

Name:

Date:

Tel: 01225 824333

Speech & Language Therapist:

3**Liquidised Food
Level 3****3****General description:**

- ✓ It cannot be piped, layered or moulded.
- ✓ It cannot be eaten with a fork because it slowly drips through the prongs.
- ✓ It does not require chewing.
- ✓ The prongs of a fork do not make a clear pattern on the surface.
- ✓ It is smooth throughout with no 'bits' (no lumps, fibres, bits of shell/skin, bits of husk, particles of gristle/bone etc.) It may need to be sieved to achieve this.
- ✓ There is no loose fluid that has separated off.
- ✓ The texture is not sticky in the mouth.
- ✗ No garnish.
- ✗ No ice-cream or jelly unless advised as suitable by a Speech and Language Therapist.

**Check before serving/eating:**

- No hard pieces, crusts or skins have formed during cooking/heating/standing.
- It has **not** thinned out and any liquid within the food has not separated off.

Please turn over for more information

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Liquidised Food Level 3 Meal Ideas

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Breakfast - must be puréed/liquidised

- Ready Brek or smooth porridge
- Weetabix well soaked with milk fully absorbed
- Milkshakes made with puréed fruit (thickener may need to be added)
- Smooth yoghurt or fromage frais
- Peeled then puréed tinned or fruit e.g. peaches, pears
- Fruit smoothies

Main meal - must be puréed/liquidised

Add flavour with mustard or curry powder, soy sauce, lemon juice, Bovril, Marmite or spices. Avoid using dried herbs.

- Chicken and gravy with vegetables
- Beef stew
- Cottage pie with vegetables
- Pork and apple casserole
- Fish in creamy sauce
- Macaroni cheese
- Cauliflower and broccoli bake
- Chicken and spinach curry with sweet potato

Dessert - must be puréed/liquidised

- Lemon sponge and lemon sauce
- Syrup sponge and custard
- Tinned rice pudding
- Smooth yoghurt
- Chocolate custard
- Fruit and custard or yoghurt

Snacks - must be puréed/liquidised

- Smooth soup
- Tinned pasta shapes
- Chocolate custard