

Stirrup

2021

Care Menu Solutions Guide

A guide to providing a gold standard
of care catering



**COUNTRY
RANGE**

The Leading Independent
Foodservice Brand

The Country Range brand provides you with a value for money proposition without any need to compromise on taste or quality. There are over 600 products in the range, covering grocery, chilled, frozen and non-food, which are available to you exclusively through your Country Range Group wholesaler.

Each product in the range has been developed specifically for use within a foodservice catering environment by the Country Range Group team who work with a range of BRC (British Retail Consortium) accredited suppliers. The quality, consistency and affordability of the products makes the Country Range brand widely regarded as the best in foodservice. There is full traceability on all products and the Group is committed to reducing the impact on the environment of excessive packaging for foods and non-foods so biodegradable or recyclable materials are used wherever possible.

So, whether it's basic ingredients, such as our allergen-free bouillons, or finished products like our handmade cakes, frozen and pre-portioned for convenience, your Country Range Group wholesaler can provide you with a wide range of products alongside the rest of their added value services and experienced teams' knowledge of your needs as a caterer within the care sector.

For more details visit
www.countryrange.co.uk or
contact your local Country Range
Group wholesaler today.

The full recipe for each dish
that can be seen throughout this
guide is available at
www.stiritupmagazine.co.uk/recipes

Birchall Foodservice

Delivering to caterers across the North of England & Wales
Cobalt House, Magnesium Way, Burnley Bridge Business Park,
Hapton, Burnley BB12 7BF

ALSO AT: Sheffield, Durham, Stoke-on-Trent

TEL: 01282 429446 **FAX:** 01282 422131

WEB: WWW.BIRCHALLFOODSERVICE.CO.UK

EMAIL: SALES@BIRCHALLFOODSERVICE.CO.UK



*Power-packed
Energy Balls*

made with a variety of Country
Range brand ingredients

Introduction

Catering in the care sector is challenging work at the best of times. Not only do chefs have to cater for each individual's tastes while ensuring they receive a nutritionally balanced diet, but they are also required to offer a variety of meals throughout the day, 7 days a week as well as delivering a variety of snacks.

The explosion of a "foodie" culture has led to high expectations for meal times throughout the hospitality industry. Some residents in care environments want to be inspired by new flavours, others simply demand (and deserve) good food cooked well. In a standard restaurant environment, this would be far easier to achieve than in the care sector, where residents have a range of dietary or medical needs and in many cases, need to be encouraged to eat. Not only is there pressure to make meal times engaging, but any given dish may need to be puréed to 4 different levels of texture for residents with dysphagia - when you are operating 3 meals a day plus snacks, it is easy to see how complex care catering soon becomes.

There are many care caterers who are excelling in our industry and thanks to support organisations such as the National Association of Care Catering, chefs have access to more resources than ever before, but we need to continue evolving our efforts, improving standards and providing a solid framework for teams to be able to cope with future demand.

Whether you are new to care catering, or looking for a little inspiration, we hope the information and tips in this guide provide additional support and help you take your service to the next level.

Contents

4 – 5	Talking Tables Top Tips
6 – 9	Planning Your Plates
11 – 15	Nourishing Needs
17	Staying Active
19	Time to Hydrate
21	Keep it Clean
22 – 23	Care Product Guide

Talking Tables: 20 Top Tips for Care Caterers

Sometimes a little inspiration goes a long way to developing a creative and successful meal-time experience, so we asked chefs and experts throughout the care sector for their recommendations to form our top 20 tips to take your care catering to the next level:

1 When trying to encourage an appetite, think about creating a sensory experience in the dining room. Simple changes such as adding a coffee machine or toaster into a dining environment can help create comforting aromas.

2 Turn afternoon tea into an extended activity with an excursion to go berry picking followed by a spot of cake-decorating.



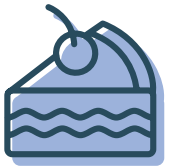
3 Factor in a little flexibility to meal times, catering for residents who might want to have an early or late lunch.

4 Encourage individuals to regularly get involved in food preparation, whether that is chopping vegetables or laying tables, some residents may be keen chefs and might enjoy the social interaction they gain from regularly participating in light activities alongside staff.



5 Use popular television shows to inspire activities such as The Great British Bake Off and MasterChef, inviting residents to participate or judge the catering team as they battle it out.

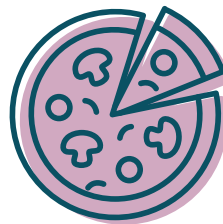
6 Ask residents if they have any favourite recipes, some may be great home bakers or cooks. Featuring one of their special recipes on the menu helps to personalise your catering and develops stronger connections between you and those you cater for.



7 Make menus readily available and easy to read for those with visual impairments. Include clear, enticing descriptions that residents can relate to and include pictures where possible.



8 Inviting residents to create their own pizza toppings or build their own pancake stack helps to personalise a meal to each individual's taste and gets everyone active too.

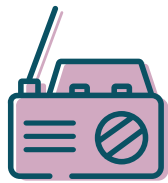


9 When social distancing guidelines allow, open up your environment to friends and family for specific meals or events so they can enjoy time with their loved ones.



Making small changes to the arrangement of furniture and overall ambience can have a big impact on the overall dining experience, so ask yourself the following questions and think about implementing some of the below suggestions:

10 Would people enjoy background music of their choosing or is there a television show they enjoy watching?

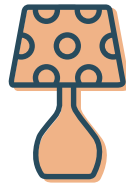


11 Do you have plenty of options for individuals to dine in different sized groups?



12 Ask wheelchair users where they want to sit instead of placing them at the same table every day.

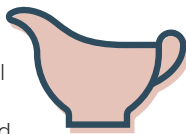
13 Is the area well lit or too bright?



14 Is a seating plan required or do residents like to choose who they dine with every day?

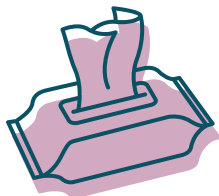
15 Is the dining room too noisy or too quiet?

16 Not all residents will be able to cope with tables cluttered with condiments and sauces, but it may be important to some people to be able to pour their own gravy or add their own mint sauce to their meal, so make sure every individual's needs are considered.



17 Try to give people a choice of where to sit. When the weather is nice, can they dine outside or in a conservatory? A change of scenery may make eating more pleasurable.

18 Ask people how they would prefer to protect their clothing during mealtimes, whether they want to use paper or cloth napkins and assessing whether there are any shapes/sizes of drinkware that are easier for them to hold to prevent spillages.



19 Try different sized cutlery or changing the colour of your dinnerware to help residents view meals differently.



20 If some residents are unable to sit at a table and join their friends in the dining room, think about how you can create opportunities to keep them engaged during mealtimes.

Red Cherry Roulade created by Ian Clifton, catering supervisor at Howbury House. Resource Centre in Malvern, Worcestershire, specifically for people suffering with dysphagia

Queen of Puddings

INGREDIENTS

6 slices Country Range White Square Thick Sliced Bread
400ml Country Range UHT Dairy Whipping Cream
6 Country Range Free Range Medium Eggs
200g Country Range Solid Pack Rhubarb
300g caster sugar
1 vanilla pod
Pouring cream or custard, to serve



METHOD

1. Pre-heat the oven to 150°C Fan / 180°C Oven / Gas Mark 4.
2. Dice the bread and place into a suitable ovenproof dish or individual dishes.
3. Separate the eggs into yolks and whites.
4. Whisk 75g of caster sugar, six egg yolks and vanilla until thick and smooth.
5. Bring the cream to the boil then pour it over the eggs to form a custard. Pour this mixture over the diced bread.
6. Bake in the oven for 15 mins to start the cooking process.
7. Remove from the oven and top with rhubarb, or an alternative seasonal fruit of your choice. Sprinkle 25g of caster sugar over the fruit.
8. Make your meringue by whisking three egg whites to soft peaks and adding 200g of caster sugar slowly until the meringue is thick and glossy.
9. Top the rhubarb with the meringue, making sure you get lots of peaks.
10. Bake in the oven for an additional 15 mins.
11. Cool slightly and serve with more rhubarb and pouring cream or custard, which could be further fortified.

Portions
8

Planning Your Plates

It is estimated that 1 in 10 older people are malnourished or at risk of malnutrition in the UK and Ireland. While the vast majority of these cases involve people who live in the community, 5% (approximately 50,000 people) are in care homes and 2% in hospitals. With the number of people aged 65 and over expected to rise in the next 20 years, understanding this issue and how menu planning within the care sector can alleviate it, is critical.

Most care homes plan a 3 or 4 week menu rotation, adapting dishes to the season, carefully balancing the calories and nutrients individuals need throughout the day. However, it is equally as important to ensure that mealtimes are a positive, enjoyable experience for everyone, with dishes that are appetising and encourage people to eat.



At Foxholes Care Home, plate sizes for each meal are carefully considered as it is paramount that each individual gets the right amount of nutrients, while also avoiding food wastage. Attention is also given to food descriptions, helping to entice the residents to eat the dishes they know and love, while also encouraging them to try new things.”

Manuel Tovar Angulo –
Head Chef at Foxholes
Care Home

When planning your menu, consider the following:

- 1** Introducing a variety of food which delivers:
 - At least 5 portions of fruit and vegetables every day, they can be fresh, frozen, dried, juiced or tinned
 - Starchy carbohydrates such as potatoes, bread, rice or pasta, opting for wholegrain where possible. Starchy food should make up just over one third of our daily intake
 - Proteins such as beans, pulses, fish, eggs, meat and tofu. Aim for at least two meals containing fish a week
 - Unsaturated oils
 - Dairy or dairy alternatives such as oat, soya or almond milk
 - 6/8 glasses of fluid a day
- 2** Developing dishes that are colourful and combine different textures
- 3** Taking inspiration from international cuisines to incorporate a variety of flavours to the menu alongside more traditional dishes
- 4** Providing a range of sweet and savoury finger food and snacks

The Caroline Walker Trust's

'Eating well: supporting older people and older people with dementia'

gives a good overall guide to breaking down daily food intake across the day:

Breakfast 20%

Mid-morning fruit snack 5%

Main meal with a dessert 30% 20% + 10%

Mid-afternoon snack 10%

Light meal with a dessert 25% 15% + 10%

An evening milky drink 10% **Total 100%**



Apple Crumble Milkshake

INGREDIENTS

30g Country Range Bramley Apple Filling

½tsp Country Range Ground Cinnamon

1 scoop Country Range Soft Scoop Vanilla Ice Cream

Country Range UHT Dairy Whipping Cream (to serve)

Country Range Crumble Mix (to serve)

100ml milk

50ml double cream

½tsp vanilla essence

Include an additional product to further fortify your ingredients such as the double cream, if you wish.

METHOD

1. In a blender add the vanilla ice cream, milk, double cream and cinnamon. Cover and blend on a high speed until smooth.
2. In a suitable glass, layer the Bramley apple filling at the bottom of the glass and then pour your milkshake mixture over the top.
3. Top with whipped cream, crumble mix or crushed leftover biscuits, cinnamon and serve.

Get Inspired

Finger food doesn't have to be sandwiches and biscuits

it's time to get creative!

BREAKFAST / BRUNCH

- Homemade granola bars
- Teacakes
- Muffins
- Crumpets
- Mini Yoghurt Pots
- BLT bites

LUNCH / TEA

- Loaded potato skins
- Frittatas
- Mini fishcakes
- Scotch eggs
- Filo feta rolls
- Mini prawn tacos

SNACKS

- Pea and mint fritattas
- Cheesecake bites
- Banana malt loaf
- Blinis
- Jam tarts
- Bubble & squeak bites

Tempting Treats

Snacks and finger foods are equally as important as main meals and can help older people intake vital nutrients and calories that they may need if they forget to eat. Finger food should be easy to hold and eat as bite sized portions that are not too dry, crumbly or difficult to swallow. When developing your snack menus, think about:

- Producing individual bite sized portions rather than cutting up larger bakes which may fall apart more easily
- Opting for food which can easily be eaten when residents are walking around
- Making snacks visually appealing with plenty of colour to stimulate the appetite

Portions

1

Multiply as required



Marvellous Marvel



Marvel dried milk powder has great beneficial effects on both macro and micro-nutrient replenishment. In addition to milk powders' naturally significant content of both calcium and vitamin B12, this product has been additionally fortified with vitamins A and D.

Now available in a 2kg pack, it has the highest level of Vitamin A in the market when it comes to skimmed milk powder and is low in fat, the perfect solution for any healthcare caterer who needs to fortify food for their residents and patients.

Premier Foods has also created a fortification guide specifically to be used alongside its Marvel brand, helping caterers provide suitable nutrition, especially for those who may need additional protein or calories without increasing the portion size.

You can download the full guide at:

www.premierfoodservice.co.uk

Why might someone need a fortified diet?

- Mobile people who suffer with dementia might be burning lots of calories through walking
- Lack of appetite, and wanting to eat less food
- On a puréed diet, less nutrition per portion
- Someone who is found to be under nourished or at risk at a health check

NEW Marvel Instant Hot Chocolate

Premier Foods has launched the industry's first Fortified Instant Hot Chocolate under the Marvel brand with added benefits to help improve the micronutrient intake of care home residents. Hot chocolate and malt drinks are popular choices within healthcare, worth almost £5 million, as a tasty, convenient and relatively inexpensive solution.

A source of protein and low in fat, the Marvel Instant Hot Chocolate is the ideal solution for a nutritious and tasty drink that can be provided at snack and mealtimes in care homes while helping with muscle health, maintenance of muscle mass, and calcium and vitamin D levels. Vitamin D plays a role in the normal function in the immune system. All of these health concerns are a risk in older adults and the elderly, who are more likely to be at risk of osteoporosis, sarcopenia and infections.



A Spoonful of Marvel Milk

1 tbsp (12.5g) of Marvel will boost a meal by 43.3 calories and 4.4g of protein as well as give additional vitamin A, D and calcium.



www.premierfoodservice.co.uk

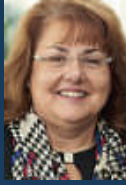
 @PremierFoods_FS  PremierFoods_FS  @PremierFoodsFoodservice



Be Inquisitive

It is important to engage older people when planning meals, finding out what they enjoy eating, what they dislike as well as when and how they would like their meals and snacks served. It is also a good idea to encourage catering staff to sit with individuals during meal times to observe and ask questions about their meal, building up a portfolio of feedback which will help to inform ongoing menu planning.

"Our menus are developed with the residents through resident meetings and feedback on different meals that residents have had. We try to draw inspiration from meals that people will have cooked for their families. When we develop a new menu, we will trial run new dishes and gather feedback as we go. We will also join in and help at mealtimes as this is a great way of gathering information about meals and menus. We ensure that food is seasonal and appropriate for the time of year." Comments Rebecca Page, Regional Manager at CHD Living



Sue Cawthray,
National Chair,
National Association
of Care Catering
(NACC) and CEO,
Harrogate Neighbours
Housing Association

How should care sector caterers tackle meal planning?

I think it's really important that when you're planning a meal within our sector, you incorporate how to encourage people to eat. Mealtimes have to be the highlight of the day and you have to make it appetising and encourage people to sit and eat.

Sometimes it's the simple things, thinking about what people have eaten in the past for example. It's not about what you or I like to eat, but it's about what are the triggers for those people? You have got to get to know about the person you are catering for. In small teams that's probably relatively easy but in larger teams, a little bit more challenging, but if you're providing that person-centered care, then you should be providing person-centered food.

When you're planning a meal, you need to make sure that there is a variety of food and there is an opportunity to choose.

It sounds as though this is almost like the psychology of eating that you're having to get into?

Absolutely, if you're a parent you spend time encouraging children to sit and eat, and you should be able to do the same with older people. Would you go to a restaurant and eat a meal thinking "I don't really fancy that?" People care about what they eat, they need to sit down to an appetising and nutritious meal that is going to be healthy, but also encourages them to eat. Many years ago, when I first got involved in the NACC, somebody once said that if you were a resident in a care home and somebody told you that you must have a very healthy meal, you will most likely be thinking "hang on a second, I've got to my age, I want to have cream in my porridge, I want to have chocolate sauce on my ice cream!" So, we need to think about the fact that what we perceive as healthy may not necessarily fit the older person and let's not forget the saying that "an uneaten meal holds no nutritional value at all".



Benny Pavlova,

created using a range of
Country Range ingredients.

For the full recipe visit
www.countryrange.co.uk

Enhance the **Food** they **Love**



*The only
cream alternative
with added*
Vitamin D



Ideal combination of
Protein AND Calories
5.5g of Protein 55kcal in every 15g tablespoon

Nourishing Needs

One of the many challenges chefs face in the care sector is accommodating the dietary requirements of each individual. In any care environment, whether large or small, caterers will need to provide meals for people with dementia, dysphagia, high cholesterol, diabetes and allergies as well as many other complex needs. We take a closer look at four of the most significant considerations, including what to be aware of as a caterer and how to handle the individual complexities.

Dementia

Medically, we are still learning about dementia, but what we do know is that it affects people in many ways and varies in severity, making it difficult to create a one-size-fits-all catering solution. As the condition progresses it affects eating habits, appetite, co-ordination and taste preferences, all of which can impact a person's food and drink intake. It is therefore vital to record as much detail as possible regarding an individual's eating and snacking habits including when and where they eat as well as what they choose to eat and how much was actually consumed. Be prepared with flexible options around meal and snacking times too, to support their needs.

Watch Out For Weight Loss

It is unsurprising to learn that weight loss is common among older people with dementia because they forget to eat, are easily distracted and some are unable to communicate hunger or thirst. To ensure each person receives their recommended daily calorie intake, add extra drinks or nutritious snacks to your meal plans. It is also important to continue trialling different flavours and foods because some residents will experience quite dramatic changes in their sense of taste,

Dementia can affect hand-eye co-ordination, so avoid serving finger food in wrappers that are difficult to remove or unpeeled fruit as snacks.

so activities involving world flavours could be a great way to identify new dishes to put on the menu.

More often than not, sweet foods become preferable over savoury, so encourage appetites by introducing a little element of sweetness to dishes for example, adding dried apricots to a tagine, incorporating fruit into salads, adding honey in porridge and chutney into sandwiches.

A Step Back in Time

Food and drink can also be used to evoke memories of childhood and growing up. Cheryl Crook, Chef at Bupa's Heol Don Care Home recommends cooking foods from different eras which may help people remember past experiences. Leni Wood, Nutrition and Wellness Manager at Nellsar comments "Food-based activities for those living with dementia are great for stimulating the senses. Smell, touch, taste, memories and social interaction are all ignited when doing things such as taster sessions. This could include a drinks taster session which involves offering drinks popular in a certain era, such as dandelion and burdock or ginger ale. You can take the time to sip on a variety of drinks and discuss what comes up when tasting these traditional

Activities such as cake and biscuit decorating are great fun as they use different colour and textures. Bread making is a good sensory experience for people living with dementia as they knead dough. For some, just talking about recipes that they may have developed themselves can be an emotionally rewarding time and an interesting experience for us too!"
Rebecca Page, Regional Manager, CHD Living

flavours. You would be surprised at the memories and conversations had just through this activity. Herb smelling activities are a lovely way to stimulate the senses and memories too, whilst also inviting a connection with nature and feelings of calm and relaxation."

Catering for people with dementia goes beyond what happens in the kitchen, teams need to consider the entire dining experience including:

- Developing cues for eating, involving them in setting the table or hearing/smelling food being prepared.
- Ensuring the dining environment is free of distraction and loud music, avoiding medication rounds and housekeeping during meal times.
- Have a routine seating plan so the environment becomes familiar and less stressful. >>

Take a moment with Horlicks®

The original malted milk drink, that has been around for nearly 150 years, still as comforting and nutritious as ever.

Packed full of goodness! Horlicks has 14 key vitamins and minerals, including:

Vitamins C, D, B1, B2, B5, B6, B12, Folic Acid, Niacin, Biotin, Calcium and Zinc and a source of Vitamin E and Iron.

Horlicks 2kg pack is perfect for OOH and care environments

Horlicks is the brand leader in hot malted beverages in the UK*



Download our free Horlicks recipe book and fun content such as crosswords, bunting and conversation cards!

Get yours today:
www.aimiafoods.com/horlicks-cares-pack




- Providing cutlery that is shaped and easy to hold, with shorter handles. The spoon bowls should be flatter than a normal spoon to prevent overloading.
- Using contrasting colours for cutlery, crockery and tablecloths. Solid colours work better than patterns but try not to over-load the table with condiments because these can cause confusion.
- Dinner plates should be heavier, with high angled sides to make accessing food easier, coloured rims around the edges will help to differentiate the plate from the table and thermal dishes will keep food warmer for longer if a resident is a slow eater.
- Hand-eye co-ordination may be affected with dementia so either sit with the resident where possible or place them on a table with others to remind them how to use cutlery and prompt forgotten actions.
- Keeping meal times flexible especially if they have difficulties with time and place – they may eat better at certain times of day.

Encourage appetites by introducing a little element of sweetness to dishes for example, adding dried apricots to a tagine, incorporating fruit into salads, adding honey in porridge and chutney into sandwiches.

What should caterers consider when working with people with dementia?

Sue Cawthray of the NACC says "One of the main issues people have when living with dementia is that sometimes they don't understand that it's breakfast, lunch or tea because they lose the concept of time. You have to have a chef and a team who are prepared to have what we call snack trays so there's always fresh available snacks that are placed strategically to encourage people to eat. If you've got a chef that's creative, you can do all sorts, it doesn't always have to be fruit, biscuits or cake - our chef makes small bites such as pâté on toast. You can make things look so appetising on a snack tray.

It is important to understand the people who are living with dementia, it is all a part of person-centered care; what are the triggers that encourage the person with dementia to sit and eat? Is there a topic, or can you look over old photographs to encourage conversation while they eat? You can be extremely creative, but you cannot force somebody to sit and eat a meal if they don't want to sit and eat it."

 We are always working very hard to ensure that all our diets are modified to suit those with Dysphagia. We aim to offer them the same choices as others at the home, whilst complying with IDDSI at all times. It is important that the textures of our modified meals are suitable for those with Dysphagia, however, we always prepare the meals as close to the normal presentation as possible."

Cheryl Crook, Chef, Bupa
Heol Don Care Home

Dysphagia

Dysphagia affects 8% of the UK and Irish population and as many as 75% of nursing home residents will live with it as a result of a primary condition such as dementia or a stroke. There are various stages of dysphagia and it is vital to understand each individual's needs to prevent choking. As a guide, the International Dysphagia Diet Standardisation Initiative (IDDSI) have created a culturally sensitive framework describing the levels of texture modified foods and thickened fluids to be used for all individuals in all care settings. This ensures the consistent production of food for people at every stage and gives caterers a specific reference point to check the flow or textural characteristics they should be achieving with each dish.

Making Meals Manageable

Dysphagia can lead to malnutrition or dehydration, but increasing the volume of food on the plate has been proven to be counter-productive because it takes longer to eat and can be tiring for people to get through large meals. Providing individuals with smaller, more manageable meals with fortified

ingredients on a frequent basis helps to meet nutritional needs more effectively. Five mini-meals during the day will deliver greater variety to stimulate the appetite, ensuring food remains hotter for longer while having the added benefit of reducing waste.

Often, individuals suffering from dysphagia can feel a loss of dignity when dining, especially if puréed food is served in a bowl at each meal. This can also lead to a loss of appetite because people eat with their eyes as much as they do through taste. Many caterers now take the time to produce meals which look like the original dish, using gels or thickening agents within the purée to present food in a more appetising way.

"Most meals can be adapted" says Leni Wood, Nutrition and Wellness Manager at Nellsar, "so we try and align the texture modified options as close to the regular option as possible. We have trained our catering teams on how to present a puréed meal with dignity and interest. Some homes use food moulds and others use piping techniques. It is important we support those who are transitioning to a texture modified diet as there is more involved than just a change of texture. It can often be a big step and we need to ensure our residents are well supported when this happens."

For residents at IDDSI levels 4-1, always taste dishes once they have been puréed to check the flavour has not been watered down. Ensuring food is flavourful will encourage individuals to eat so try to introduce new dishes inspired by global cuisines to create a positive dining experience at every meal and ask residents for feedback regularly to learn what their preferences are and if their tastes have changed. >>

Dysphagia Afternoon Tea Selection

For the full recipe visit
www.stiritupmagazine.co.uk/recipes

Check before serving/eating:

- No hard pieces, crust or skin has formed on the dishes during cooking/heating/standing
- Check the food has not thinned out and that any liquid within the food has not separated
- Make sure that any cereals have fully absorbed the milk and have softened

Food to avoid for someone with dysphagia:

- Al dente pasta, rice or vegetables
- Fibrous or stringy textures such as pineapple or celery
- Vegetable and fruit skins
- Seeds, nuts, dry biscuits or crisps
- Sticky foods such as white bread, cheesecake or peanut butter
- Bony fish or tough, dry meat

WHICH IS YOUR BREAK TIME FAVOURITE?



© Reg. Trademark of Société des Produits Nestlé S.A.

Vegan and Vegetarian Diets

Vegetarians for Life estimate that there are now 7,000 residents choosing a plant-based diet, a figure which has doubled since 2014. There are a number of factors which contribute to this trend:

- Care environments now have a greater mix of ethnicities than ever before, many of whom are vegetarian
- Plant-based diets have a wide appeal and can be less heavy than those containing meat, making them more suitable for people who are less active
- Tastes change as we age, a study of older adults in a care setting found they preferred a meat-free diet because it was easier to chew and digest

Those who regularly welcome family and friends to dine with residents will undoubtedly have noticed a significant rise in the demand for plant-based diets, increasing the pressure on catering teams to provide nutritious meals that are appetising and full of flavour.



More care homes now are offering a vegetarian option on their menus because again, it's about choice and just because you're older doesn't mean to say we have the right to make those choices for you. Another factor to consider is that if you're working in a care home, a lot of staff actually eat with the residents, so we need to be catering for the needs of care staff as well." Sue Cawthray, National Chair, National Association of Care Catering (NACC) and CEO, Harrogate Neighbours Housing Association

Diabetes

Although most people with diabetes can eat a regular healthy diet, it is easy to miss the nuances required to prevent a sharp drop or increase in blood sugar. Developing a meal plan which accommodates insulin injections throughout the day is important to maintain control of blood glucose, blood pressure and cholesterol levels to avoid health complications. Some people with diabetes find it easier to eat 5 smaller meals a day as opposed to 3 larger meals, but the aim is to make sure people eat healthily and regularly with their overall daily diet containing:

- One starchy food per meal such as breakfast cereals, muesli, porridge, granary bread, fruit loaf, rice, pasta, yams, sweet potatoes or beans
- Lean meat, fish or a meat alternative
- At least 5 portions of fruit and vegetables
- Low fat dairy products

Fatty, sugary foods should be avoided. Although sweet treats are not banned, they should be kept to a minimum and offered as a part of a meal as opposed to a snack. This includes fresh fruit juice which is also high in sugar.

Vegan Portuguese Custard Tarts

Get Creative

The most common problem faced by vegetarians is the over-use of cheese as the source of protein which can also make every dish look the same, so try to vary the source of protein to include nuts, pulses and tofu which can also be used for vegan dishes. Catering for plant-based diets has never been so easy, with a few simple substitutes meat dishes can be transformed into a vegetarian or vegan option (including the traditional Sunday Roast) and often, they appeal to meat eaters too. "We have a large number of vegetarian dishes on our menu, which are just as popular as the more traditional meals," says Rebecca Page, Regional Manager at CHD Living.

Try to include a good mix of the following in your weekly menu:

- Root vegetables
- Pulses (peas, beans, lentils)
- Green vegetables
- Soya protein, tofu
- Nuts and seeds
- Fruit
- Bread, rice and pasta

Vegetarians can also have:

- Quorn
- Cheese
- Milk and eggs

Using the "rainbow plate" idea, not only will your dishes look colourful, it will also increase the nutrients in each meal.

Micro Case Study: Nellsar

Leni Wood, Nutrition and Wellness Manager at Nellsar care homes, one of the South East's leading providers of specialist dementia, nursing and residential care services discusses how her team supports the provision of plant-based meals:

"Catering properly for vegetarians and vegans in care is something I'm passionate about. Having been vegetarian myself, I know only too well how disappointing it is to be served dishes which are substandard and lacking in nourishment and interest. It leaves you feeling utterly put off, so to entrust your dietary requirements full-time to a catering team is huge! We have a responsibility to provide interesting, balanced and tasty meat free and vegan meals to our residents.

Having the second choice on the menu as meat free as standard

ensures that if someone enters a Nellsar home and wants to choose meat free meals or is vegetarian, we are already prepared and trained. If we have a vegan resident, then the meat free option can easily be adjusted to be vegan for them. We also have alternatives to choose from off the main menu so there is always variety and choice available.

Nellsar are premium members of Vegetarian for Life (VFL), an organisation who support older vegetarians and vegans at home and in care. I signed each of our homes up this year and we now have access to BDA approved training for all our catering staff, as well as coaching available from the VFL."

Celeriac, Cheddar and Onion Dauphinoise Pie

INGREDIENTS

- 400g Country Range Puff Pastry Block
- 200g Country Range Mature White Cheddar Cheese
- 12 Country Range Mature White Cheddar Cheese Slices
- 100g Country Range Béchamel Sauce Mix (made up)
- 1 Country Range Free Range Medium Egg
- 50g Country Range Creamery Salted Butter
- 1tsp Country Range Dried Rosemary
- 1tsp Country Range Garlic Powder
- A drizzle of Country Range Olive-Pomace Oil
- 500g celeriac
- 2 onions

METHOD

1. Pre-heat the oven to 200°C / 180°C Fan / 400°F / Gas Mark 6.
2. Roll out enough puff pastry to line a suitable pie dish.
3. Thinly slice the celeriac and blanch in salted water for 2 mins. Refresh and pat dry.
4. Place the sliced celeriac into the lined pie dish and pour over the ready-made béchamel sauce. Top the mixture with sliced cheddar cheese.
5. Slice the onions and sweat in olive-pomace oil with the garlic and rosemary.
6. Top the cheddar with the onions and then cover with some puff pastry and crimp tight around the edges. Cut a few holes in the top to let the steam out and brush with beaten egg.
7. Bake in the oven for 30/35 mins and serve a wedge of the pie with seasonal vegetables and gravy or a cheese sauce.

Portions
6



Packed full of good stuff, perfect for all

50%
LESS TOUCH POINTS &
3X
QUICKER THAN
MAKING FROM
SCRATCH*

1^{of}
5-a-day

A firm favourite for menus or a nutritious snack, the 1 of 5 a day Deep Dish Pizza combines great taste and quality, as well as a portion of vegetables as part of your 1 of 5 a day. Available in tasty cheese & tomato flavour and requires minimal handling.

- ✓ 5-inch unique dish-shaped pizza
- ✓ Easy to oven cook with no food handling and no preparation
- ✓ Suitable for vegetarians
- ✓ Source of protein
- ✓ Reduced saturated fat†

*Using Dr.Oetker Professional Chicago Town pre topped pizzas is 3x quicker and involves an average of 50% less touchpoints than making from scratch based on average prep and cook times for pizza base mixes, dough pucks and frozen deep pan pizza bases cooked in MKN combi-ovens. † Vs. standard Four Cheese Deep Dish Pizza.



Don't just take
our word for it,
SCAN HERE
to see for yourself

YOUR GO-TO PIZZA EXPERTS

oetker-professional.co.uk in



Staying Active

Having a variety of activities and events for residents to take part in is an incredibly important part of a care home operation. Activities can improve the quality of life for residents, encourage more physical movement as well as improve mental health, wellbeing and increase social interaction.

Organisations such as NAPA (National Activities Providers Association) and Alive UK work with care providers, provide training and create resources for carers to encourage the enrichment of the lives of older people in care through the provision of activities.



Sue Cawthray,
National Chair,
National Association
of Care Catering
(NACC) and CEO,
Harrogate Neighbours
Housing Association

"There's so much you can do to not only encourage people to think about food, but also to eat it.

Activities are key in any home, whether it's an activity around a main meal or around a simple thing like cake decorating or making peppermint creams. You don't have to make it complicated or spend lots of money. We arranged an afternoon of cake decorating, so we set everybody up in tables of two with all sorts of shapes to cut out and decorate cakes with. There was one lady who said "oh, what do I want to do that for?" but within a few minutes, she was decorating cakes with everyone else and enjoying it and chatting. We also made peppermint creams and we were finding that people were eating half before taking them back to their rooms!"

Activities have to stimulate people, stimulate the appetite and stimulate socialising and this has been difficult because socially we've had to distance in care homes, but despite this we have managed to keep going by being creative. We have also done a lot of work around encouraging people to celebrate their birthdays

and when people are isolating, we've taken their birthday to them including cake and afternoon tea.

Which practices or activities do you think you will take forward for people who have to isolate as we come through the pandemic?

There are times when people have coughs or bugs and may have to isolate, but what is really important is that if people have to isolate, the activity and food can be taken to them. We have put on activities in corridors such as coffee mornings where we have taken the jolly trolley to serve refreshments and cakes and played music in the corridor. Just because you are in your room, it doesn't mean to say that you can't open your door and say hello and still feel part of the home.

There are so many food days and weeks each month that we couldn't fit them all in the guide, visit www.stirupmagazine.co.uk/cooks-calendar for the full list for the year.

'A Taste of the Seaside' Platter



Activity Calendar

Activities can be anything from a themed lunch to making crafts to decorating cakes, cupcakes and biscuits and so much more. Need some inspiration for what you can base your activities around? Here we've outlined just a few key food days or weeks across the year that you can build your activities around.

January

- Veganuary

February

- Chinese New Year
- Shrove Tuesday
- Valentine's Day
- National Pizza Day

March

- Mother's Day
- St David's Day
- St Patrick's Day

April

- National Tea Day
- St George's Day
- Ramadan

May

- Dementia UK's 'Time for a Cuppa' Week
- Cinco de Mayo
- National Vegetarian Week
- National Biscuit Day

June

- National Fish & Chip Day
- Nutrition and Hydration Week (usually takes place in March)
- National Picnic Week
- Father's Day
- Alzheimer's UK Cupcake Week

July

- National Picnic Month
- Ice Cream Month
- National BBQ Week
- World Chocolate Day
- Cherry Day
- Hotdog Day

August

- Afternoon Tea Week
- National Burger Day

September

- International Chocolate Day
- British Food Fortnight
- Macmillan World's Biggest Coffee Morning

October

- National Curry Week
- National Baking Week

November

- World Vegan Month
- World Sandwich Day

December

- Festive activities focused around Christmas and New Years Eve

Join the Tetley Tea Party...

Unlock a range of activities that entertain and inspire residents, whilst promoting best-in-class hydration practices



Did you know...

Tetley offers an enveloped range, providing additional hygiene protection

Visit **[Carekits.TetleyFoodservice.co.uk](https://www.Carekits.TetleyFoodservice.co.uk)** to find out more and to download your Activi-tea packs today!



Now we're talking

Join the chat [@TetleyTeaOOH](#)
Follow us on [LinkedIn @Tetley-Foodservice](#)

Time To Hydrate

Older people in care environments or residential homes are at increased risk of dehydration. Good hydration is important for a variety of reasons, not only does it support our cognitive health, it also helps to promote skin health and prevents headaches, urinary tract infections, tiredness and constipation.

In any given home, hospital or hospice, there are a broad spectrum of individual needs which can affect hydration levels, including:

- Visual, physical or cognitive impairment
- A lack of cup sizes to suit different needs
- Drinks left out of reach
- Reluctance to drink in fear of incontinence
- Lack of staff training to recognise the signs and consequences of dehydration
- Mis-matched availability with preference

As with eating, drinking should be a pleasurable activity rather than routine so it is not enough to simply have a jug of water on a table. Considerations for hydration should be as individual as dietary requirements. If drinking is difficult, unpleasant or rushed, it will be avoided.

Many residents will associate drinks with memorable events or as a cue for conversation. The simple act of making a cup of tea can be both comforting and relaxing, a ritual which can evoke memories of family and friends coming together to chat and enjoy each others company. It is also a great cue to “pause” during the day either before or after an activity and will often have been used during their working lives to break and take a moment to share experiences, catch up with each other and share any worries.

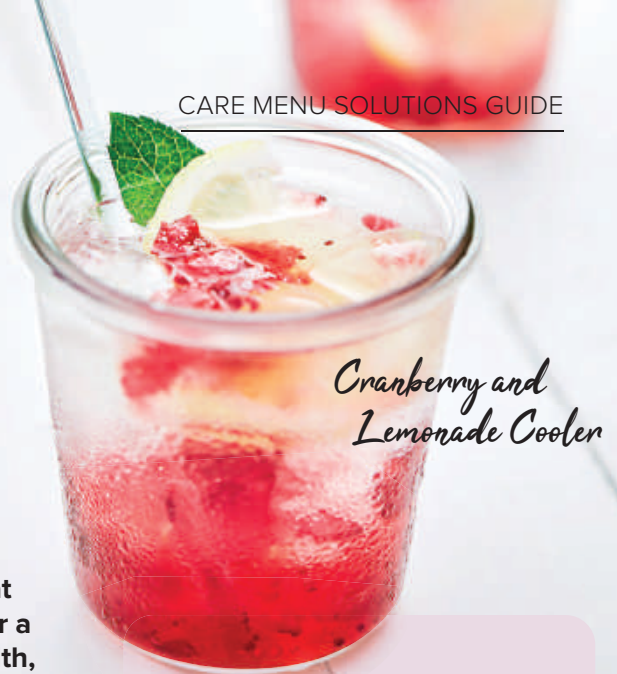
37% of older people who are acutely admitted to hospital are dehydrated¹

Being thirsty can have a 10% reduction in cognitive ability²

20% of older adults in residential care have low-intake dehydration³

Hydration of course is not just about hot or cold drinks, it can also be achieved through snacks with high water content such as watermelon, summer berries or grapes. Smoothies during breakfast are another way to ensure residents are offered a greater variety of beverage options, but can also help to increase intake of calories and essential nutrients.

1 - Ahmed M El-Sharkawy, 2015
2 - 0.8-2% dehydration in older people), Rogers et al 2001
3 - Diane K Bunn, 2019



Cranberry and Lemonade Cooler

Hydration Tips

- For residents with tremors use an easy-grip mug, trialling different designs to see what works best. Prevent the risk of spillage by ensuring it is only half full.
- Some residents may find a straw helpful or a two handled cup to make it easier to hold safely.
- Jewel coloured glasses make water look more appealing. Lemon or cucumber ribbons are refreshing and add a little flavour.
- Hot drinks that have turned cold are unappealing so opt for small cups and regular top-ups instead of a large mug which may turn cold.
- Consider cartons for cold drinks which might be easier to hold, although some residents may need help with straw packets.
- During the summer, think about creating activities that also hydrate residents such as making their own fresh fruit ice lollies, jelly sweets or colourful layered jellies.

Hydration Stations

Within your care home you could introduce stations where residents can go at any time of the day to make their own beverages or have access to ready made beverages or snacks such as milkshakes and jellies.

These stations don't only help to encourage increased fluid intake, they also promote independence and confidence in the residents to be able to make themselves a drink as they normally would have done throughout their lives. Everyone knows how to make their own cuppa just how they like it. There are more opportunities for movement and increased social interaction with other residents visiting the stations too.



Summer Fruit Smoothie



HELPING YOU TO SERVE THOSE WHO AVOID GLUTEN



MAGGI® Gluten Free Range

AVAILABLE NOW



MAGGI® GLUTEN FREE BEEF BOUILLON, 2KG



MAGGI® GLUTEN FREE CHICKEN BOUILLON, 2KG



MAGGI® GLUTEN FREE VEGETABLE BOUILLON, 2KG



MAGGI® GLUTEN FREE VEGETARIAN GRAVY, 1.7KG



MAGGI® MASH POTATO FLAKES, 4KG



MAGGI® RICH & RUSTIC TOMATO SAUCE, 3KG AND 800G



MAGGI® SRI LANKAN COCONUT MILK POWDER, 1KG



VERSATILE USE



MADE WITH REAL INGREDIENTS



EASY-TO-USE

MADE FOR CHEFS, MADE FOR DINERS

- Ⓢ Products made with real ingredients for great tasting dishes
- Ⓢ Create many different classic dishes, with the versatile Maggi® Gluten Free range
- Ⓢ Quick, simple and easy to use products



MAGGI® GLUTEN FREE RANGE

To find out more visit:

visit www.nestleprofessional.co.uk/maggi or call **0800 745 845**

®Reg. Trademark of Société des Produits Nestlé S.A

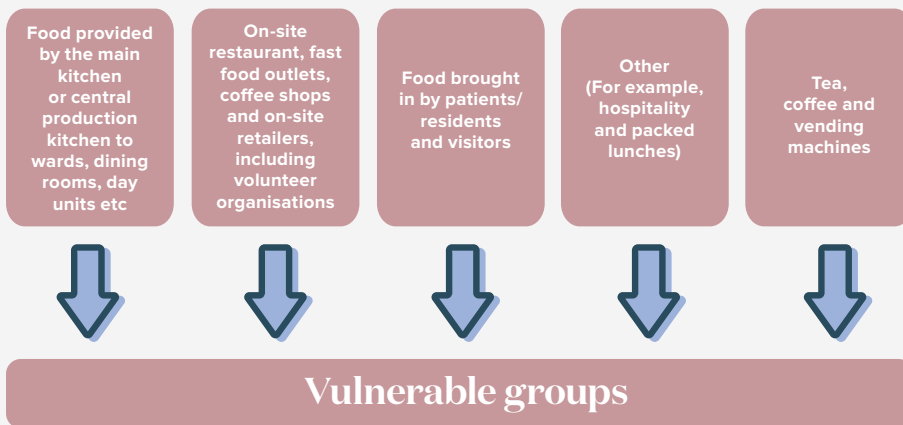
Keep it clean

Since the pandemic, caterers have been reinforcing hygiene practices to minimise contamination within their environments including the introduction of one-way systems in the kitchen, changing shift patterns, changing menus and tablecloths to those with antimicrobial coatings and reducing touch points for deliveries.

Food hygiene standards must be adhered to by caterers across all sectors, however within the care sector, there are many different routes by which people may obtain food and drink.

Although it may be difficult to control every pathway, it is important to open up lines of communication with friends or family bringing in food, not only to make sure anything that could go off is cleared away, but to help staff accurately monitor intake levels.

Examples of food pathways



Wrap it up

Pre-wrapped snacks can help to avoid the contamination of food in shared areas while also helping to promote independent movement and encouraging the increased intake of calories throughout the day.

- Biscuits
- Cakes
- Cereal and protein bars
- Pastries

Good Hygiene Practice Involves:

- Personal hygiene
- Cleaning and disinfection
- Washing fruit
- Controlled kitchen access
- Maintaining good shelf life controls
- Temperature monitoring across refrigeration units and food transfer areas

Spinach, Pea and Mushroom Hot Pot

INGREDIENTS

- 200g Country Range Fancy Peas
- 400g Country Range Chopped Tomatoes in Tomato Juice
- 50ml Country Range Extended Life Vegetable Oil
- 1tsp Country Range Garlic Powder
- 1tsp Country Range Dried Mixed Herbs
- 300g Maris Piper potatoes
- 250g mushrooms
- 200g spinach
- 2 onions

METHOD

1. Pre-heat the oven to 200°C / 180°C Fan / 400°F / Gas Mark 6.
2. Slice 1 of the onions and sweat in olive oil with the garlic and mixed herbs
3. Cut the mushrooms into quarters and add to the pan along with the peas, spinach and chopped tomatoes then season to taste.
4. Place in a suitable deep sided dish and top with thinly sliced potatoes and onions.
5. Brush with a little vegetable oil and bake for 30 mins in the oven until the top is nice and brown.

Portions
6



Product Guide

For more details of our full range visit
www.birchallfoodservice.co.uk

Country Range
Mini Cake
Assortment

Breakfast

Fresh Thin Pork Sausages

1 x 3kg 010175045
Homemade, seasoned and linked by our expert butchers.

Nescafe Original Coffee Granules

1 x 750g 025500005
Market leading instant coffee granules.

Whole Milk

1 x 2ltr 041000034
Fresh whole milk cartons.

Semi Skimmed Milk UHT

1 x 1ltr 022530022
Longer lasting UHT milk.

Fresh Thick Pork Sausages

1 x 3kg 010175046
Homemade, seasoned and linked by our expert butchers.

Country Range One Cup Teabags

1 x 1100s 025528002
An all round everyday tea that can be enjoyed anytime.

Little Town Assorted Smooth and Creamy Yoghurts

12 x 125g 041500125
Smooth and creamy wholemilk fruit yoghurts. Includes toffee, apricot, strawberry and blackcurrant.

Semi Skimmed Milk

12 x 1ltr 041000035
Fresh semi skimmed milk cartons.

Fresh Thick Cumberland Sausage

1 x 3kg 010175048
Homemade, seasoned and linked by our expert butchers.

Tetley Decaffeinated Teabags

1 x 440s 025528058
Great taste award winning decaf teabags

Country Range Free Range Medium Eggs

5 dozen/15 dozen
Lion marked, fully traceable free range eggs.

Country Range Fruit Juices

1 x 1ltr
Available in apple, orange, cranberry and pineapple.

Country Range Unsmoked Rindless Back Bacon

1 x 2.27kg 010176004
Our best selling product, and for good reason. Each pack contains between 38 and 42 rashers.

Golden Acre Thick and Creamy Assorted Yoghurts

20 x 150g 041500045
Pasteurised fruit yoghurts. Contains strawberry, cherry, apricot and mango.

Nestle Harvest Home Cereals

4 x 500g/400g
Available in bran flakes, corn flakes and crisp rice.

Lunch

Country Range Soft Spread

1 x 2kg 040525004
55% vegetable fat spread, ideal for sandwiches.

Country Range Sliced Gammon Ham 100%

1 x 500g 043515051
Cured, cooked and boneless gammon ham slices.

Crusha Milkshake Mixes

1 x 1ltr
Available in banana, chocolate, strawberry and raspberry.

Lakeland Salted Butter

1 x 250g 040505024
Rich and creamy Irish butter.

Country Range Tuna Chunks in Brine

1 x 1.7kg 029630023
Skipjack tuna caught using the purse seine method, meaning the long-term sustainability of fish stocks is not affected.

Corned Beef

1 x 340g 029700004
Great for sandwiches, salads and corned beef hash.

Country Range Frozen Sliced Bread 18+2

1 x 8
Available in half & half medium, medium white, medium wholemeal, thick white and thick wholemeal.

CFC Sandwich Fillings

1 x 1kg
Available in cheese & onion, tuna mayo, chicken mayo, chicken tikka, coronation chicken, egg mayo, chicken & bacon and crab & prawn.

Country Range Soup Mixes

1 x 2.25kg
Available in leek, minestrone, mushroom, oxtail, scotch broth, tomato, thick chicken and thick vegetable.

Country Range Mushy Processed Peas

1 x 2.5kg 029010003
Naturally high in fibre mushy peas, perfect for fish and chips.

Country Range No Added Sugar Cordials

1 x 5ltr
Available in apple & blackcurrant, blackcurrant, whole lemon and whole orange.

Kingsmill Fresh Bread

1 x 800g
Available in medium white, medium wholemeal, thick white and thick wholemeal.

Afternoon Tea

Crawford's Pink Wafers

12 x 100g 020500019

Pink sandwich wafers with a cream filling.

Ministry of Cake Cheesecakes

1 x whole

Available in blackcurrant, cherry, fruits of the forest, mandarin and strawberry.

Country Range Sweet Assorted Biscuits

4 x 500g 020510027

An assortment of cream, jam, sweet, milk and plain chocolate biscuits.

LHC Tea Time Cakes

1 x whole

Available in carrot, chocolate, coffee, lemon and victoria.

McVities Family Circle

1 x 620g 020510030

An assortment of plain, cream, chocolate and jam biscuits.

Country Range Mini Cake Assortment

1 x 40 061508052

An assortment of mini cakes, including eclairs, doughnuts, scones, muffins, brownies, custard slices, carrot cakes and cheesecakes.

Dinner

Country Range Chicken Breast Fillets 200-230g

1 x 5kg 010165015

Boneless and skinless class A calibrated chicken breast fillets. Inner fillets included. No added water.

Country Range Fish Pie Mix

1 x 3.5kg 062545004

A frozen mix of skinned and boned pollock, Atlantic cod, smoked haddock and salmon.

Country Range Mashed Potato

1 x 2kg 064010004

Lightly seasoned mashed potato pellets.

Country Range Soft Scoop Ice Creams

1 x 4ltr

Available in chocolate, mint choc, vanilla, strawberry and raspberry ripple.

Country Range Ready To Serve Custard

1 x 1ltr 021056003

Delicious creamy custard ready to use straight from the pack.

Arctic Royal IQF Skinless and Boneless Cod Fillets 140-170g

1 x 25 062505085

Frozen raw skinless & boneless IQF Atlantic cod fillets.

Country Range Frozen Vegetables

1 x 1kg/2.5kg

Range includes green beans, cauliflower, broccoli, mixed vegetables, garden peas, swede, sweetcorn, fancy peas and petit pois.

Country Range Delight Dessert Mixes

1 x 600g 021063004

Just add milk or water. Available in strawberry, banana and chocolate.

Meadowland Culinary Double

1 x 1ltr 021063003

A blend of buttermilk and vegetable oils. Use like double cream.

Country Range Salmon Portions 110-140g

1 x 10 062510029

Skinless and boneless frozen salmon portions.

Country Range Freeze Chill Chips

4 x 2.5kg

Available in 10mm, 11mm, 13mm, steak cut and shoestring fries.

Country Range 10" Deep Dish Bramley Apple Pie

1 x 12ptn 061504020

A sweet shortcrust pastry case filled with layers of Bramley cooking apples.

Country Range Solid Pack Apples

1 x 2.6kg 029510007

Fresh, natural apple segments made with handpicked apples, peeled, sorted, cooked and pasteurised.

Country Range Breaded Wholetail Scampi

1 x 454g 062530001

Deliciously sweet wholetails of British Langoustine coated in a crisp and golden breadcrumb.

Hill Valley Gateaux

1 x 18ptn

Available in banoffee, black forest, chocolate fudge, double chocolate and strawberry.

Laundry

Country Range Laundry Powders

1 x 6.8kg

Available in biological, non-biological and dual action with fabric conditioner.

Dysphagia Option

Simply Purée Dysphagia Ready Meals

Packs of 12s or 24s

A range of ready meals suitable for Dysphagia diets. Available in levels 4, 5, 6 and 7.

Country Range
Breaded Wholetail
Scampi

The full recipes for all recipe imagery shown throughout this guide are available at www.stiritupmagazine.co.uk



essential
cuisine
Our passion. Your creation.

Our high quality ingredients your care home kitchen



As the care home sector is so close to our hearts, we make it our priority to inspire your future menus, ensuring they are full of flavour and nutrients using our versatile, cost and time efficient products.

We're so proud of our gluten free range, many products within our portfolio are suited for vegan, vegetarian and Halal diets. What's more, many meet 2017 DOH Salt Guidelines.

Visit our YouTube channel "Essential Cuisine" to find hundreds of recipe videos, including simple make up instructions.

Menu planning? let us inspire you with our innovation box designed for care home caterers.



Our 'Making Mealtimes Memorable' recipe book has been written with care homes in mind - download your free copy from our website today.

