

Meal Plan - Xiwang Lee (Susie)

Special instructions:

1. Minced and moist diet and Moderately thickened (Level 400) fluids. (Use this plan with Susie's Mealtime Management Plan)
2. Always use lactose free milk.
3. Offer a drink with every meal ensuring it is Moderately Thick (Level 400).
4. Ensure Susie has 3 serves of calcium rich foods per day (e.g. 200g yoghurt, 250ml lactose free milk, 40g hard cheese only if it was finely grated and added into a soup or meal).
5. Reflux management: avoid fizzy & citrus drinks & spicy foods as we know these give Susie reflux.
6. ALWAYS offer Susie morning and afternoon tea & supper.
7. Lunch and dinner can be swapped.
8. Make sure dinner and lunch are MOIST. You may need to add extra gravy or sauce or stock as you prepare the meal.

NOTE: This meal plan is based on what Susie likes to eat and drink at each meal. It is not a comprehensive meal plan for other residents to use.

This meal plan was corrected by APD Amanda Cossey.

BREAKFAST
<p>½ cup or 1 sachet (raw measure) of oats made on 1 cup of lactose free milk OR ½ cup (raw measure) of semolina made on 1 cup of lactose free milk OR 2 Weetbix with 1 cup lactose free milk PLUS ½ cup lactose free or soy yoghurt PLUS 1 dessert spoon of stewed fruit OR 2x scrambled or poached eggs with ½ cup of mashed baked beans</p>
MORNING TEA
<p>Banana OR pureed or finely diced canned fruit OR Lactose free or soy yoghurt OR Smoothie e.g. lactose free milk and yoghurt and fruit well blended **ensure it is Moderately Thick (Level 400)</p>
LUNCH
<p>Soup (lightly blended so there are no pieces bigger than 0.5cm) and so there are no fibrous particles made with vegetables AND pureed chickpeas or lentils or beans (for protein) OR 100g pureed meat or chicken or fish **ensure it is Moderately Thick (Level 400) OR Minced and moist hot meal (e.g. casserole or stew) as per dinner OR 2x scrambled or poached eggs with ½ cup of mashed baked beans</p>
AFTERNOON TEA
<p>Banana OR pureed or finely diced canned fruit OR Lactose free or soy yoghurt OR Smoothie e.g. lactose free milk and yoghurt and fruit well blended **ensure it is Moderately Thick (Level 400)</p>
DINNER
<p>Hot meal or soup or casserole or stew made with:</p> <p>1 cup well cooked pasta OR noodles OR very soft rice that holds together OR 1 cup mashed potato/sweet potato PLUS 1 ½ - 2 cups of non-starchy vegetables (starchy vegetables are potato, sweet potato & corn) AVOID hard or fibrous vegetables e.g. corn, broccoli, cabbage, brussels sprouts, asparagus PLUS 150g chicken OR red meat OR fish OR tofu (** MUST be very small pieces or crumbled) OR 1 cup cooked beans OR lentils OR chickpeas OR canned beans OR 2 eggs</p>
SUPPER
<p>Banana OR pureed or finely diced canned fruit OR Lactose free or soy yoghurt OR Smoothie e.g. lactose free milk and yoghurt and fruit well blended **ensure it is Moderately Thick (Level 400) OR Milo made on lactose free milk **ensure it is Moderately Thick (Level 400)</p>

Xiwang Lee (Susie) – Mealtime Management Plan

EATING STATUS



Minced & Moist, Texture B.
Mash well with the back of a fork or process using a blender, may have small, soft lumps
Avoid hard, dry crunchy, crumbly foods, seeds or nuts.
Add gravy, sauce, stock, butter, low fat milk, water as you prepare.

EATING UTENSILS REQUIRED

Small Maroon spoon

POSITIONING/ ASSISTANCE

Positioning:

- Susie sits in her wheelchair for all meals /see her physiotherapist review
- Please encourage Susie to have her head upright not tilting backwards or forwards. She may require jaw support.

Assistance Required:

- Staff to offer food to Susie by placing it in the middle of her mouth , applying pressure on the middle of her tongue-this appears to suppress the tongue thrust.
- Please *sit* on the right hand side of Nicole, facing her.
- If Susie's head tips forward, try to use verbal prompts (look at me Susie). Please ensure Susie's head is upright before offering food.
- Susie communicates clearly during her mealtime; wait for her to indicate that she is ready for some more.
- Wait for Susie to swallow twice for each mouthful to ensure that her mouth is clear before offering the next spoonful.

DRINKING STATUS



Moderately Thickened Fluids

Honey/ Level 400 - Fluid slowly drips in dollops off the end of the spoon

DRINKING UTENSILS REQUIRED

Cut out cup or Maroon spoon

POSITIONING/ ASSISTANCE

Positioning:

- Susie sits in her wheelchair for all meals /see her physiotherapist review
- Please encourage Susie to have her head upright not tilting backwards or forwards. She may require jaw support.

Assistance Required:

- Please assist Susie to keep her head in the midline when she is drinking.
- Staff to offer drinks from the spoon, by placing it in the middle of her mouth, applying pressure on the middle of her tongue-this appears to suppress the tongue thrust.