

# Textured Modified Product List

Version 4



# Moving to IDDSI

As part of this new global change to IDDSI, we are taking all the necessary measures to ensure we remain at the forefront of the industry.

Part of this has seen us commence the review of all Texture Modified products which fall in Category B - Category E, and redevelop, where necessary, to meet IDDSI criteria. This review has identified several areas of improvement we believe are necessary to ensure absolute compliance with the new guidelines. Our product development team, experienced chefs, dietitians and nutritionist are continuing to work on these redevelopments to ensure patient safety and compliance across the board.

Due to these extensive changes, we have moved our textured modified products from our main product list to this new texture modified list. This is to support you to get the most up-to-date information on our products leading up to the industry deadline of April 2019. This list can be viewed or downloaded from our IDDSI website and each time a product becomes compliant we will upload a new version showing the changes. We have put a version number on the front so you can always ensure you are viewing the most up-to-date product list.

Keeping you informed

[www.apetito.co.uk/IDDSI](http://www.apetito.co.uk/IDDSI)

Our new IDDSI website is the best place to get updated product information, brochures, product lists, label information and lots of helpful tips on the change from national descriptors to IDDSI. We will update the information on a regular basis and you can sign up to receive notifications

## What makes our texture-modified meals better:

- Leaders in patient safety
- Consistency in every product
- Thorough testing to ensure compliance with IDDSI guidelines
- Great tasting meals made from quality raw materials
- Innovative design meaning food holds its shape to look appetising to eat
- Every meal is nutritionally balanced

*"It is reassuring to know that as a company apetito is constantly striving to comply with all the Food Standards that affect patients nutrition, and is still passionate in producing the best food to aid the recovery of our patients. The fact their Texture Modified meals are award winners is an added bonus."*

Julie Griffiths, catering manager, Salford Royal NHS Foundation Trust

## Reducing risk

We've developed consistent textures that reduce the risk of choking and aspiration pneumonia.

## Preventing malnutrition

Our vast menu means that all patients not only receive a great meal, they receive the right nutrition too.

## Whetting the appetite

Our meals have been created to not only taste great but look great too, making meal times something for patients to look forward to again.

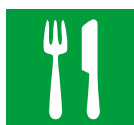


217360 Cottage Pie



## Level 3 (Category B)

Product	Product code	Pack size	Average weight per unit	Recommended portions	Units per crate	IDSSI Compliant	Dietary Info		
							GF	V	ED
<b>Category B Thin Puréed Soups</b>									
Cream of Mushroom Soup	217141	Indiv	200g	1	12	✓	•	•	•
Cream of Chicken Soup	217142	Indiv	200g	1	12	✓	•	•	•
Carrot Soup	217140	Indiv	200g	1	12	✓	•	•	•



## Level 4 (Category C)

Product	Product code	Pack size	Average weight per unit	Recommended portions	Units per case	IDSSI Compliant	Dietary Info		
							GF	V	ED
<b>Category C Thick Puréed Breakfast</b>									
Porridge	217350	Indiv	200g	1	30		•	•	•
Apple & Cinnamon Porridge	217351	Indiv	200g	1	30		•	•	•
<b>Category C Thick Puréed Sandwiches and Snacks</b>									
Beans on Toast 	217020	Indiv	175g	1	12	✓	•	•	•
Scrambled Eggs on Toast 	217021	Indiv	175g	1	12	✓	•	•	•
Hot Tuna Sandwich	217031	Indiv	200g	1	12	✓	•	•	•
Hot Bacon Sandwich	217032	Indiv	200g	1	12	✓	•	•	•
Hot Cheese Sandwich	217035	Indiv	200g	1	12	✓	•	•	•
<b>Category C Thick Puréed Meals</b>									
Cottage Pie 	217360	Indiv	430g	1	12		•	•	•
Beef Stew	217362	Indiv	480g	1	12		•	•	•
Beef & Gravy	217363	Indiv	480g	1	12		•	•	•
Fish in Creamy Sauce	217367	Indiv	480g	1	12		•	•	•
Salmon Supreme	217368	Indiv	480g	1	12		•	•	•
Chicken Curry	217371	Indiv	480g	1	12		•	•	•
Chicken & Gravy	217372	Indiv	480g	1	12		•	•	•
Chicken & Vegetable Casserole	217373	Indiv	480g	1	12		•	•	•
Pork & Gravy	217352	Indiv	480g	1	12		•	•	•
Pork & Apple Casserole	217378	Indiv	480g	1	12		•	•	•
Shepherds Pie	217383	Indiv	430g	1	12		•	•	•
Beef Grillsteak 	217384	Indiv	480g	1	12		•	•	•
Turkey in Gravy	217353	Indiv	480g	1	12		•	•	•
Macaroni Cheese	217390	Indiv	480g	1	12		•	•	•
Mediterranean Vegetable Pasta	217392	Indiv	480g	1	12		••	•	•
Vegetable Curry	217394	Indiv	480g	1	12		••	•	•
Cheese Omelette	217396	Indiv	480g	1	12		•	•	•

Meals marked as IDSSI compliant have passed testing and are now in full production, however residual stock will be delivered prior to new IDSSI compliant stock.





Oven cook only.

•• Indicates meals suitable for a vegan diet.











## Level 4 (Category C)

Product	Product code	Pack size	Average weight per unit	Recommended portions	Units per crate	IDSSI Compliant	Dietary Info		
							GF	V	ED
<b>Category C Thick Puréed Hot Desserts</b>									
Bakewell Sponge with Custard	217134	Indiv	155g	1	24			.	.
Lemon Sponge with Lemon Sauce	217136	Indiv	155g	1	24			.	.
Sticky Toffee Pudding with Custard	217138	Indiv	155g	1	24	✓		.	.
Rice Pudding	217139	Indiv	155g	1	24	✓	.	.	.
Apple Pie with Custard	217171	Indiv	155g	1	24	✓		.	.
Summer Fruits with Custard	217176	Indiv	160g	1	24		.	.	.
<b>Category C Thick Puréed Cold Desserts</b>									
Coffee Dessert	292123	Indiv	77g	1	27	✓	.	.	.
Chocolate Mousse	292124	Indiv	65g	1	18	✓	.	.	.
Strawberry Mousse	292125	Indiv	65g	1	18	✓	.	.	.
<b>Category C Thick Puréed Mixer Packs</b>									
Puréed Mixer Pack – Meat Dishes	217756				12				
Cottage Pie 		Indiv	430g	1	1		.	.	.
Beef Grillsteak 		Indiv	480g	1	1		.	.	.
Beef Stew		Indiv	480g	1	1		.	.	.
Beef & Gravy		Indiv	480g	1	2		.	.	.
Chicken Curry		Indiv	480g	1	1		.	.	.
Chicken & Vegetable Casserole		Indiv	480g	1	1		.	.	.
Chicken & Gravy		Indiv	480g	1	2		.	.	.
Pork & Gravy		Indiv	480g	1	1		.	.	.
Pork & Apple Casserole		Indiv	480g	1	1		.	.	.
Shepherds Pie		Indiv	430g	1	1		.	.	.
Puréed Mixer Pack – Vegetarian & Fish Dishes	217757				12				
Macaroni Cheese		Indiv	480g	1	2		.	.	.
Mediterranean Vegetable Pasta		Indiv	480g	1	2		.	.	.
Vegetable Curry		Indiv	480g	1	2		.	.	.
Cheese Omelette		Indiv	480g	1	2		.	.	.
Fish in Creamy Sauce		Indiv	480g	1	2		.	.	.
Salmon Supreme		Indiv	480g	1	2		.	.	.
Puréed Desserts Mixer Packs	217758				12				
Bakewell Sponge with Custard		Indiv	155g	1	2		.	.	.
Summer Fruits with Custard		Indiv	160g	1	2		.	.	.
Lemon Sponge with Lemon Sauce		Indiv	155g	1	2		.	.	.
Sticky Toffee Pudding with Custard		Indiv	155g	1	2	✓	.	.	.
Rice Pudding		Indiv	155g	1	2	✓	.	.	.
Apple Pie with Custard		Indiv	155g	1	2	✓	.	.	.

Meals marked as IDSSI compliant have passed testing and are now in full production, however residual stock will be delivered prior to new IDSSI compliant stock.



## Level 4 (Category C)

Product	Product code	Pack size	Average weight per unit	Recommended portions	Units per case	IDDSI Compliant	Dietary Info		
							GF	V	ED
<b>Category C Thick Purée Petite</b>									
Chicken & Gravy	217056	Indiv	275g	1	12	✓	•		•
Chicken & Vegetable Casserole	217057	Indiv	275g	1	12	✓	•		•
Chicken Chasseur	217058	Indiv	275g	1	12	✓	•		•
Turkey in Gravy	217059	Indiv	275g	1	12	✓	•		•
Cheese and Onion Bake 	217064	Indiv	275g	1	12	✓		•	•
Vegetable and Bean Casserole	217069	Indiv	275g	1	12	✓	•	••	•
All Day Breakfast	217071	Indiv	275g	1	12	✓	•		•
All Day Vegetarian Breakfast	217072	Indiv	275g	1	12	✓		•	•
Salmon Fillet 	217073	Indiv	275g	1	12	✓	•		•
Lamb Chop	217074	Indiv	275g	1	12	✓	•		•
Steak Casserole	217075	Indiv	275g	1	12	✓	•		•
Chicken & White Wine Casserole	217077	Indiv	275g	1	12	✓	•		•
Vegetarian Sausage & Mash	217078	Indiv	275g	1	12	✓		••	•
Sausage & Mash	217079	Indiv	275g	1	12	✓	•		•
Tomato & Basil Pasta	217080	Indiv	275g	1	12	✓		••	•
Pork & Gravy	217082	Indiv	275g	1	12	✓	•		•
Beef & Gravy	217083	Indiv	275g	1	12	✓	•		•
Pork Grillsteak 	217085	Indiv	275g	1	12	✓	•		•
Lamb & Gravy	217086	Indiv	275g	1	12	✓	•		•
Fish & Chips  	217088	Indiv	275g	1	12	✓			•
Steak & Chips  	217089	Indiv	275g	1	12	✓			•
Omelette, Chips & Beans 	217090	Indiv	275g	1	12	✓		•	•

Meals marked as IDDSI compliant have passed testing and are now in full production, however residual stock will be delivered prior to new IDDSI compliant stock.



*"Each one of our Purée Petite meals is packed full of the essential nutrition and quality ingredients you can find in our Classic Category C range, but in a smaller, more manageable portion size. The consistent texture and delicious taste makes them perfect for people with dysphagia, who have smaller appetites but still need increased nutrition for health and wellbeing."*

Phil Rimmer, apetito Head Chef



Oven cook only.

•• Indicates meals suitable for a vegan diet.



## Level 5 (Category D)

Product	Product code	Pack size	Average weight per unit	Recommended portions	Units per case	IDSSI Compliant	Dietary Info		
							GF	V	ED
<b>Category D Pre-Mashed Meals</b>									
Corned Beef Hash	217100	Indiv	400g	1	12		•		•
Rich Beef Stew	217101	Indiv	400g	1	12	✓	•		
Fish in Mornay Sauce	217103	Indiv	410g	1	12	✓	•		•
Salmon Supreme	217104	Indiv	400g	1	12	✓	•		
Chicken Curry	217105	Indiv	410g	1	12	✓	•		•
Chicken in Rich Gravy	217106	Indiv	410g	1	12	✓	•		
Chicken & Vegetable Casserole	217107	Indiv	400g	1	12	✓	•		•
Pork Casserole	217108	Indiv	400g	1	12	✓	•		•
Sausages in Onion Gravy	217109	Indiv	400g	1	12	✓	•		•
Liver & Bacon Casserole	217110	Indiv	400g	1	12	✓	•		•
Lamb Stew	217111	Indiv	400g	1	12	✓	•		
Macaroni Cheese	217112	Indiv	410g	1	12	✓		•	
Vegetable & Lentil Casserole	217114	Indiv	400g	1	12	✓		••	•
Mediterranean Vegetables	217115	Indiv	410g	1	12	✓		••	
Cheesy Potato Bake	217117	Indiv	400g	1	12	✓		•	
Cottage Pie	217119	Indiv	425g	1	12		•		
Turkey in Gravy	217127	Indiv	400g	1	12	✓	•		
<b>Category D Pre-Mashed Meals Mixer Packs</b>									
Pre-Mashed Meals Mixer Pack Meat Dishes	217760				12				
Corned Beef Hash		Indiv	400g	1	1		•		•
Rich Beef Stew		Indiv	400g	1	1	✓	•		
Chicken Curry		Indiv	410g	1	1	✓	•		•
Chicken in Rich Gravy		Indiv	410g	1	2	✓	•		
Pork Casserole		Indiv	400g	1	1	✓	•		•
Liver & Bacon Casserole		Indiv	400g	1	1	✓	•		•
Lamb Stew		Indiv	400g	1	1	✓	•		
Chicken & Vegetable Casserole		Indiv	400g	1	2	✓	•		•
Sausages in Onion Gravy		Indiv	400g	1	2	✓	•		•

Pre-Mashed Meals Mixer Pack Vegetarian & Fish	217761				12				
Macaroni Cheese		Indiv	410g	1	3	✓		•	
Mediterranean Vegetables		Indiv	410g	1	3	✓		••	
Cheesy Potato Bake		Indiv	400g	1	2	✓		•	
Fish in Mornay Sauce		Indiv	410g	1	1	✓	•		•
Salmon Supreme		Indiv	400g	1	1	✓	•		

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## Level 6 (Category E)

Product	Product code	Pack size	Average weight per unit	Recommended portions	Units per case	IDSSI	Dietary Info		
							GF	V	ED
<b>Category E Fork Mashable Meals</b>									
Turkey Casserole	217181	Indiv	410g	1	12		•		
Beef Hotpot	217313	Indiv	400g	1	12	✓	•		•
Chicken in Gravy	217187	Indiv	400g	1	12				
Sausage Casserole	217189	Indiv	410g	1	12				•
Pork in Gravy	217196	Indiv	400g	1	12				•
Vegetable & Lentil Casserole	217197	Indiv	415g	1	12			•	•
Vegetable Hotpot	217311	Indiv	400g	1	12	✓		•	
Cottage Pie	217310	Indiv	440g	1	12	✓	•		
Chicken & Vegetable Casserole	217326	Indiv	400g	1	12	✓	•		•
Creamy Chicken Pie	217325	Indiv	415g	1	12	✓	•		
Salmon Supreme	217318	Indiv	410g	1	12	✓	•		
Cauliflower Cheese & Broccoli Bake	217293	Indiv	400g	1	12			•	
Cheese & Onion Pie	217317	Indiv	465g	1	12	✓		•	•
Vegetable Curry	217314	Indiv	410g	1	12	✓	•	••	•
Shepherds Pie	217320	Indiv	440g	1	12	✓	•		
Fish Pie	217312	Indiv	480g	1	12	✓	•		•

Meals marked as IDSSI compliant have passed testing and are now in full production, however residual stock will be delivered prior to new IDSSI compliant stock.



217104 Salmon Supreme  
Cat D

*"For many of us eating and drinking is an enjoyable, social experience and a time to look forward to, however this is not always the case for people suffering with dysphagia and in fact many live in trepidation of mealtimes.*

*Having a well presented, nutritious and delicious meal at the right consistency is vital and I believe apetito have achieved all of this with their range of texture-modified meals."*

Andy Jones, Ex Chair HCA

Customer services helpline 01225 569338

Find out more  
[www.apetito.co.uk/iddsi](http://www.apetito.co.uk/iddsi)



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