


How to complete a menu card



Care of the Elderly

Week 1 Evening Meal
Monday

WARD... 4A ... NAME... Joe Bloggs ...

Mark a cross within boxes of dishes you require
e.g.

1	<input type="checkbox"/>	Lentil Soup (V)	B C D E
2	<input type="checkbox"/>	Orange Juice	B C D E
3	<input type="checkbox"/>		
4	<input checked="" type="checkbox"/>	Cheese Omelette (V)	C D E
5	<input type="checkbox"/>	Beef & Vegetable Casserole	B C D E
6	<input type="checkbox"/>	Tuna Mayonnaise Sandwich White	E
7	<input type="checkbox"/>	Tuna Mayonnaise Sandwich W/meal	E
8	<input type="checkbox"/>		
9	<input type="checkbox"/>		
10	<input checked="" type="checkbox"/>	Potato Croquette	
11	<input type="checkbox"/>	Boiled Potatoes	B C D E
12	<input type="checkbox"/>	Grilled Tomato	
13	<input type="checkbox"/>	Mushy Peas	C D E
14	<input type="checkbox"/>		
15	<input type="checkbox"/>	Sliced Peaches	B C D E
16	<input type="checkbox"/>	Ice Cream	B C D E
17	<input type="checkbox"/>	Fruit Scone	
18	<input type="checkbox"/>	Butter Portion	B C D E
19	<input type="checkbox"/>	Sunflower Spread Light	B C D E
20	<input type="checkbox"/>	Evening Snack	
21	<input type="checkbox"/>	Gingerbread Cake	B C D E
22	<input type="checkbox"/>		
23	<input type="checkbox"/>		

Portion Size

Small Large

Key to Meal Codes
Mark a cross if you are on one of these diets

Energy Dense (ED)

Food Texture:

Thin Pureed Diet (B)

Thick Pureed Diet (C)

Pre-Mashed Diet (D)

Fork Mashable (E)

Jelly & Ice Cream NOT suitable for people on thickened fluids

(V) = Suitable for Vegetarians:
For further explanation of above therapeutic diets, please refer to back of menu card.
FOOD ALLERGIES: see back of card for information on food allergies

Step 1
Enter ward & patient name

Step 2
Mark an 'X' in box next to meal choices

Step 1 & 2
Must be completed by all patients
Ensure 'X' is clearly marked in the boxes
(Consider patient centered care if you have to complete on their behalf)

Portion Size
An 'X' in either of these boxes will indicate portion size, if left blank; a standard portion will be served

Therapeutic / modified consistency stage diets
i) Mark 'X' in appropriate box
ii) Ensure meal choice is also appropriate