Meals on Wheels
Queensland

The Recipe Resource

CATERING FOR TEXTURE MODIFIED DIETS

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RECIPE RESOURCE: CATERING FOR TEXTURE MODIFIED DIETS

The Story Behind Queensland Meals on Wheels

The first Meals on Wheels Service in Queensland was founded in 1956 by Mrs Rhoda Cameron. Whilst overseas, Mrs Cameron had seen a meal service that provided meals to war veterans and was inspired to implement something similar in her hometown of Ipswich. Whilst the task was not an easy one, Mrs Cameron, with the help of Mrs Russel, endeavored to see this vision come to fruition.

As a result of their hard work, the first "Meals on Wheels" service in Queensland was born. Operating out of Mrs Cameron's garden cottage, clients could receive meals for two shillings (20 cents). These were served to clients directly from a thermos flask or pudding basin.

As more Meals on Wheels services started opening their doors, a peak advisory body was formed in 1967 called Queensland Meals on Wheels Ltd (QMOW), to represent the interest of all Meals on Wheels services across Queensland. Since then, it has been QMOW's mission to facilitate, guide and support Member Services to enable them to provide to the community, "More than just a meal."

Providing "more than just a meal" means that Services go above and beyond to offer meals suitable for a client's individual dietary and texture modification needs, as well as providing them with social interaction. This allows clients to rest easy, knowing that they will be well cared for by their Meals on Wheels community.

Acknowledgement

Australian Government

Department of Health

Disclaimer

Whilst the recipes provided have been assessed using the IDDSI Testing Methods, it is the responsibility of each individual Meals on Wheels Service to assess and test their prepared dishes suitability. If any food item does not meet the IDDSI Guidelines, it is not to be served to clients requiring a texture modified diet. For the purpose of this resource, images may depict food items that are not suitable for texture modified diets such as garnishes. Please consult the recipe method for the relevant texture modified level when preparing the dish.

For more information and guidance, please consult a Speech Pathologist.

Introduction

Meals on Wheels prides itself on delivering nutritious and delicious meals to clients with a range of needs. To assist Services in doing this, **Australia Meals on Wheels** released the National Meal Guidelines in 2016. These Guidelines outline the requirements for all meal components, including soups, salads, sandwiches, mains and desserts, to ensure that each dish provides adequate nutrition.

Queensland Meals on Wheels created this resource acknowledging our Meals on Wheels community caters to a range of dietary requirements, with more demand arising for texture modified meals. Texture modified meals require very particular cooking and preparation methods to ensure that the meal is suitable for the clients needs. Therefore, the Recipe Resource:

Catering for Texture Modified Diets, was developed in order to assist Meals on Wheels kitchens in delivering tasty, nutritious and safe texture modified meals.

The Recipe Resource: Catering for Texture Modified Diets also aims to explore ways in which texture modified meals can be presented. The presentation of texture modified meals is incredibly important, as individuals who require texture modified meals can easily be put off by their food. As **Meals on Wheels** strives to offer More than just a meal, we aim to ensure that all of our clients are well looked after regardless of their dietary needs.

The following recipes have been developed with the intention that they can easily be modified to suit any level of texture modification. This way, clients

on a standard diet as well as texture modified diet can receive the same menu items, just in a slightly different form. The recipes are based on the texture requirements outlined by the **International Dysphagia Diet Standardisation Initiative (IDDSI)**, with all the recipes having undergone **IDDSI** testing to assess their suitability. A nutritional analysis of the recipes has also been completed in order to ensure that they comply with the National Meal Guidelines.

The main meal recipes typically do not contain vegetables as many **Meals on Wheels** Services serve their vegetables, as a side alongside the meat and carbohydrate portion. To meet the National Meal Guidelines, sides such as 150g of vegetables should be added to dishes. This has been outlined at the end of the recipe method if needed, and is included in the nutritional analysis of the meals. The recipes have been created to make

20 serves, but can easily be adapted to suit varying quantities through the quantity calculator.

Within the Recipe Resource: Catering for Texture Modified Diets, there is also a detailed explanation of the various texture modified levels, as well as their relevant requirements, key foods to avoid and accompanying testing methods. These extracts have either been based on, or sourced from, IDDSI.

For more information regarding IDDSI and their information resources, please visit www.iddsi.org

Texture Modified Diets Explained

A Texture modified diet is required when an individual has a swallowing disorder known as dysphagia, and/or difficulties chewing their food. This could be due to a multitude of different reasons, but is most commonly associated with poor dentures, missing teeth, low saliva production and reduced motor control of the tongue and throat. Therefore, in order to overcome these difficulties, food already needs to be broken down into smaller, more manageable pieces.

To assist in managing the array of texture modified diets, IDDSI has developed a framework which outlines the various levels of texture modified diets. This includes Level 4 Puree, Level 5 Minced & Moist, Level 6 Soft and Level 7 Easy-to-Chew. Each level has a detailed criteria outlining what foods are and are not appropriate and how to test their suitability. It is extremely important that all food items and meals undergo the IDDSI Testing Methods as this is the gold-standard for assessing foods suitability. If a food is not suitable for the specified texture level, it can pose a choking hazard.

The level of modification is determined by a speech pathologist and is based on the IDDSI Framework which categorises foods based on their size, moisture content and stickiness. Each texture modified diet level has different requirements that must be followed to avoid choking. As seen below, the levels progress from Pureed through to Regular. Individuals who require a texture modified diet can eat foods below their current level, but not above. For example, if a Speech Pathologist

recommends an individual follow a Level 5 Minced & Moist diet, they can also eat Level 4 Pureed foods. However, they cannot upgrade to Level 6 Soft foods as this will present as hazardous. This means blended soups and other naturally pureed foods, such as panna cotta , are suitable for almost all texture levels (unless on Level 3 Liquidised).

Whilst offering texture modified items below the individuals level is clinically safe, it is not always accepted by the individual. Therefore, every effort should be made to ensure individuals receive foods that taste great and are suited to their texture modified needs.
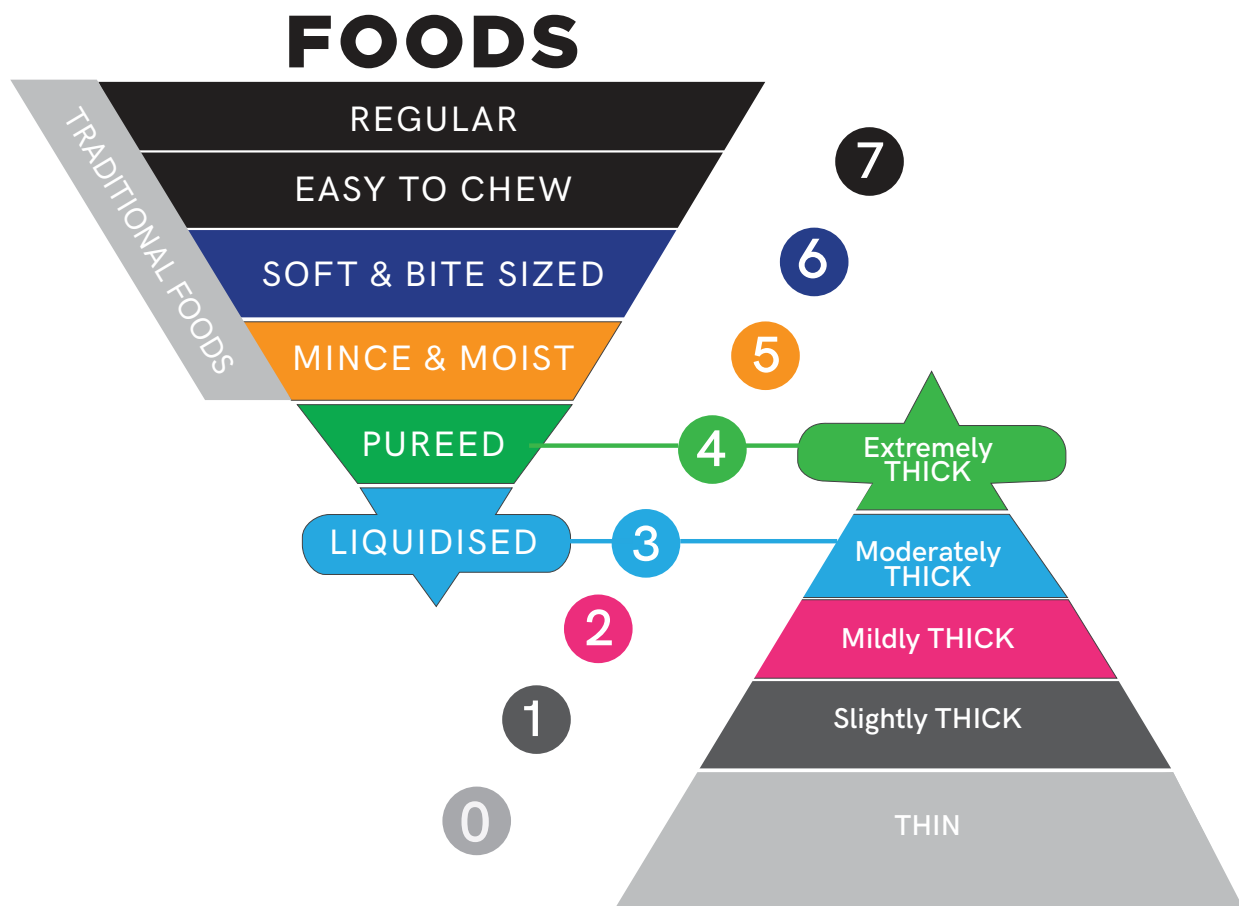
Figure 1© The International Dysphagia Diet Standardisation Initiative 2019 @ https://iddsi.org/framework. Licensed under the CreativeCommons Attribution Sharealike 4.0 License https://creativecommons.org/licenses/by-sa/4.0/legalcode

LEVEL 4 PUREED

LEVEL 4 PUREED FOODS

✓ Are usually eaten with a spoon

✓ Do not require chewing

✓ Have a smooth texture with no lumps

✓ Hold shape on a spoon

✓ Fall off a spoon in a single spoonful when tilted

✓ Are not sticky

✓ Liquid (like sauces) must not separate from solids

Why is this food texture level used for adults?

Level 4 – Pureed Food may be used if a client is not able to bite or chew food or their tongue control is reduced. Pureed foods only need the tongue to be able to move forward and back to bring the food to the back of the mouth for swallowing.

It's important that pureed foods are not too sticky because this can cause the food to stick to the cheeks, teeth, roof of the mouth or in the throat. Pureed foods are best eaten using a spoon.

LEVEL 4 PUREED

How do I test my food to make sure it is Level 4 Pureed?

IT IS SAFEST TO TEST PUREED FOOD USING THE IDDSI FORK DRIP TEST AND THE IDDSI SPOON TILT TEST.

IDDSI FORK DRIP TEST

Liquid does not dollop,or drip continuously through the fork prongs

A small amount may flow through and form a tail below the fork

IDDSI SPOON TILT TEST

Sample holds its shape on the spoon and falls off fairly easily if the spoon is tilted or lightly flicked

LEVEL 4 PUREED FOOD MUST PASS BOTH TESTS!

LEVEL 5
MINCED & MOIST

LEVEL 5 MINCED & MOIST FOODS

- ✓ Soft and moist, but with no liquid leaking/dripping from the food

- ✓ Biting is not required

- ✓ Minimal chewing required

- ✓ Lumps 4mm in size

- ✓ Lumps can be mashed with the tongue

- ✓ Food can be easily mashed with just a little pressure from a fork

- ✓ Should be able to scoop food onto a fork, with no liquid dripping and no crumbles falling off the fork

Why is this food texture level used for adults?

Level 5 – Minced & Moist food may be used the client is not able to bite off pieces of food safely but have some basic chewing ability. Some people may be able to bite off a large piece of food, but are not able to chew it into little pieces that are safe to swallow.

Minced & Moist foods only need a small amount of chewing and for the tongue to 'collect' the food into a ball and bring it to the back of the mouth for swallowing. It's important that Minced & Moist foods are not too sticky because this can cause the food to stick to the cheeks, teeth, roof of the mouth or in the throat. These foods are eaten using a spoon or fork.
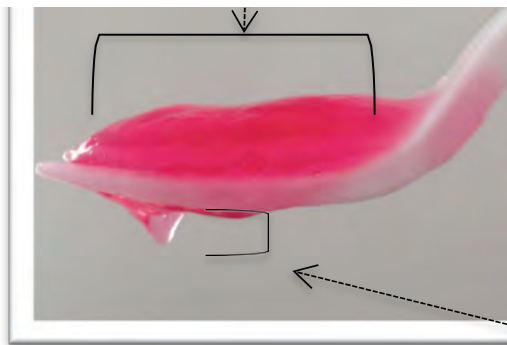
LEVEL 5
MINCED & MOIST

How do I test my food to make sure it is Level 5 Minced & Moist?

IT IS SAFEST TO TEST MINCED & MOIST FOOD USING THE IDDSI FORK DRIP TEST AND THE IDDSI SPOON TILT TEST.

IDDSI FORK DRIP TEST

For adults the lump size is 4mm, which is about the gap between the prongs of a standard dinner fork

IDDSI SPOON TILT TEST

Sample holds its shape on the spoon and falls off fairly easily if the spoon is tilted or lightly flicked. Sample should not be firm or sticky

ADULT 4mm
CHILD 2mm
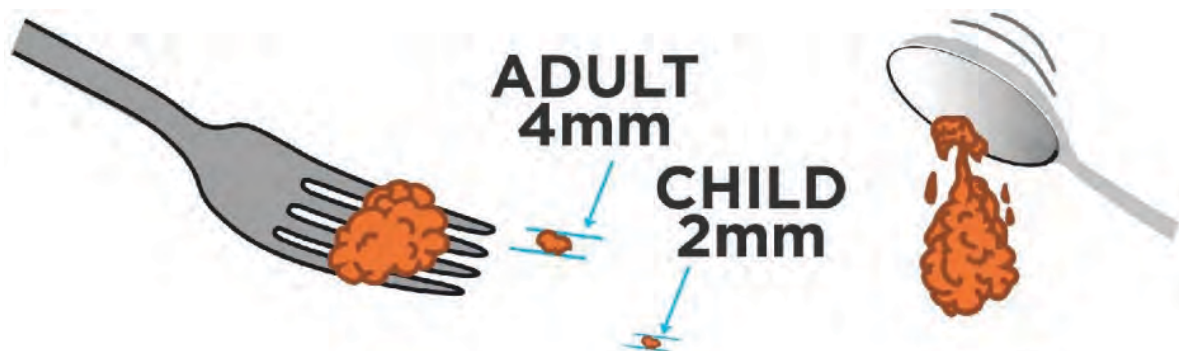
MINCED & MOIST FOOD MUST PASS BOTH TESTS!

EXAMPLES OF LEVEL 5 MINCED & MOIST FOODS

Meat

- ✓ served finely minced or chopped to 4mm lump size served in a thick, smooth, non-pouring sauce or gravy

Fish

- ✓ served finely mashed or chopped to 4mm lump size served in a thick, smooth, non-pouring sauce or gravy

Fruit

- ✓ served finely mashed or use a blender to finely chop it into to 4mm lump size pieces (drain any excess liquid)
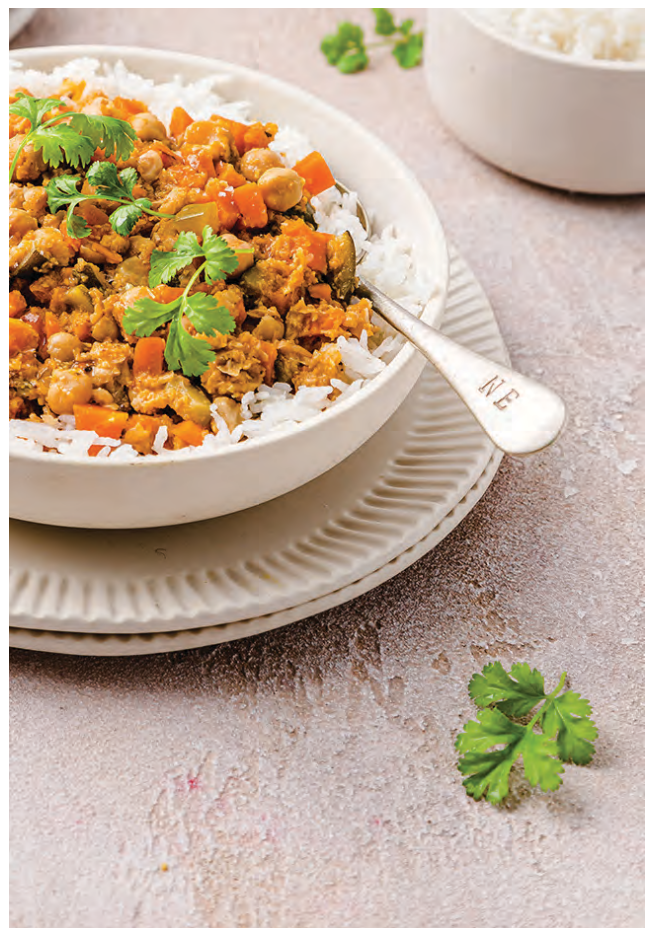
LEVEL 5
MINCED & MOIST

EXAMPLES OF LEVEL 5 MINCED & MOIST FOOD FOR ADULTS

Vegetables

✓ cooked, finely mashed or use a blender to finely chop it into to 4mm lump size pieces (drain any excess liquid)

Cereal

✓ served thick with small soft 4mm lumps. Any milk/fluid should not separate from the cereal. Drain any excess liquid before serving

Rice

✓ requires a sauce to moisten it and hold it together. Rice should not be sticky or gluey and should not separate into individual grains when cooked and served. May require a thick, smooth, non-pouring sauce to moisten and hold the rice together

No regular dry bread due to high choking risk!

LEVEL 6
SOFT & BITE SIZED

LEVEL 6 SOFT & BITE SIZED FOODS

✓ Soft, tender and moist, but with no thin liquid leaking/dripping from the food

✓ Ability to 'bite off' a piece of food is not required

✓ Ability to chew 'bite-sized' pieces so that they are safe to swallow is required

✓ 'Bite-sized' pieces no bigger than 1.5cm x 1.5cm in size, about the width of a standard dinner fork

✓ Food can be mashed/broken down with pressure from fork

Why is this food texture level used for adults?

Level 6 – Soft & Bite-Sized food may be used if a client is not able to bite off pieces of food safely but are able to chew bite-sized pieces down into little pieces that are safe to swallow. Soft & Bite-Sized foods need a moderate amount of chewing, for the tongue to 'collect' the food into a ball and bring it to the back of the mouth for swallowing.

The pieces are 'bite-sized' to reduce choking risk. Soft & Bite-Sized foods are eaten using a fork, spoon or chopsticks.

How do I test my food to make sure it is Level 6 Soft & Bite-Sized?

IT IS SAFEST TO TEST SOFT & BITE-SIZED FOOD USING THE IDDSI FORK PRESSURE TEST.

IDDSI FORK PRESSURE TEST

To make sure the food is soft enough, press down on the fork until the thumbnail blanches to white, then lift the fork to see that the food is completely squashed and does not regain its shape.

No bigger than 1.5cm x 1.5cm bite size

Thumbnail blanches white
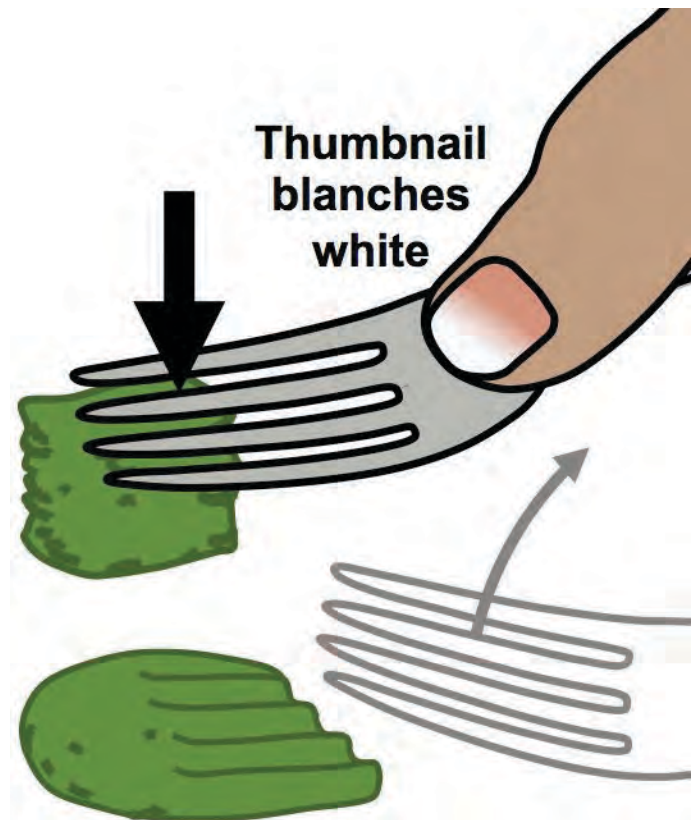
SOFT & BITE-SIZED MUST PASS BOTH SIZE AND SOFTNESS TESTS!

LEVEL 7 REGULAR EASY TO CHEW

LEVEL 7 REGULAR EASY TO CHEW FOODS

- ✓ Normal, everyday foods of soft/tender texture

- ✓ Any method may be used to eat these foods (e.g., fingers, fork, spoon, chopsticks, etc.)

- ✓ Food piece size is not restricted in Level 7

- ✓ Do not use foods that are: hard, tough, chewy, fibrous, have stringy textures, pips/seeds, bones or gristle

- ✓ You should be able to 'bite off' and chew pieces of soft and tender food and choose bite-sizes that are safe to chew and swallow without tiring easily

Why is this food texture level used for adults?

Level 7 – Regular Easy to Chew food may be used if the client has a strong enough chewing ability to break down soft/tender foods into pieces without help, they have no increased risk of choking and do not have swallowing problems.

This texture may be right for clients if they usually choose to eat soft food, have weaker chewing muscles for hard/firm textures, but can chew soft and tender food without tiring easily. It may also be a good choice if clients have been sick and are recovering strength.

LEVEL 7 REGULAR EASY TO CHEW

How do I test my food to make sure it is Level 7 Regular Easy to Chew?

IT IS SAFEST TO TEST REGULAR EASY TO CHEW FOODS USING THE IDDSI FORK PRESSURE TEST.

IDDSI FORK PRESSURE TEST

Must be able to break food apart easily with
the side of a fork or spoon

Thumbnail blanches white

FOODS SHOULD BE ABLE TO BE CUT OR BROKEN APART WITH THE SIDE OF A FORK OR SPOON.

LEVEL 7 REGULAR EASY TO CHEW

EXAMPLES OF LEVEL 7 REGULAR EASY TO CHEW FOOD FOR ADULTS

Meat

- ✓ cooked until tender. If you cannot serve soft and tender, serve as Minced &Moist

Fish

- ✓ cooked soft enough to break apart easily with the side of a fork or spoon

Fruit

- ✓ are soft enough to break apart into smaller pieces with the side of a fork or spoon (drain any excess liquid). Do not use the fibrous parts of fruit (e.g., the white parts of an orange). Be careful when eating fruit with a high water content, where the juice separates from the solid in the mouth during chewing (e.g watermelon or other melons)

LEVEL 7 REGULAR EASY TO CHEW

EXAMPLES OF LEVEL 7 REGULAR EASY TO CHEW FOOD FOR ADULTS

Vegetables

✓ are steamed or boiled until tender. Stir fried vegetables may be too firm for this level.

Cereal

✓ is served with texture softened. Drain excess liquid before serving.

Check with their clinician for direction about bread and sandwiches (and appropriate sandwich fillings)

Rice does not have any special cooking requirements at this level

TIPS FOR LEVEL 4 PUREED DISHES

When making Level 4 Pureed soups:

- ✓ Blend soups thoroughly so they have no lumps.

- ✓ Allow soup to simmer so the ingredients soften to assist with blending.

- ✓ Add more starchy vegetables and less water to get a thicker soup.

- ✓ Avoid fibrous vegetables that can be hard to blend.

When making Level 4 Pureed mains:

- ✓ Ensure meat is cooked until tender, and cut up into small pieces before blending.

- ✓ Add a small amount of liquid such as gravy to puree meat easily.

- ✓ Casseroles and stews can easily be blended and are often quite appealing as they have a similar appearance to their standard equivalents.

- ✓ Vegetables that puree well include pumpkin, potato, peas, cauliflower and carrots.

When making Level 4 Pureed desserts:

- ✓ Thicken using thickening agents.

- ✓ Custard, mousse and other milk-based desserts such as crème caramel are often already suitable for pureed diets.

- ✓ Strain cans of seeded fruit to remove the seeds but retain the flavour.

- ✓ For pie crusts or hard bases, blend biscuits into a crumb and combine with milk and butter to form a puree substitute.

- ✓ Do not garnish pureed desserts with any food item that is not suitable for a pureed diet.

TIPS FOR LEVEL 5 MINCED & MOIST DISHES

When making Level 5 Minced & Moist soups:

- ✓ Ensure all additions are no larger than 4mm.

- ✓ Cook meat until tender and then shred it with a fork before adding.

- ✓ If adding fibrous vegetables such as corn, blend prior to ensure they do not require chewing.

- ✓ Use Risoni instead of noodles if starch is being added to the soup.

- ✓ Omit the bread roll.

When making Level 5 Minced & Moist mains:

- ✓ Ensure all additions are no larger than 4mm.

- ✓ Peel all the vegetable to ensure the tough, fibrous skin is removed.

- ✓ Add extra gravy or sauce to help moisten the dish.

- ✓ Add thickeners to sauces or dishes to ensure there is no separation of liquid and food pieces.

- ✓ Cook meat and vegetables thoroughly to ensure they break apart easily.

When making Level 5 Minced & Moist desserts:

- ✓ Ensure all additions are no larger than 4mm.

- ✓ Add custard or a sauce to assist with the moistness of the dessert.

- ✓ Ensure all diced fruits are cooked thoroughly so they break apart easily.

FOODS TO AVOID

The table below outlines what food characteristics can be hazardous for certain texture modified levels.

Texture Modification Level	Food Characteristics to be Cautious of	FOOD EXAMPLES
Level 4 Pureed Level 5 Minced & moist Level 6 Soft & bite-sized Level 7 Easy to chew	Hard or dry food	Nuts, raw vegetables (e.g., carrot, cauliflower, broccoli), dry cakes, bread, dry cereal
	Tough or fibrous food	Steak, pineapple
	Chewy	Lollies/candies/sweets, cheese chunks, marshmallows, chewing gum, sticky mashed potato, dried fruits, sticky foods
	Crispy	Crackling, crisp bacon, cornflakes
	Crunchy	Raw carrot, raw apple, popcorn
	Sharp or spiky	Corn chips and crisps
	Pips, seeds	Apple seeds, pumpkin seeds, white of an orange
	Bone or gristle	Chicken bones, fish bones, other bones, meat with gristle
	Sticky or gummy	Nut butter, overcooked oatmeal/porridge, edible gelatine, konjac containing jelly, sticky rice cakes
	Stringy	Beans, rhubarb
Level 4 Pureed Level 5 Minced & moist Level 6 Soft & bite-sized	Mixed thin & thick textures	Soup with pieces of food, cereal with milk
	Crumbly bits	Dry cake crumble, dry biscuits
	Foods with skins or outer shell	Peas, grapes, chicken skin, salmon skin, sausage skin
	Food with husks	Corn, shredded wheat, bran
	Round, long shaped food	Sausage, grape
	Floppy foods	Lettuce, cucumber, uncooked baby spinach leaves
	Crust formed during cooking or heating	Crust or skin that forms on food during cooking or after heating, for example, cheese topping, mashed potato
	Juicy food	Where juice separates from the food piece in the mouth (e.g., watermelon)
Level 4 Pureed	Visible lumps	Lumps in pureed food or yoghurt
Level 5 Minced & moist	Large or hard lumps of food	Casserole pieces, fruit, vegetable, meat or other food pieces larger than 4mm x 4mm
Level 6 Soft & Bite-Sized	Large or hard lumps of food	Food pieces larger than 1.5cm x 1.5cm x 1.5cm

TIPS FOR LEVEL 6 SOFT & BITE-SIZED DISHES

When making Level 6 Soft & Bite-Sized soups:

- ✓ Ensure all additions are no larger than 1.5cm x 1.5cm

- ✓ Cook meat and vegetables thoroughly by letting the soup simmer for a longer period of time.

- ✓ If adding rice or barley, leave it to simmer in the soup or soften in liquid prior to being added.

When making Level 6 Soft & Bite-Sized mains:

- ✓ Ensure all additions are no larger than 1.5cm x 1.5cm.

- ✓ Remove any gristle or bones from meat.

- ✓ Cook meat and vegetables thoroughly to ensure they break apart easily.

- ✓ Opt for tender cuts of meat as they are easier to chew.

- ✓ Add extra gravy or sauce to help moisten the dish.

- ✓ Ensure rice and pasta are cooked through until very soft.

When making Level 6 Soft & Bite-Sized desserts:

- ✓ Ensure all additions are no larger than 1.5cm x 1.5cm.

- ✓ Allow food items to sit in sauce or liquid for a duration of time to soften. E.g., the cake in tiramisu becomes soft after sitting in custard for a period of time.

- ✓ Poached/cooked fruit is the perfect flavour booster suitable for a soft diet if cooked well.

PRESENTING A TEXTURE MODIFIED MEAL

As the saying goes, we eat with our eyes, meaning that the presentation of a meal is just as important as the flavour.

It is quite common for people who require a texture modified diet to feel a loss of dignity. This results from an inability to eat the same foods as usual, as well as the social impact of not being able to easily enjoy a meal with others.

To combat this, it is important that we offer meals that look appealing and exciting. By doing this, individuals are given a sense of normality which is incredibly important.

Food moulds are a great way to make texture modified meals look more appetising. They are a nifty little tool that helps to shape foods to look like their original form. Using food moulds has been linked to a significant increase in food consumption among those on a pureed diet.It does not take much effort to mould and present food well, but an individual on a texture modified diet it makes a world of difference.

How To Use Food Moulds

1.   Prepare the pureed food item as per the recipe.

2.   If a thickener or shaping agent is required, follow the relevant instructions.

   E.g if using Shape It - add 20g* of product to a pot of 400ml* of stock and bring to the boil for two minutes. Add the stock and Shape It to a blender with 1kg of pureed meat. Mix until combined. *Amounts will differ depending on pureed food e.g meat or vegetable and quantitiy. Visit https://www.flavourcreations.com.au/wp-content/uploads/2021/01/M142-ShapeIt_QuickReferenceSheet.pdf for more information

3.   Spoon puree into the desired mould and cover with lid. Place in freezer.

4.   Once frozen, remove the mould from the freezer and gently press the back of the mould to release the food.

5.   Place one moulded meat item* (~100g) and three moulded vegetable items (50g each) in the meal container along with 90g of cabohydrates such as mash potato. Seal, label and store meal as per usual .

6.   If delivering hot, reheat meal in an oven as needed.

WHAT RESOURCES DO YOU NEED?

In order to best prepare your texture modified meals, there are a few pieces of kitchen equipment and ingredients that are very useful.

In order to get your silky smooth purees and minced & moist friendly pieces you may need a:

- Vitamiser, blender or food processor to puree and blitz various food items
- Potato masher to mash foods into either a puree or into smaller minced & moist friendly pieces
- Strainer to pass pureed foods through to ensure there are no lumps
- Sharp knives

These tools will be able to assist you in producing texture modified meals that pass the IDDSI Testing Methods for the various levels. For example, if you have passed a product such as mashed potato through a strainer, that product will not contain any lumps as only very small particles can pass through.

A good vitamiser/blender will be helpful in ensuring that pureed and minced and moist dishes are prepared accordingly. Sharp knives will be effective in chopping ingredients to the desired size.

The other important aspect of texture modified meals is the thickness of the food items. There are numerous products that can assist with thickening food such as:

- Corn starch
- Potato powder
- Arrowroot starch
- Tapioca starch
- Gelatine
- Agar
- Shape It by Flavour Creations
- Thick'n Instant by Precise

Corn starch, arrowroot starch, tapioca starch, gelatine, agar and Shape It are best activated using heat, meaning they should be added to the recipe when on the stove or dissolved in boiling water prior to being added. Thick'n Instant can be added to products at any stage during the cooking. Corn starch has largely been used throughout this Recipe Resource as it is affordable and a product that Meals on Wheels Services often have on hand.

ADAPTING RECIPES FOR TEXTURE MODIFIED DIETS

When creating texture modified diets, you don't necessarily have to create a whole separate recipe to your 'standard' meals. Instead, you can modify the recipe you have in order to suit a variety of texture modified needs. This way, it allows individuals who require a texture modified diet to enjoy the same meal as everyone else which, in turn, allows them to feel dignified and included.

So how do you modify recipes to suit texture modified diets?
Some simple steps include:

- Assessing if the ingredients included are fibrous and if so, omitting them or replacing them with soft ingredients. For example, swapping capsicum for carrot.

- Ensuring that all ingredients are a suitable size. For exmaple, for Level 6 Soft & Bite-sized, if the size is bigger than 1.5cm x 1.5cm either dice into smaller pieces or find a substitute that is the right size. For example, swap a piece of steak for beef mince which can easily be broken down into small pieces.

- Ensure sauces are thick by adding a thickener if needed. There should be no separate thin liquid for texture modified meals, meaning standard recipes may need to be thickened to resemble a more gravy-like sauce.

- For pureed meals, additional steps may be added to the recipe. For example, if you need to blend and strain a portion of the meal this should be included in the method.

Let's look at how we might alter a sweet and sour pork recipe.

In the standard recipe there is pork (minced or diced), pineapple, capsicum, onion, rice and a sweet and sour sauce.

For a **Level 6 Soft & Bite-Sized** the fibrous ingredients including pineapple, onion and capsicum should be omitted. These can be replaced with diced, soft vegetables if desired. Diced pieces of pork can be used if they are 1.5cm x 1.5cm or smaller.

For **Level 5 Minced & Moist**, pork mince should be used to ensure pieces are 4mm or smaller.

For **Level 4 Pureed** sweet and sour pork, the recipe should mimic that of the Soft and Minced Moist version, but be blended in a food processor until smooth. The rice should be either pureed or replaced with mashed potato.

HOW TO USE THE RECIPE RESOURCE

CLIENT CONSIDERATIONS As clients may require a variation of a specific texture modified diet, it is the responsibility of each individual Meals on Wheels kitchen to consult with the client, and/or their speech pathologist, dietitian or general practitioner to best understand their requirements. Adjustments to the recipes provided may be required to ensure their suitability for individualised requirements.

ADJUSTMENT CONSIDERATIONS

As each individual Meals on Wheels kitchen is different in terms of the equipment,utensils and suppliers they have at their disposal, as well as the requirements of customers, considerations will need to be made when using the recipes in this e-book.

STATE GOVERNMENT LEGISLATION

It is acknowledged that the differing State and Territory Authorities around the country may have different regulations and guidelines regarding food safety and food handling practices. For this reason, some items in this Recipe Resource will need to be modified locally to adhere to these legislative requirements where conflict arises. If in any doubt, contact your local authorities for guidance.

SERVING QUANTITIES For ease, each recipe has been developed to produce 20 serves. Each Meals on Wheels kitchen differs significantly in the number of clients and therefore, 20 serves is easily multiplied or divided to suit the Service's needs.

COOKING TEMPERATURES Where baking or roasting is required, the recipes include temperatures for both fan-forced and conventional ovens. It should be considered, however, that each make and model of oven will differ slightly from one another and as such, kitchen teams should regularly check baked items to ensure the temperature and cooking durations in the recipes do not result in under-cooked or over-cooked dishes. It is recommended that baked or roasted dishes are checked with a cooking thermometer to ensure that internal temperatures, especially for meat dishes, exceed 75°C for food safety purposes. Similarly, temperature settings and cooking durations should be checked on other equipment (such as stove tops, hot plates, salamanders, etc.) and adjusted as required to suit each individual kitchen.

SUBSTITUTIONS The recipes contained within this resource are intended to be flexible, to account for variances as a result of location, ingredient availability and costing, to enable the use of leftover stock or simply to modify flavours and textures in the dishes to introduce variety to the menu. Some suggested substitutions include:

- Substituting starch-based vegetables, such as potatoes, sweet potatoes and pumpkin with each other.

- Substituting non-starch-based vegetables for one another, such as carrot, broccoli, cauliflower, green beans, peas, etc.

- Alternating various cuts of meat, provided that the alternative meat cut selected suits the texture requirement and cookery method. For example, substituting sausages for beef cheek.

- Substituting grain-based starches for one another, such as swapping Risoni for cous cous.

- Substituting ingredients based on texture requirements. For example, swapping diced chicken with chicken mince if a Level 5 Minced & Moist meal is required instead of Level 6 Soft & Bite-Sized.

DIETARY REQUIREMENTS Individuals may follow various dietary requirements based on allergies and intolerances, cultural and religious practices and ethical considerations. Food allergies result from an immune system reaction to the consumption of a certain food type, whilst food intolerances are due to impaired digestion. Cultural requirements may include foods specific to a particular region or foods eaten at a specific time or day of the year. They may also include restrictions based on ethical choice, such as Vegetarian or Vegan diets.

As every individual is different, it is near impossible to account for all dietary preferences. Therefore, this Recipe Resource will focus on the six most common requirements including:

Nut Allergy – Nut allergies can pertain to all nuts, a class of nuts or individual nuts. Due to the often-severe nature of nut allergies, as well as their hard texture, the use of nuts has been specifically avoided in the recipes outlined in this resource. If you wish to use a recipe that does contain nuts or nut products, either omit the item completely or swap the item for a nut free product e.g., instead of peanut oil use olive oil.

Seafood Allergy - Like a nut allergy, the reactions suffered by people who are allergic to fish or seafood can be severe and therefore, should be avoided. When preparing dishes for individuals with seafood allergies it is important to avoid all seafood products, including fish sauce or other pantry items that contain seafood such as some store-bought curry pastes or Worcestershire sauce which contains anchovies. This Recipe Resource contains two seafood dishes, as well as three dishes that contain seafood products and should therefore be avoided. To adapt these dishes to cater for a seafood allergy, swap the sauces for ones that do not contain seafood e.g. replace Worcestershire sauce with soy sauce.

Dairy Free/Lactose Intolerance– Lactose intolerance is the term given to the inability to digest lactose, a component of milk and some other dairy products. A dairy-free diet is needed when an individual reacts to all dairy products, not just the lactose in the food item. Dishes within this Recipe Resource that are dairy free have been labelled with the diary free symbol. These dairy free recipes are also suitable for individuals with lactose intolerance. Recipes that contain dairy can be adapted to suit a dairy free diet by either omitting the dairy item, such as cheese or custard, or by swapping it for an alternative product.

Some suggested swaps are:

- Cow's milk for a dairy free alternative such as soy milk, almond milk, coconut milk or oat milk
- Cream for coconut cream
- Butter for olive oil or plant-based margarine

Vegetarian – There are many different types of vegetarian diets followed by people for many different reasons. For simplicity, the term 'Vegetarian' in this Recipe Resource refers to a dish which is free of animal meat. For vegetarians, meat products are often swapped for plant-based protein sources such as lentils, chickpeas, beans and tofu.

Vegan – The term 'Vegan' generally applies to a person who does not consume or use any products that come from, or are produced by, an animal. This applies not only to meat, but also includes eggs, dairy products (such as milk and cheese) and honey.

Gluten Free – Refers to dishes which do not have any gluten-containing ingredients and are suitable for sufferers of Coeliac Disease or Gluten Intolerance. Gluten is the general name for proteins found in wheat, rye, barley and oats and is found in many products containing these grains such as pasta and bread. It is important for people diagnosed with Coeliac Disease to completely remove gluten from their diet because its consumption causes the immune system to react abnormally and can cause significant damage to the individual's bowels. Gluten intolerance can cause similar reactions to Coeliac Disease, however, in some cases a small amount of gluten can be tolerated.

It is important for commercial kitchens preparing Gluten Free dishes to note that there are many commonly used products that contain unexpected sources of 'hidden gluten'. Therefore, it is important to check ingredient labels to ensure products do not contain gluten. 'Hidden gluten' is often found in processed products such as:

- Stock and soup bases,
- Salad dressings, sauces (soy sauce, mayonnaise etc.), marinades, seasonings and gravy mixes
- Sausages and other processed meats
- Confectionary, including chocolates

If a recipe uses ingredients that contain gluten, such as pasta, gluten free substitutes can be used. For example, gluten free items such as rice, rice-noodles, gluten free pasta, gluten free flour, corn tortillas, potato or tapioca/sago may be suitable replacements.

For further information on Coeliac Disease and Gluten Free diets, please refer to the Coeliac Australia website at www.coeliac.org.au.

The following symbols have been used to indicate   which recipes cater to dietary requirements.

Dairy Free

Gluten Free

Vegetarian

Vegan

It is recommended that health professionals are consulted when managing an individual's allergy or intolerance to ensure proper precautions are followed.

Information sourced and adapted from The Recipe Resource (2019) by Alison Taafe and Gemme Payton-skaines

Soups

SOUPS | MAINS | DESSERTS

Minestrone Soup

SERVES FOR
20 PEOPLE

PREPARATION
10 MINUTES

COOKING TIME
1 HOUR

Ingredients

4.5L Vegetable stock

1.5kg Kidney beans

700g Tomatoes diced (canned)

250g Carrot, peeled & diced

250g Potato, peeled & diced

200g Tomato paste

200g Risoni

75 Cornstarch

50g Garlic, crushed

25ml Olive oil

Method

1. Add oil to a large soup pot on high heat. Add the garlic, carrot and potato. Cook for 5 minutes.

2. Add the vegetable stock, tomato paste, tomatoes and kidney beans. Reduce to medium-low heat and allow to simmer for 30 minutes.

3. Add the risoni and cook for another 30 minutes.

4. Dissolve the cornstarch in 20ml of warm water and add to the soup mix. Simmer until soup has thickened to a gravy like consistency.

5. To ensure food pieces are broken down into small 4mm pieces, use a potato masher or stick blender to blitz the soup.

6. Season as needed and serve.

SUITABLE FOR: LEVEL 6 SOFT & BITE-SIZED AND LEVEL 5 MINCED & MOIST

LEVEL 4 PUREED: Blend the soup until it is lump free

Garnishes are shown for photographic purposes. Omit when serving.

Spiced Carrot & Lentil Soup

SERVES FOR
20 PEOPLE

PREPARATION
15 MINUTES

COOKING TIME
45 MINUTES

Ingredients

2L Vegetable stock

1.5kg Lentils

1kg Carrot, peeled & diced

500ml Coconut cream

250g Potato, peeled & diced

50g Garlic, crushed

50g Cumin

50g Coriander

50g Turmeric

50g Curry Powder

25ml Olive oil

Method

1. Add oil, garlic, coriander, cumin, turmeric and curry powder to a large soup pot over high heat. Cook for 1 minute or until aromatic.

2. Add the carrot, potato, lentils and stock to the pot. Cook for 30 minutes, stirring occasionally.

3. Reduce heat to medium-low and add the cream, salt & pepper. Allow soup to simmer for another 15 minutes.

4. Remove from heat and blend until smooth.

5. Season as needed and serve.

SUITABLE FOR: **LEVEL 6 SOFT & BITE-SIZED, LEVEL 5 MINCED & MOIST AND LEVEL 4 PUREED***

*If there are concerns regarding lumps, pass the soup through a strainer

Garnishes are shown for photographic purposes. Omit when serving.

Beef Noodle Soup

SERVES FOR
20 PEOPLE

PREPARATION
10 MINUTES

COOKING TIME
1 HOUR

Ingredients

25ml Olive oil

50g Garlic, crushed

1kg Beef mince

3L Beef stock

400g Carrot, peeled & diced

250g Risoni

75g Corn starch

Method

1. In a large soup pot, add the oil, garlic and beef mince. Cook for 10 minutes or until mince has browned.

2. Add the beef stock and carrot. Turn the heat to medium-low and allow to simmer for 45 minutes.

3. Add the risoni and continue to simmer for another 15 minutes.

4. Dissolve the cornstarch in 20ml of warm water and add to the soup mix. Stir until the soup has thickened to a gravy like consistency.

5. Serve and enjoy.

SUITABLE FOR: LEVEL 6 SOFT & BITE-SIZED

FOR LEVEL 5 MINCED MOIST: Use a potato masher or sitck blender to ensure pieces are no bigger than 4mm.

FOR LEVEL 4 PUREED: Blend the soup until it is lump free.

Garnishes are shown for photographic purposes. Omit when serving.

Creamy French Onion Soup

SERVES FOR
20 PEOPLE

PREPARATION
10 MINUTES

COOKING TIME
35 MINUTES

Ingredients

3kg Onion, sliced

2L Vegetable stock

1.2L Cream

180g Butter

100g Flour

Method

1. Add butter and onion to a soup pot and stir for 10 minutes or until soft.

2. Add sugar and continue to cook, stirring until sugar has dissolved.

3. Add flour, stock, cream and milk powder and let the soup simmer for 20 minutes or until thickened.

4. Remove from heat and blend until smooth.

5. Season as needed and enjoy.

SUITABLE FOR: LEVEL 6 SOFT & BITE-SIZED, LEVEL 5 MINCED & MOIST AND LEVEL 4 PUREED*

*If there are concerns regarding lumps, pass the soup through a strainer before serving.

Garnishes are shown for photographic purposes. Omit when serving.

Garnishes are shown for photographic purposes. Omit when serving.

Leek & Mushroom Soup

SERVES FOR
20 PEOPLE

PREPARATION
10 MINUTES

COOKING TIME
45 MINUTES

Ingredients

3L Vegetable stock

1.5kg Mushrooms, diced

750g Leeks, diced

500g potato, peeled & diced

500ml Thickened cream

50g Garlic, crushed

25ml Olive oil

5 Dried bay leaves

Method

1. Heat oil and garlic in a large soup pot over a medium heat for 5 minutes. Continue to stir to avoid burning.

2. Add the bay leaves, mushrooms, potato, leek and stock to the pot and cook for 30 minutes, stirring occasionally.

3. Add the cream and continue to let the soup simmer for 10 minutes.

4. Remove the bay leaves and blend until smooth.

5. Serve and enjoy.

SUITABLE FOR LEVEL 6 SOFT & BITE-SIZED, LEVEL 5 MINCED & MOIST AND LEVEL 4 PUREED*

*If there are concerns regarding lumps, pass the soup through a strainer before serving.

Mains

Pumpkin and Feta Frittata

SERVES FOR
20 PEOPLE

PREPARATION
20 MINUTES,

COOKING TIME
1.5 HOURS

Ingredients

25 Large eggs

1kg Pumpkin, peeled & diced

1kg Soft feta, diced

650ml Cream

50g Garlic, crushed

Salt & pepper

Method

1. Preheat oven to 120°C and prepare a baking dish. In a pot of boiling water, add the diced pumpkin and cook for 15 minutes or until soft. Drain the pumpkin once cooked and let it cool.

2. In a bowl, whisk the cream, eggs, feta and garlic. Add salt and pepper to flavour.

3. Add the boiled pumpkin and stir together.

4. Pour the egg mixture over the top and place in the oven. Bake for 1.5hrs or until cooked through. Note: avoid overcooking as the top of the frittata will become crispy and hard.

5. Serve with 100 grams of suitably sized steamed vegetables and 90g potato and enjoy!

SUITABLE FOR: **LEVEL 6 SOFT& BITE-SIZED**

FOR LEVEL 5 MINCED & MOIST: Serve with a thick, creamy cheese sauce to ensure adequate moisture. If the top of the frittata has hardened, take a sharp knife and cut off the top portion, leaving the smooth center.

FOR LEVEL 4 PUREED: Puree the frittata to ensure it is smooth with no lumps. If additional moisture is needed, add a creamy cheese sauce. Serve with pureed vegetables and mashed potato.

Garnishes are shown for photographic purposes. Omit when serving.

Lentil Bolognese

SERVES FOR
20 PEOPLE

PREPARATION
10 MINUTES

COOKING TIME
45 MINUTES

Ingredients

2kg Crushed tomatoes

2kg Canned lentils (drained & washed)

2L Vegetable stock

900g Risoni

750g Zucchini, peeled & grated

750g Carrots, peeled & grated

200g Tomato paste

50g Oregano

50g Garlic, crushed

25g Cornflour

20ml Olive oil

Method

1. Heat oil in a large pot over a medium heat. Add the garlic, zucchini, carrots and lentils and cook for 2 minutes.

2. Add the crushed tomatoes, vegetables stock, tomato paste and oregano. Simmer for 30 minutes, stirring occasionally.

3. Mix the cornstarch with 50ml of water and add to the pot. Continue to simmer for another 5 minutes.

4. Serve the bolognaise sauce on top of 90g of risoni and with a side of 50g of suitably sized steamed vegetables.

SUITABLE FOR: LEVEL 6 SOFT & BITE-SIZED AND LEVEL 5 MINCED & MOIST

FOR LEVEL 4 PUREED: Blend the sauce until it is lump free. Serve with mashed potato and pureed vegetables.

Garnishes are shown for photographic purposes. Omit when serving.

Chickpea & Pumpkin Korma

SERVES FOR
20 PEOPLE

PREPARATION
10 MINUTES

COOKING TIME
35 MINUTES

Ingredients

1.8kg Chickpeas (drained and washed)

1kg Pumpkin, peeled & diced

750g Zucchini, peeled & diced

2L Coconut cream

500ml Vegetable stock

350g Skim milk powder

300g Korma paste

70g Garlic, crushed

20ml Olive oil

Method

1. Over a medium heat, heat the oil, korma paste and garlic. Stir for 5 minutes or until fragrant.

2. Add the chickpeas, pumpkin and zucchini and stir until it is all coated in the spice mix. Add the coconut cream, stock and juice. Simmer for 30 minutes or until the chickpeas and pumpkin are soft.

3. To ensure food pieces are broken down into small 4mm pieces, use a potato masher or stick blender.

4. Serve with 90g of steamed rice and 50g of suitably sized steamed vegetables.

SUITABLE FOR: LEVEL 6 SOFT & BITE-SIZED AND LEVEL 5 MINCED & MOIST
FOR LEVEL 4 PUREED: Blend the sauce until it is lump free. Serve with mashed potato and pureed vegetables.

Garnishes are shown for photographic purposes. Omit when serving.

Chili Con Carne

SERVES FOR
20 PEOPLE

PREPARATION
10 MINUTES

COOKING TIME
55 MINUTES
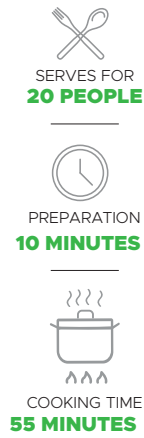
Ingredients

3kg Beef mince

2.4kg Diced tomatoes

4L Vegetable stock

600g Red kidney beans (drained)

150g Tomato paste

50g Garlic, crushed

50g Smoked paprika

50g Ground coriander

75g Curry powder

20ml olive oil

Method

1. In a large saucepan, heat oil over a medium-high heat. Add the garlic, paprika, coriander and curry powder. Cook for 5 minutes, stirring regularly.

2. Add the beef and cook for 10 minutes.

3. Add the tomatoes, tomato paste, kidney beans and stock. Simmer on a medium-low heat for 40 minutes, stirring regularly.

4. To ensure beans are broken down into small 4mm pieces, use a potato masher or stick blender.

5. Serve with 90g of steamed rice and 150g of blitzed steams vegetables.

**SUITABLE FOR: LEVEL 6 SOFT & BITE-SIZED AND LEVEL 5 MINCED & MOIST**

FOR LEVEL 4 PUREED: Blend the chili until it is lump free and serve with mashed potato and pureed vegetable.

Garnishes are shown for photographic purposes. Omit when serving.

Mustard Roast Beef

SERVES FOR
20 PEOPLE

PREPARATION
20 MINUTES

COOKING TIME
2 HOURS

Ingredients

3kg Beef sirloin, diced

300g Dijon mustard

20ml Olive oil

80g Garlic, crushed

1L Prepared gravy, heated

Salt & pepper

Method

1. Remove beef from the fridge and let it sit for 10 minutes. Preheat fan forced oven to 160°C and prepare a baking tray.

2. In a bowl, combine mustard, oil, garlic, salt and pepper. Rub the mustard mix over the top of the beef before placing on the baking tray. Cook for 2 hours or until brown. Once done, let it stand for 10 minutes before slicing.

3. Break meat apart into 1.5cm x 1.5cm pieces and top with gravy. Serve alongside 150g of 1.5cm x 1.5cm steamed vegetables and 90g of mashed potato.

SUITABLE FOR LEVEL 6 SOFT & BITE-SIZED

FOR LEVEL 5 MINCED MOIST: Blitz meat in a blender until pieces are 4mm. Drizzle with thick gravy for moisture and serve with suitably sized vegetables.

LEVEL 4 PUREED: Add gravy and blend the beef until it is lump free and serve alongside pureed vegetables. For tips on presenting and moulding pureed meal see page 26.

Garnishes are shown for photographic purposes. Omit when serving.

Beef Bourguignonne

SERVES FOR
20 PEOPLE

PREPARATION
10 MINUTES

COOKING TIME
40 MINUTES

Ingredients

3kg Beef mince

2.5L Beef stock

1.5L Red wine

1kg Mushrooms, finely diced

20ml Olive oil

60g Garlic, crushed

300g Tomato paste

30g Rosemary

Method

1. Heat oil in a pan over medium-high heat. Add the garlic and beef and cook for 5 minutes, stirring repeatedly.

2. Add the mushrooms, tomato paste and rosemary. Cook for 5 minutes, stirring occasionally.

3. Stir in the wine, and stock and continue to cook for 30 minutes.

4. Dish up the beef and serve with 90g mashed potato and 150g of suitably sized vegetables.

SUITABLE FOR: LEVEL 6 SOFT & BITE-SIZED AND LEVEL 5 MINCED & MOIST

FOR LEVEL 4 PUREED: Blend the bourguignonne until it is lump free and serve with pureed vegetables.

Garnishes are shown for photographic purposes. Omit when serving.

Plum and Rosemary Lamb Sausages

SERVES FOR
20 PEOPLE

PREPARATION
10 MINUTES

COOKING TIME
35 MINUTES

Ingredients

3.5kg Lamb sausages

750ml Beef stock

750g of Plum jam

300ml Red wine

75ml Worcestershire sauce

20ml Olive oil

60g Thyme

60g Rosemary

60g Garlic, crushed

Method

1. Preheat fan forced oven to 180°C. Remove the casing from the sausages and place on a preprepared baking tray and cook for 20 minutes. Flip the sausages and cook for another 5 minutes.

2. In an small pot, heat the oil over a medium heat. Add the thyme, rosemary and garlic and cook for 5 minutes.

3. Add the wine, stock, jam and Worcestershire sauce to the mix and simmer for 5 minutes. Strain the sauce to remove the herbs.

4. Cut the sausages into 1.5cm pieces and serve with plum sauce alongside 90g of mashed potato and 150g of 1.5cm steamed vegetables.

SUITABLE FOR: LEVEL 6 SOFT & BITE-SIZED

FOR LEVEL 5 MINCED & MOIST: Blitz the sausages and the plum sauce in a food processor until 4mm in size. Serve alongside diced 4mm vegetables.

FOR LEVEL 4 PUREED: Blend with cooked sausage swith plum sauce until it is lump free. Serve with a drizzle of plum sauce and pureed vegetables. For tips on presenting and moulding pureed meal see page 26.

Garnishes are shown for photographic purposes. Omit when serving.

Sweet and Sour Pork

SERVES FOR
20 PEOPLE

PREPARATION
15 MINUTES

COOKING TIME
30 MINUTES

Ingredients

3kg Pork mince

500ml Pineapple juice

250ml Tomato sauce

100ml Soy sauce

100g Gherkins, pureed

80ml White vinegar

60g Cornflour

20ml Olive oil

Method

1. In a bowl, whisk the corn flour and pineapple juice until smooth. Add in the tomato sauce, soy sauce, vinegar and brown sugar.

2. In a pan, heat the oil over a medium-high heat. Add the pork and and cook for 20 minutes.

3. Add the sweet and sour sauce mix and cook for another 10 minutes.

4. Serve sweet and sour pork with 90g of rice and 150g of suitably sized steamed vegetables.

SUITABLE FOR: LEVEL 6 SOFT & BITE-SIZED AND LEVEL 5 MINCED & MOIST

FOR LEVEL 4 PUREED: Blend the sweet and sour pork until it is lump free and serve with mash potato and pureed vegetables.

Garnishes are shown for photographic purposes. Omit when serving.

Pork Ragu

SERVES FOR
20 PEOPLE

PREPARATION
10 MINUTES

COOKING TIME
1 HOUR 5 MINUTES

Ingredients

3kg Pork mince

2kg Tomatoes, diced

1.5L Chicken stock

1kg Risoni

150g Tomato paste

20ml Olive oil

60g Garlic, crushed

60g Rosemary

60g Thyme

Method

1. Heat oil in a large pan over a medium-high heat. Add the garlic, rosemary, thyme and tomato paste. Cook for 5 minutes or until fragrant.

2. Add the pork mince and cook for 10 minutes or until brown.

3. Add the tomatoes and chicken stock. Reduce to a medium-low heat and let it simmer for 30 minutes.

4. Meanwhile, bring a pot of salted water to the boil and add the risoni. Cook for 20 minutes or until soft. Drain and serve.

5. Top the risoni with the ragu and serve alongside 150g of suitably sized steamed vegetables.

SUITABLE FOR: LEVEL 6 SOFT & BITE-SIZED AND LEVEL 5 MINCED & MOIST

FOR LEVEL 4 PUREED: Blend the ragu until it is lump free and serve with mash potato and pureed vegetables.

Garnishes are shown for photographic purposes. Omit when serving.

SOUPS | **MAINS** | DESSERTS

Chicken Diane

SERVES FOR
20 PEOPLE

PREPARATION
10 MINUTES

COOKING TIME
30 MINUTES

Ingredients

3kg Chicken breast, thinly sliced

800ml Ceam

100g Butter

60g Garlic, crushed

70g Dijon mustard

100ml Worcestershire sauce

20ml Olive oil

Salt and pepper

Method

1. In a pot, add the butter and garlic, cooking until melted. Add the mustard, Worcestershire sauce, salt, pepper and cream. Simmer for 5 minutes.

2. In a frying pan, heat the oil over a medium-high heat. Add the chicken and cook for 15 minutes, turning halfway.

3. Pour the sauce over the chicken. Cover with a lid and continue to cook for another 10 minutes.

4. Dice chicken into 1.5cm pieces and serve with 90g of similarly sized potato and 150g of steamed vegetables.

SUITABLE FOR LEVEL 6 SOFT & BITE-SIZED

FOR LEVEL 5 MINCED & MOIST: Blitz the chicken in a food processor to ensure pieces are no larger than 4mm. Drizzle with Diane sauce and serve with mash potato and blitzed vegetables.

FOR LEVEL 4 PUREED: Blend the chicken along with Diane sauce until it is lump free. Serve with mash potato and pureed vegetables. For tips on presenting and moulding pureed meal see page 26.

Garnishes are shown for photographic purposes. Omit when serving.

Chicken Stroganoff

SERVES FOR
20 PEOPLE

PREPARATION
10 MINUTES

COOKING TIME
40 MINUTES

Ingredients

3kg Chicken mince

1kg Mushrooms, diced

1.5L Chicken stock

1L Coconut cream

50g Butter

50g Garlic, crushed

50g Paprika

100ml Worcestershire sauce

100g Gravy powder

Method

1. In a saucepan over a medium heat, add the butter, garlic, paprika, chicken, mushrooms, chicken stock and Worcestershire sauce.

2. Once boiling, reduce the heat to low and cook for 20 minutes or until soft. Stir occasionally.

3. Add the coconut cream and gravy powder. Cook for another 20 minutes or until the stock begins to thicken.

4. Serve with 90g of steamed rice and 150g of suitably sized steamed vegetables.

SUITABLE FOR: LEVEL 6 SOFT & BITE-SIZED

FOR LEVEL 5 MINCED & MOIST: Cut or blitz mushrooms to 4mm or smaller. Serve with 150g of blitzed vegetables (<4mm)

FOR LEVEL 4 PUREED: Blend the stroganoff until it is lump free and serve with mashed potato and pureed vegetables.

Garnishes are shown for photographic purposes. Omit when serving.

Chicken Pesto Pasta

SERVES FOR
20 PEOPLE

PREPARATION
10 MINUTES

COOKING TIME
30 MINUTES

Ingredients

3kg Chicken mince

1.2L Cream

1kg Pesto

1kg Risoni

50g Garlic, crushed

15ml Olive oil

Method

1. Heat a pot over a medium heat and add the oil, chicken mince and garlic. Cook for 10 minutes, stirring occasionally.

2. Add the cream and pesto and continue to cook for another 20 minutes.

3. Meanwhile, cook the risoni in a pot of boiling water. Once soft, mix with the pesto chicken sauce.

4. Serve with 150g of suitable sized steamed vegetables.

SUITABLE FOR LEVEL 6 SOFT & BITE-SIZED AND LEVEL 5 MINCED & MOIST
FOR LEVEL 4 PUREED: Blend the chicken pesto without the risoni until it is smooth. Additional cream may need to be added. Serve with mashed potato and pureed vegetables.

Garnishes are shown for photographic purposes. Omit when serving.

Chicken Yellow Curry

SERVES FOR
20 PEOPLE

PREPARATION
10 MINUTES

COOKING TIME
40 MINUTES

Ingredients

3kg Chicken mince

1kg Pumpkin, peeled & diced

1kg Zucchini, peeled & diced

1L Coconut cream

1.5L Chicken stock

20ml Olive oil

100g Yellow curry paste

Method

1. In a large pot, heat the oil over a medium heat. Add the yellow curry paste. Cook for a minute, stirring frequently.

2. Add the chicken mince and stir until the spice mix has coated the chicken.

3. Add the pumpkin, zucchini and stock to the pot and cook for 30 minutes. Add the cream and continue to cook for another 10 minutes or until the vegetables are soft.

4. Serve with 90g of rice and another 50g of 1.5cm x 1.5cm diced steamed vegetables.

SUITABLE FOR LEVEL 6 SOFT & BITE-SIZED

FOR LEVEL 5 MINCED & MOIST Blitz the curry using a stick blender or mash with a potato masher to ensure pieces are no larger than 4mm. Serve with rice and blitzed vegetables.

FOR LEVEL 4 PUREED: Blend the curry until it is smooth. Serve with mashed potato and pureed vegetables.

Garnishes are shown for photographic purposes. Omit when serving.

Baked Fish & Creamy Mustard Sauce

SERVES FOR
20 PEOPLE

PREPARATION
10 MINUTES

COOKING TIME
30 MINUTES

Ingredients

3.5kg Basa fish fillets

750ml Vegetable stock

500ml Thickened cream

300ml White wine

120g Butter

60g Dill

75g Dijon mustard

50ml Lemon juice

20ml Olive oil

30g Cornflour

Method

1. Preheat fan-forced oven to 160°C and prepare a baking tray.

2. Place fish fillets on the baking dray and sprinkle with oil, salt and pepper. Bake for 20 minutes or until cooked through.

3. In a pot, melt butter over a medium heat. Dissolve corn flour in 5ml of water and add to the pot, stirring constantly for 5 minutes.

4. Turn heat to low, add the stock, wine, mustard, lemon juice, dill and cream. Stir for 10 minutes or until sauce has thickened.

5. Cut the fish into 1.5cm pieces and drizzle with sauce. Serve with 150g of 1.5cm x 1.5cm steamed vegetables and 90g of mashed potato.

SUITABLE FOR LEVEL 6 SOFT & BITE-SIZED

FOR LEVEL 5 MINCED & MOIST: Use a food processor to blitz the fish into 4mm pieces. Drizzle with sauce and serve with 4mm vegetables.

FOR LEVEL 4 PUREED: Blend the fish and creamy mustard sauce until it is lump free. Drizzle with additional sauce and serve with pureed vegetables. For tips on presenting and moulding pureed meal see page 26.

Garnishes are shown for photographic purposes. Omit when serving.

Salmon & Dill Pasta

SERVES FOR
20 PEOPLE

PREPARATION
10 MINUTES

COOKING TIME
35 MINUTES

SUITABLE FOR
LEVEL 6 SOFT

Ingredients

3kg Salmon (canned or cooked fillet)

1kg Risoni

1L Thickened cream

300g Parmesan cheese, grated

100ml Lemon juice

100g Dill

20ml Olive oil

50g Garlic, crushed

Salt & pepper

Method

1. Bring a large pot of water to the boil over medium heat and add the risoni. Cook for 15 minutes or until soft. Drain and set aside.

2. Meanwhile, in a separate pot add the oil, garlic, lemon, salmon and dill and cook over a medium heat. Cook for 5 minutes, stirring occasionally.

3. Add the cream and parmesan and continue cooking for another 20 minutes.

4. Dish out the risoni and top with the creamy salmon sauce. Serve alongside 150g of sutiably sized steamed vegetables and enjoy.

SUITABLE FOR: **LEVEL 6 SOFT & BITE-SIZED AND LEVEL 5 MINCED & MOIST**

FOR LEVEL 4 PUREED: Blend the salmon and dill sauce until it is smooth. Serve with mashed potato and pureed vegetables.

CREAMY SALMON
& DILL PASTA
Only 10 mins Prep Time!

Desserts

White Chocolate and Coconut Mousse

SERVES FOR
20 PEOPLE

PREPARATION
10 MINUTES,

COOKING TIME
30 MINUTES
3 HOURS FRIDGE

Ingredients

1.5L Thickened cream

1kg White chocolate

750ml Coconut cream

6 Egg yolks

Raspberry sauce to serve

Method

1. Over a medium heat, melt the white chocolate in a pot.

2. Add the coconut cream, thickened cream and the egg yolks, stirring frequently. Cook for 20 minutes.

3. Remove from heat and pour into individual glasses or containers. Set in the fridge for 3 hours.

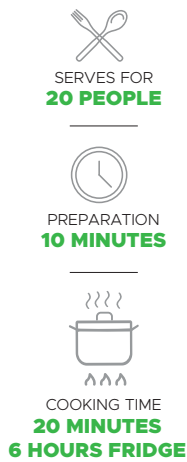4. Serve with a drizzle of raspberry sauce and 50ml of whipped cream.

SUITABLE FOR

LEVEL 6 SOFT & BITE-SIZED, LEVEL 5 MINCED & MOIST AND LEVEL 4 PUREED

Garnishes are shown for photographic purposes. Omit when serving.

Passionfruit Panna Cotta

SERVES FOR
20 PEOPLE

PREPARATION
10 MINUTES

COOKING TIME
20 MINUTES
6 HOURS FRIDGE

Ingredients

1.2L Passionfruit pulp, strained & seedless

750ml Milk

1.75L Thickened Cream

500g Caster sugar

75g Gelatin powder

100ml Boiling water

75g Cornflour

Method

1. Add the milk, cream, sugar, and 700ml of passionfruit pulp to a medium pot over low heat.

2. Cook for 10 minutes, stirring frequently, then remove from heat.

3. In a heatproof jug, whisk the boiling water and gelatin together. Once the gelatin has dissolved completely, add it to the cream mix. Stir until combined then set aside for 15 minutes to cool.

4. Pour the mixture into a dish (or individual dishes (if preferred) and place in the fridge for 6 hours or more.

5. Meanwhile, in a small pot, heat the reaming 500ml of passionfruit pulp. Dissolve the cornstarch in 20ml of water and add to the pot. Constantly stir the sauce on a low heat until it has thickened.

6. Once the panna cotta has set, top with the thick passionfruit sauce and serve.

SUITABLE FOR
LEVEL 6 SOFT & BITE-SIZED, LEVEL 5 MINCED & MOIST AND LEVEL 4 PUREED.

Garnishes are shown for photographic purposes. Omit when serving.

SOUPS | MAINS | **DESSERTS**

Lemon Ricotta Cake

SERVES FOR
20 PEOPLE

PREPARATION
20 MINUTES,

COOKING TIME
60 MINUTES

Ingredients

700g Ricotta

400g Caster sugar

300g Butter

4 Eggs

250g Flour

4 Lemons

Cream to serve

Method

1. Preheat oven to 150°C and prepare cake pan. In a bowl, beat the sugar and butter until the mix is pale and creamy. Add the ricotta and continue to beat.

2. Add the eggs one at a time, beating well after each addition.

3. Once combined, fold in the flour and lemon juice.

4. Pour the mix into the cake pan and cook in the oven for 60 minutes. Once cooked, the cake should resemble a smooth baked cheesecake.

5. Let the cake cool before serving with 50g of cream.

SUITABLE FOR: LEVEL 6 SOFT & BITE-SIZED, LEVEL 5 MINCED & MOIST AND LEVEL 4 PUREED

Garnishes are shown for photographic purposes. Omit when serving.

Berry Cheesecake

SERVES FOR
20 PEOPLE

PREPARATION
30 MINUTES

4 HOURS FRIDGE

Ingredients

750g Sweet biscuits

100ml Milk

100g Butter, melted

600ml Thickened cream

800g Cream cheese, softened

200ml Juice from a can of berries

Strawberry sauce to serve

Method

1. In a food processor, blitz the biscuits into a fine crumb. Add the melted butter and milk and stir until combined.

2. Press this mixture into the base of a cheesecake pan and leave at room temperature to soften.

3. Whip cream in a separate bowl until soft peaks form.

4. Combine the cream cheese, berry juice and the cream.

5. Pour mix over the prepared base. Chill for 4 hours or until set.

6. Cut into slices and serve with a drizzle of thick strawberry sauce.

SUITABLE FOR LEVEL 6 SOFT & BITE-SIZED, LEVEL 5 MINCED & MOIST AND LEVEL 4 PUREED

Note, can opt to remove the base completely.

Garnishes are shown for photographic purposes. Omit when serving.

Poached Pears

SERVES FOR
20 PEOPLE

PREPARATION
10 MINUTES

COOKING TIME
40 MINUTES

Ingredients

20 Pears, peeled

3L Water

200g Brown sugar

5 Lemons, juiced

80g Cinnamon

40g Ginger

70g Cornflour

Method

1. Place water, brown sugar, lemon juice, ginger and cinnamon into a saucepan over medium heat. Heat for 5 minutes or until sugar dissolves.

2. Once boiling, add the pears. Reduce heat to medium-low, simmering uncovered for 30 minutes, or until pears are tender.

3. Remove the pears from the pot and set aside, leaving the poaching liquid in the pot.

4. Dissolve the corn starch in 20ml of water and add to the pot. Stir for 5 minutes or until the mix becomes thick a sauce.

5. Drizzle the sauce over the pears and serve with 80g of custard or 50g of cream.

SUITABLE FOR: LEVEL 6 SOFT & BITE-SIZED, LEVEL 5 MINCED & MOIST AND LEVEL 4 PUREED*

*Pears should be cooked until they are soft enough that they turn to puree when placed in mouth.

Lemon Tart

SERVES FOR
20 PEOPLE

PREPARATION
20 MINUTES

COOKING TIME
25 MINUTES

Ingredients

750g Sweet biscuits
10 Eggs
6 Lemons, juiced
250g Caster Sugar
100g Butter, melted
100ml Milk
150ml Olive Oil

Method

1. Place the sweet biscuits in a food processor and process until they form a fine crumb.

2. Mix the biscuit crumbs, melted butter and milk together. Press into the base of a pre-prepared dish and allow to soften at room temperature.

3. Meanwhile, whisk eggs and sugar in saucepan until smooth and place over medium-low heat.

4. Add olive oil and emon juice and continue cooking for 25 minutes or until it begins to thicken.

5. Remove from heat and whisk to remove lumps.

6. Pour mixture into the tart crust and place in friedge. Once set, serve with 50g of whipped cream.

SUITABLE FOR:

LEVEL 6 SOFT & BITE-SIZED, LEVEL 5 MINCED & MOIST AND LEVEL 4 PUREED

Note, can opt to remove the base completely.

Garnishes are shown for photographic purposes. Omit when serving.

Pavlova

SERVES FOR
20 PEOPLE

PREPARATION
30 MINUTES

COOKING TIME
40 MINUTES

Ingredients

20 Egg whites

900g Caster sugar

100ml Vanilla essence

90g Cornflour

50ml Vinegar

Method

1. Preheat oven to 120°C and prepare a baking tray.

2. In a glass bowl, beat the egg whites until stiff peaks form.

3. Gradually add the sugar, beating well between each addition. Continue to beat until the sugar has dissolved and the egg whites are glossy.

4. Add the vanilla essence, cornstarch and vinegar and continue to beat until combined.

5. Spoon the pavlova mix onto the baking tray and place in the oven. Cook for 40 minutes. Do not overcook as the pavlova should be soft, not hard and brittle. Remove from oven and let stand.

6. Serve with 90g of cream and a thick berry sauce.

SUITABLE FOR: LEVEL 6 SOFT & BITE-SIZED, LEVEL 5 MINCED & MOIST AND LEVEL 4 PUREED

Tropical Trifle

SERVES FOR
20 PEOPLE

PREPARATION
40 MINUTES

Ingredients

500g Cream cheese, softened

300g Icing sugar

750g Thickened cream

50ml Vanilla extract

500g Sponge cake

1kg Two fruits, diced

1kg Mango Jelly

Method

1. Beat the cream cheese and icing sugar in a separate bowl until smooth and creamy.

2. Whip cream until stiff peaks form and set aside.

3. Fold the whipped cream and the vanilla extract into the cream cheese mix.

4. To assemble the trifle, layer the cream mixture, sponge cake, fruit and jelly. Continue to alternate layers in this order, finishing with the cream mixture on top.

SUITABLE FOR: LEVEL 6 SOFT & BITE-SIZED AND LEVEL 5 MINCED & MOIST

FOR LEVEL 4 PUREED: Blend the two fruits until smooth. Dip the sponge cake pieces in a mix of sugar and water before layering to ensure the cake turns to a puree like consistency when eaten.

Chocolate Mousse Cake

SERVES FOR
20 PEOPLE

PREPARATION
30 MINUTES

FRIDGE TIME
10 MINUTES
+ 3HRS FRIDGE

Ingredients

1.2L Thickened cream

800g Chocolate (dark or milk)

500g Chocolate biscuits

100g Butter, melted

100ml Milk

Method

1. Place the biscuits in a food processor and blend until it becomes a fine crumb. Add the melted butter and milk and mix until combined.

2. Press the mixture into a dish and allow it to sit at room temperature.

3. Meanwhile, melt the chocolate in a pan over a low heat. Remove from heat.

4. In a separate bowl, beat the cream until soft peaks form. Fold the melted chocolate into the cream gently.

5. Pour the chocolate and cream mix over the biscuit base and smooth.

6. Place in the refrigerator for 3 hours or until set.

7. Serve with 50g of cream.

SUITABLE FOR: LEVEL 6 SOFT & BITE-SIZED, LEVEL 5 MINCED & MOIST AND LEVEL 4 PUREED*

*Note, if the base mix is hard or sticky, remove before serving.

Garnishes are shown for photographic purposes. Omit when serving.

Tiramisu

SERVES FOR
20 PEOPLE

PREPARATION
40 MINUTES

FRIDGE TIME
4 HOURS

Ingredients

8 Eggs, yolks and whites separated

500g Mascarpone

500ml Thickened cream

500g Sponge finger biscuits

250g Caster sugar

150ml Coffee liqueur/syrup

80g Instant coffee dissolved in 1 cup of warm water

SUITABLE FOR: LEVEL 6 SOFT & BITE-SIZED, LEVEL 5 MINCED & MOIST AND LEVEL 4 PUREED

Method

1. Beat the egg yolks and sugar together in a large bowl until creamy and pale. Gently fold in the coffee liqueur/syrup and the mascarpone.

2. In a separate bowl, whisk the cream until it forms stiff peaks. Gently fold into the cream cheese mixture.

3. In a separate bowl, whisk the egg whites until stiff, then add to the mascarpone mixture.

4. Take half of the sponge fingers and dip them in the coffee water before placing them in a single layer in the baking dish. Spread half the cream cheese mixture over the sponge. Repeat this process again.

5. Cover the tiramisu and place in the refrigerator for 4 hours or until chilled.

6. Cut into slices and serve.

Nutritional Information

RECIPE	Energy (kJ) per serve	Protein (g) per serve
Minestrone Soup	691	8
Spiced Carrot and Lentil Soup	881	9
Beef Noodle Soup	681	13
Creamy French Onion Soup	1412	4
Leek and Mushroom Soup	598	4
Pumpkin and Feta Frittata*	2310	22
Lentil Bolognese*	1614	19
Chickpea and Pumpkin Curry*	3197	22
Chili Con Carne*	2258	55
Mustard Beef*	2147	54
Beef Bourguignon*	2062	56
Lamb Sausages in Plum Sauce*	2963	33
Sweet and Sour Pork*	1719	41
Pork Ragu*	2437	51
Chicken Stroganoff*	2940	41
Chicken Pesto Pasta*	4069	44
Chicken Dianne*	2316	40
Chicken Yellow Curry*	2216	37
Baked Fish and Creamy Mustard Sauce*	2090	33
Salmon and Dill Pasta*	2894	50
White Chocolate and Coconut Mousse	2680	4
Passionfruit Panna Cotta	2040	8
Lemon Ricotta Cake*	1907	6
Berry Cheesecake	2018	7
Poached Pears*	975	4
Lemon Tart*	2177	7
Pavlova*	1562	5
Tropical Trifle	1694	6
Chocolate Mousse cake*	3054	5
Tiramisu*	2149	9

*The energy and protein per serve includes the addition of the sides outlined in the recipe method. This includes additions such as custard (373kJ & 3g protein), cream (700kJ & 1 g protein), mash potato (680kJ & 2g protein), rice (611kJ & 3g protein) and steamed vegetables including carrot, broccoli and cauliflower (178kJ & 2g protein)