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# 4 Puréed Food Level 4 4

## General description:

- ✓ Food has been puréed or has a purée texture. It does not require chewing.
- ✓ It is a thick purée that holds its shape on a plate or when scooped.
- ✓ It can be eaten with a fork because it does not fall through the prongs.
- ✓ The prongs of a fork make a clear pattern on the surface.
- ✓ It can be piped, layered or moulded. It cannot be poured. It does not 'spread out' if spilled.
- ✓ 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.
- ✓ No lumps.
- ✓ It is moist.
- ✓ Any fluid in or on the food is as thick as the purée itself.
- ✓ Purée foods separately to improve appearance and interest.
- ✗ There is no loose fluid that has separated off.
- ✗ The texture is not sticky in the mouth, e.g. thick, dry mashed potato.
- ✗ It is not rubbery.
- ✗ No garnish e.g. salad vegetables, coleslaw.



## Check before serving/eating:

- No hard pieces, crusts or skins have formed during cooking/heating/standing.
- Fluid/gravy/sauce/custard in or on the food has **not** thinned out or separated off.

Please turn over for more information

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## Puréed Food Level 4 Meal Ideas

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### Breakfast - must be puréed

- Ready Brek or thick, 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 fresh fruit e.g. peaches, pears
- Fruit smoothies
- Greek yoghurt with pureed banana and honey

### Main meal - must be puréed

**Add flavour with mustard or curry powder, soy sauce, lemon juice, Bovril, Marmite or spices. Avoid using dried herbs. Purée meat, vegetables etc. separately.**

- 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

- Lemon sponge and lemon sauce
- Syrup sponge and custard
- Tinned rice pudding
- Thick, smooth yoghurt
- Chocolate mousse
- Fruit and custard or yoghurt

### Snacks - must be puréed

- Thick, smooth soup (may need thickener adding)
- Tinned pasta shapes
- Chocolate mousse
- Thick smooth yoghurt