato with minced or puréed beetroot and broccoli	Mashed potato with minced or puréed broccoli and carrots	Mashed potato with minced or puréed mixed veg/swede	Mashed potato with minced or puréed carrots and spinach	Mashed potato with minced or puréed beetroot and spinach	Mashed potato with minced or puréed carrots and broccoli	Mashed potato with minced or puréed carrots and broccoli	
 LUNCH DESSERT	Level 6	SOFT & BITE SIZED	Creamed semolina pudding	Baseless strawberry cheesecake	Chocolate mousse with cream	Toffee apple pudding with vanilla custard	Raspberry cheesecake	Baked apple and strawberry sponge with custard	Baseless lemon cheesecake
	Level 5&4	MINCED MOIST & PURÉED	Creamed semolina pudding	Puréed fruit cocktail with fresh cream	Puréed rice pudding with pineapple purée	Puréed toffee apple pudding with vanilla custard	Baseless raspberry cheesecake	Puréed stewed apple, strawberry and custard	Mashed or puréed banana and yogurt
 EVENING TEA	Level 6	SOFT & BITE SIZED	Chopped skinless sausage, mashed potato, carrots and gravy	Chopped chicken and puréed colcannon	Chicken and mushroom potato topped pie with broccoli	Beef and onion pie and mashed potato	Soft chicken lasagne and mashed potato	Chopped chicken, skinless tomato and rice	Chilli con carne with rice
		SOFT AND BITE SIZED SANDWICH	Crustless egg mayonnaise sandwich** or crustless bacon and mayo puréed sandwich**	Crustless chicken and chilli mayo sandwich** or crustless thin ham and pickle sandwich**	Crustless, chopped ham and mayo sandwich** or crustless ham pickle sandwich**	Crustless tuna mayo sandwich** or crustless smoked salmon-cream cheese purée sandwich**	Crustless chicken sandwich** with Caesar dressing or crustless tuna mayo sandwich**	Crustless sweet chilli chopped chicken sandwich** or crustless trout pâté sandwich**	Crustless egg, chopped onion and skinless tomato sandwich** or crustless tuna mayo sandwich**
	Level 5	MINCED & MOIST	Baked potato with tuna and mayo	Cheesy scrambled egg, minced ham, skinless tomato and avocado	Minced chicken and mushroom potato pie with minced broccoli	Minced beef and onion pie with minced carrots and mashed potato	Minced chicken and vegetable, mashed potato	Minced chicken, skinless tomato and mashed potato	Minced chilli con carne with minced carrots and mashed potato
	Level 4	PURÉED	Puréed sausage meat, puréed mashed potato, minced carrots and gravy	Puréed cheesy scrambled egg, puréed ham, puréed tomato with soaked crustless bread**	Puréed chicken and mushroom potato pie with puréed broccoli	Puréed beef with puréed carrots and puréed mashed potato	Puréed chicken and vegetable, puréed mashed potato	Puréed chicken, puréed tomato and puréed mashed potato	Puréed chilli con carne with puréed carrots and puréed mashed potato
	HOT OPTION ALTERNATIVE		Regular, minced or puréed scrambled egg	Regular, mashed or puréed baked beans	Regular, minced or puréed scrambled egg	Regular, mashed or puréed baked beans	Regular, mashed or puréed baked beans	Regular, minced or puréed scrambled egg	Regular, mashed or puréed baked beans
 EVENING TEA DESSERT			Puréed peach fool	Puréed pear with cinnamon and yogurt	Smooth/puréed tiramisu	Puréed Eton mess	Puréed mandarins with custard	Puréed passion fruit mousse	Puréed peach fool
 SUPPER			Bit-free yogurt and banana (mashed/puréed)	Bit-free yogurt and banana (mashed/puréed)	Bit-free yogurt and banana (mashed/puréed)	Bit-free yogurt and banana (mashed/puréed)	Bit-free yogurt and banana (mashed/puréed)	Bit-free yogurt and banana (mashed/puréed)	Bit-free yogurt and banana (mashed/puréed)

### UPDATED VERSION

Menu ideas have been created by Nutricia Medical Speech & Language Therapists, Dietitians and Dysphagia chefs. Please consult your Speech & Language Therapist regarding correct consistencies to be followed.

**Important:** Liquid options e.g. smoothies, soups, sauces and Level 4 (puréed) meals should be thickened to the prescribed fluid or food level with Nutilis Clear.

Allergens may be present, please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

\* International Dysphagia Diet Standardisation Initiative.

\*\* Bread should be soaked in order to meet IDDSI grade descriptor. Guidance on soaking bread can be found on page 13 of our Nutilis Clear recipe book available on NutriciaHCP.com

\*\*\* Must pass the fork test.

This sample menu is provided as a guide only. All food contained in the dishes mentioned must adhere to the specific IDDSI guidelines for that level. See IDDSI.com for more details or NutriciaHCP.com for recipes and ideas.

Nutilis Clear is a Food for Special Medical Purposes for dietary management of dysphagia and must be used under medical supervision.