

Food and Fluid Preferences

Resident:

Doris Jones

DOB/ CHI:

16/11/1927

Date:

15/02/2024

Diet preferences

Meal	Preferences
Breakfast	Prefers a hot meal. Favourite meal: scrambled egg on toast with 2x bacon. Also likes porridge, yoghurt and fruit
Lunch	Prefers main meal at lunchtime. Favourite meals include haggis, neeps and tatties, mince and tatties, chicken korma
Evening Meal	Prefers a lighter option in the evening. Examples include: cheese and pickle sandwich, cheese toastie, jacket potato with tuna mayo or beans and cheese
Supper	Will only have supper 1-2x/week - enjoys 1-2 slices toast with butter and cup of tea
Snacks	Sweet tooth - enjoys chocolate (favourites: mars bar, dairy milk), hard boiled sweets (rhubarb custard) and angel slice

Drinks preferences

Meal	Preferences
Hot Drinks e.g. tea/coffee with sugar/milk	Coffee (milk and 2 sugars), cup of tea (milk and 1 sugar), hot chocolate and horlicks. Favourite hot drink: cup of tea
Cold Drinks e.g. diet cola, full sugar irn bru, fresh orange juice etc	Enjoys apple, orange and cranberry juice. Likes milk and milky drinks such as milkshakes and smoothies. Favourite cold drink: glass of cold milk

Date Updated: 15.2.2024 - review due 6 months

Staff Name and Signature: SN Jones

Chef Name and Signature: David Russell

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Dislikes

Meal	Preferences
Food	Dislikes tough and gristly meats, pasta dishes (e.g. lasagna), and dark chocolate
Fluid	Dislikes fizzy juice and plain water

Special requests and preferences:

Meal	Preferences
Eating and drinking utensils:	Slow eater, benefits from hot plate. No other adapted cutlery or crockery required.
Dining preferences:	Sociable lady - enjoys eating in the dining room with other residents
Sensory considerations:	Limited vision, requires support and good communication about diet and fluids
IDDSI food and fluid levels:	IDDSI level 7 regular diet and normal (level 0) fluids
Specialist/ therapeutic diet:	Requires fortified diet and fluids - see MUST step 5 for recommended fortification
Other:	It is important to resident that the option of meals is communicated with her daily

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