

Level 6 Soft & bite sized

This texture can be eaten with a fork or spoon. Pressure from a fork can be used to “cut” or break food into smaller pieces. A knife is not required to cut this food, but may be used to help loading onto a spoon/fork. Chewing is required before swallowing but food is soft, tender and moist throughout, with no separate thin liquid.

Breakfast

Apple juice  

Orange juice   

Weetabix with milk 


Ready brek with milk 

Ready brek with honey 

Weetabix with milk 

Weetabix with honey

Banana   

Muller thick and
creamy yoghurt 



 HEALTHIER EATING

 HIGH ENERGY

 VEGETARIAN

 VEGAN

Appetisers

Apple juice **V VG**

Orange juice **H V VG**

Houmous pot **V VG**

Mains

Lentil bolognese **E V**

Vegetable tikka masala

Vegetable lasagne

Macaroni cheese

Pie fisherman's

Fish in cheese

Chicken supreme

Chicken curry

Creamed chicken **E**

Lancashire hotpot

Lamb casserole

Beef stew and dumplings

Beef bolognese

Savoury beef

Desserts

Hot desserts

Jam sponge **V**

Chocolate sponge **V**

Cold desserts

Ambrosia custard pot **V**

Muller thick and
creamy yoghurt **V**

Snacks

Banana **H V VG**

Houmous pot **V VG**

Ambrosia custard pot **V**

Muller thick and
creamy yoghurt **V**

