

Have yourself a merry IDDSI Christmas!

Just because you have swallowing difficulties shouldn't mean you can't enjoy Christmas Dinner too...

Christmas dinner suggestions

Course	Level 7 EC	Level 6	Level 5	Level 4
Starter – Pate on toast	Serve ++Pate with thin toast*, crusts removed. Avoid accompanying salad is stringy/fibrous ie) rocket/lettuce as these may be difficult to swallow	Serve Pate and thin toast* cut up into soft and bitesized pieces –consider adding smooth caramelised onion jam to moisten- avoid accompanying salad if stringy/fibrous ie) lettuce/rocket etc.	Serve Pate and smooth onion jam to moisten – no toast	Serve Pate and smooth onion jam to moisten – no toast. May require thinning with a little hot water
Starter – Prawn cocktail	Serve shelled cooked prawns with marie-rose sauce. Avoid accompanying salad is stringy/fibrous ie) rocket/lettuce as these may be difficult to swallow. Consider cutting tomatoes/grapes/cucumber up small- removes skins if needed. Can have accompanying bread* and butter.	Serve shelled cooked prawns with marie-rose sauce, cut into small bite-sized pieces. Avoid accompanying salad is stringy/fibrous ie) rocket/lettuce as these may be difficult to swallow. Consider cutting tomatoes/grapes/cucumber up small- removes skins if needed. Could have accompanying thin toast and	Serve shelled cooked prawns with marie-rose sauce, blend to Minced and Moist consistency (not completely smooth). No bread/toast.	Serve shelled cooked prawns with marie-rose sauce, blend to puree consistency (completely smooth) No bread/toast.


		butter, cut up into soft and bitesized pieces with lots of butter and use of marie-rose to moisten.		
Course	Level 7 EC	Level 6	Level 5	Level 4
Starter - Soup	Serve soup with soft roll*/bread*/toast* and butter to dip/soak in. Soup can have chunks of vegetable/meat in.	Serve soup with soft roll*/bread*/toast* and butter to dip/soak in. Soup can have chunks of vegetable/meat in. Pieces should be in keeping with Level 6 soft and bitesized guidance.	Serve soup, can have chunks of vegetable/meat in but needs blending to Minced and Moist consistency.	Serve soup as smooth puree texture.
Main – Christmas Dinner	Serve meat/fish and trimmings. Cook meat/fish until tender/moist, and serve cut up thin. Add sauces to moisten. Avoid stringy/fibrous vegetables ie) green beans/cabbage. Include soft roast potatoes-avoid hard crispy bits, or mash/dauphinoise potatoes, soft broccoli/cauliflower/carrots and swede. Cut Yorkshire puddings/soft cooked pigs in	Serve meat/fish and trimmings. Cook meat/fish until tender/moist, and serve cut up thin. Add sauces to moisten. Avoid stringy/fibrous vegetables ie) green beans/cabbage. Include cut-up small, soft roast potatoes-avoid hard crispy bits, mash/dauphinoise potatoes, soft broccoli/cauliflower/carrots and swede/sprouts. Cut	Serve meat/fish and trimmings. Mash potatoes, carrots and swede, sprouts etc to Minced and Moist texture. Blend meat/fish down to Minced and Moist texture or consider having minced turkey in smooth gravy etc. Add smooth gravy to moisten and aid	Serve meat/fish and trimmings. Blend potatoes, carrots and swede etc to pureed texture. Blend meat/fish down to puree texture. Add smooth gravy to moisten and aid chewing.

	blankets cut up small. Consider gravy to moisten and aid chewing.	Yorkshire puddings/skinless sausages cut up small. Consider smooth gravy to moisten and aid chewing.	chewing.	
Course	Level 7 EC	Level 6	Level 5	Level 4
Condiments	Stuffing balls. Consider smooth sauces ie) apple /mint/cranberry/horseradish. Sauces with bits/skins may not be tolerated.	Stuffing balls cut up small. Consider smooth sauces ie) apple /mint/cranberry/horseradish. Sauces with bits/skins may not be tolerated.	Wet stuffing allowed (not baked) All sauces to be smooth	Wet stuffing with gravy if tolerated. All sauces to be smooth, no bits.
Dessert – Minced pie and cream	Serve shortcrust minced pie with cream. Avoid flaky/filo pastry Avoid nuts	Serve shortcrust minced pie with cream, and cut up small as per soft and bitesized guidance. If pastry problematic- just have filling. Avoid flaky/filo pastry	Serve minced pie filling with ++cream/custard to moisten. Avoid all pastry.	Avoid minced pie- consider stewed and pureed fruit alternative flavoured with festive spices and ++cream/custard to moisten
Dessert – Christmas pudding	Christmas pudding may be more difficult for some individuals – especially with nuts and dried fruit. If tolerated, steam to ensure moist and serve with ++custard/cream/brandy sauce. Some may opt to	Christmas pudding may be more difficult for some individuals – avoid ones with ++nuts and large chunks of dried fruit. If tolerated, steam to ensure moist and serve with custard/cream/brandy sauce.	Christmas pudding can be a claggy texture. If a particularly smooth and bit-free pudding, it may be mixed with sauce to Minced and Moist texture.	Avoid Christmas pudding.

	remove chunkier fruit and nuts from pudding.			
Course	Level 7 EC	Level 6	Level 5	Level 4
Dessert – Trifle	Serve trifle, including skinless/chopped up fruits/sponge fingers/jelly/custard and cream. Avoid silver balls/nuts atop as decoration.	Serve trifle including skinless/chopped up fruits/sponge fingers/jelly/custard and cream. Consider adding more pouring cream/custard to moisten and take small, bitesized pieces. Avoid silver balls/nuts atop as decoration.	Serve smooth trifle – no added bits, jelly/custard/cream/ Consider adding more pouring cream/custard to moisten.	Consider alternative trifle, made with Angel delight/cream and custard, with more pouring cream/custard to moisten.

*Only incorporate bread/toast etc to tolerance and if SLT-advised. If you know this to be a texture you struggle with, avoid.

Festive foods to avoid for all levels:

Avoid high risk foods 		
	Example	How to modify
Dry/crumbly	Crackers, cake, bread, biscuits, pastry	Serve with custard/sauce, remove 'bits' from cake (e.g. fruit, coconut, nuts), dunk biscuits in hot drink, try a different type of pastry (see below)
Hard/tough/chewy	Boiled sweets, nuts, steak, bacon, uncooked vegetables, fatty meats, toast	Steam/boil vegetables, remove fat from meat, cook meat until tender, use thin cut bread for toast, remove crusts and add plenty of butter
Stringy/fibrous/skins	Pineapple, celery, orange segments, fruit skins, sweetcorn, runner beans, lettuce, melted cheese	Remove skins from fruit/veg, try fruit juices instead of fruit pieces
Mixed consistencies	Cereal with milk, soups with food pieces, muesli, fruit salad with juice	Drain excess liquid, try smooth soups
Large pieces	Some sweets, grapes, hard chunks (e.g. pieces of apple), taking large mouthfuls	Cut into smaller pieces if possible, take small mouthfuls
Bread: please speak to your SLT for advice		

No cheese and crackers; opt for just cheese/soft cheeses (not melted)

No Nuts; chestnuts etc, nuts in cake

Filo/flaky pastry ie) Beef wellington/salmon parcels etc.

