



Inspiration for care homes

At Thomas Ridley, we understand the importance of every meal or snack to your residents. Providing something to look forward to, stimulating the way someone feels day-to-day - both physically and mentally - as well as providing those all-important nutrients. So, here are our top tips to help you feel inspired in the kitchen and to put smiles on your residents' faces.



Prioritise presentation

This may sound simple, but thinking about how food looks on the plate, the colours, the textures and its presentation - especially when catering for a resident with IDDSI needs - is really important. Create food that you would enjoy eating and ask yourself, does the food look appetising? Would using more height, layers or molds help?



Celebrate occasions and themes through food-based activities

National holidays and themed days provide regular opportunities to link food with other activities going on in the home. From biscuit decorating to experimenting with country-themed sharing boards or running tasting events, these can all help to engage residents with their food.

Incorporate nostalgia and fun into your menus

Mealtimes are important for evoking fond memories of food, family and life events. Ask your residents what their favourite meals are and why? Tapping into their likes - and their memories - and providing them with some choices can help to boost engagement in your food and help you to create more effective and profitable menus.

**RETRO DISHES
CAN BE EASIER**

*Plus
they help with
menu fatigue*

Product Inspiration

Check out our popular range of IDDSI Level 4 and Level 5 pureed meals, specially designed to emulate plated meals.



Nutrisis Thickener, a great product that can be used in both hot and cold applications and doesn't alter the taste in any way.



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Cater for a growing plant-based audience

As the population ages, more vegetarians and vegans will enter the care sector and it's important that their wishes are protected. Why not get a head start and consider the health, environmental and cost benefits of these dishes now? Often being naturally higher in fibre and lower in saturated fats, these meals could provide a healthier option. Instead of focusing on plant-based meat substitutes for traditional dishes, try making plant-based meals on your menu exciting in their own right.

Consider the health benefits of plant-based meals. Being higher in fibre and lower in saturated fats mean these meals can be better for your residents, as well as becoming more popular and cost-efficient. Go online to view our plant-based brochure.



Use flavour to avoid menu fatigue

Offer variety by utilising different spices and seasonal ingredients and experiment with dishes inspired by different cuisines; such as seasonal stews, tagines, chowders and curries. Anything that is slow-cooked and contains loads of soft, healthy and tasty veg can also be easily pureed for residents suffering with dysphagia.

The Power of Pudding

Often the highlight of someone's day, pudding presents the biggest opportunity to encourage a resident to eat well and to fill up on calories, without necessarily being 'unhealthy' foods.

Hearty sponges, pies and crumbles, loaded with stewed fruits or soft currents and topped with cream, custard or ice cream, can be a great way to put a smile on those faces. Trifles, mousses, jellies and yoghurts also offer great cold options, too.



Here are some of our top products for crafting your pudding menu:

- Custard mix
- Pudding mix
- Pastry mix
- Tinned apples
- Tinned rhubarb
- Millac UHT single cream
- Angel Delight chocolate flavour

