

## 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	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	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.

	up small- removes skins if needed. Can have accompanying bread* and butter.	tomatoes/grapes/cucumber up small- removes skins if needed. Could have accompanying thin toast and butter, cut up into soft and bitesized pieces with lots of butter and use of marie-rose to moisten.		
<b>Course</b>	<b>Level 7 EC</b>	<b>Level 6</b>	<b>Level 5</b>	<b>Level 4</b>
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,	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,	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	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.

	soft broccoli/cauliflower/carrots and swede. Cut Yorkshire puddings/soft cooked pigs in blankets cut up small. Consider gravy to moisten and aid chewing.	mash/dauphinoise potatoes, soft broccoli/cauliflower/carrots and swede/sprouts. Cut Yorkshire puddings/skinless sausages cut up small. Consider smooth gravy to moisten and aid chewing.	turkey in smooth gravy etc. Add smooth gravy to moisten and aid chewing.	
<b>Course</b>	<b>Level 7 EC</b>	<b>Level 6</b>	<b>Level 5</b>	<b>Level 4</b>
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	Christmas pudding may be more difficult for some individuals – avoid ones with ++nuts and large chunks of	Christmas pudding can be a claggy texture. If a particularly smooth	Avoid Christmas pudding.

	tolerated, steam to ensure moist and serve with ++custard/cream/brandy sauce. Some may opt to remove chunkier fruit and nuts from pudding.	dried fruit. If tolerated, steam to ensure moist and serve with custard/cream/brandy sauce.	and bit-free pudding, it may be mixed with sauce to Minced and Moist texture.	
<b>Course</b>	<b>Level 7 EC</b>	<b>Level 6</b>	<b>Level 5</b>	<b>Level 4</b>
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
<b>Dry/crumblly</b>	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)
<b>Hard/tough/chewy</b>	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
<b>Stringy/fibrous/skins</b>	Pineapple, celery, orange segments, fruit skins, sweetcorn, runner beans, lettuce, melted cheese	Remove skins from fruit/veg, try fruit juices instead of fruit pieces
<b>Mixed consistencies</b>	Cereal with milk, soups with food pieces, muesli, fruit salad with juice	Drain excess liquid, try smooth soups
<b>Large pieces</b>	Some sweets, grapes, hard chunks (e.g. pieces of apple), taking large mouthfuls	Cut into smaller pieces if possible, take small mouthfuls
<b>Bread: please speak to your SLT for advice</b>		

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.

