



apetito

WILTSHIRE
187 FARM 1991
FOODS



DINING *with* DIGNITY

32 delicious meals from our
new world-leading Level 4
Puréed texture-modified

Developed with

PHIL RIMMER

apetito Head Chef



“ I’ve worked with apetito for 19 years, and the meals in this cookbook are some of our finest yet. People who have difficulty swallowing deserve to find the same delight in dining as everyone else. That sentiment has underpinned every single meal in this book. It’s one of the reasons I love working with apetito – they put residents first, always. ”

PHIL RIMMER

APETITO HEAD CHEF

Introducing 32 delicious purée meals from our world-leading Level 4 texture-modified range.

Guided by the expertise of Phil Rimmer, apetito Head Chef, each one is designed to bring joy to the mealtimes of your residents with dysphagia.

Thanks to our team of dedicated dietitians, every recipe is packed with nutrients and flavour. What’s more, they’ve all been rigorously tested in our on-site laboratory to ensure resident safety. As you turn the pages, you’ll discover a whole range of delicious flavours, carefully curated to help your residents dine with dignity.

To learn more, head to: apetito.link/L4TM

The ingredient information provided in this cookbook is for general reference only and may not include all ingredients used in our meals. This cookbook is not intended to be used as a source of allergen or dietary information. If you have specific dietary concerns or allergies, please refer to the packaging or contact us directly at 01225 637394.

217094

ALL DAY BREAKFAST

Puréed sausages, baked beans and scrambled egg

Hearty sage and thyme British sausages paired with tasty baked beans and puréed eggs, seasoned with salt and pepper.

SERVES 1



Meat



Classic dish



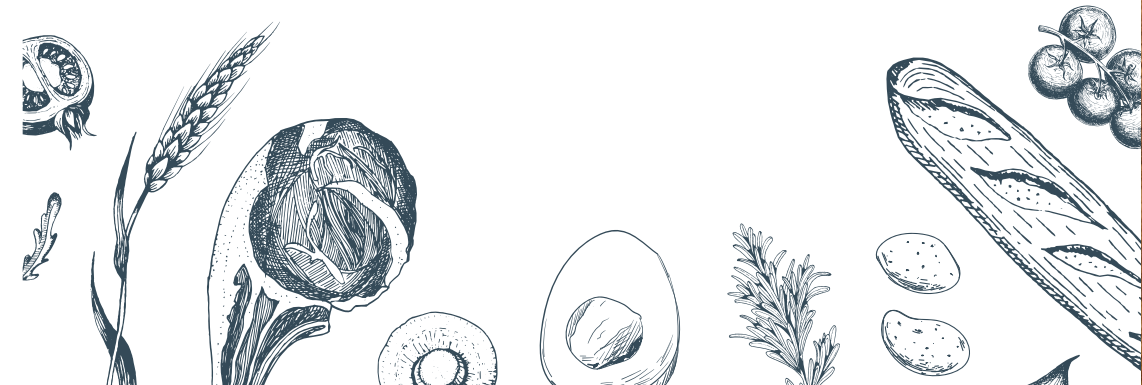
Gluten free



Energy dense

INGREDIENTS INCLUDE

Pork, eggs, beans, tomato, garlic, onion, sage, salt and pepper.







217096

ALL DAY VEGETARIAN BREAKFAST

Puréed vegetarian sausages, baked beans and scrambled egg

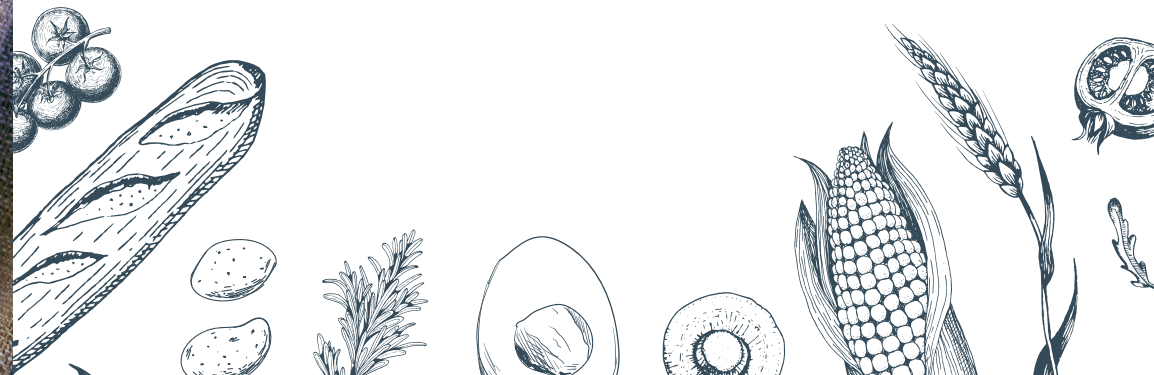
Vegetarian sausages enhanced with just the right amount of thyme, rosemary and mustard. Accompanied by smooth scrambled egg, seasoned with salt and pepper and paired with tasty baked beans.

SERVES 1

 Vegetarian
 Energy dense

INGREDIENTS INCLUDE

Vegetarian sausages, eggs, beans, tomato, garlic, onion, salt and pepper.



227311

BEAN CHILLI

In a lightly spiced tomato sauce with rice and peas

A medley of red kidney beans and lentils in a lightly spiced tomato sauce of smoked paprika, tabasco, cumin and coriander. Complemented by puréed rice and peas.

SERVES 1



International cuisine



Gluten free



Vegetarian



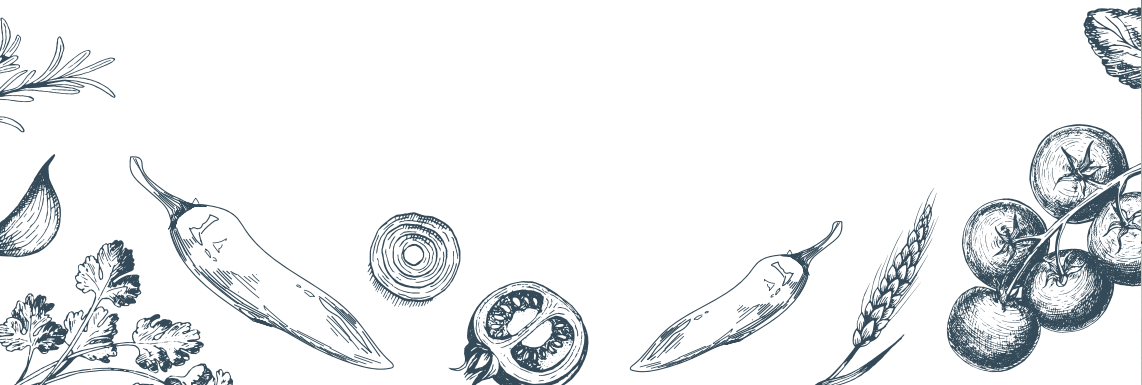
Vegan



Energy dense

INGREDIENTS INCLUDE

Tomato, kidney beans, red lentils, rice, peas, onion, garlic, peppers, carrot, chillies, lime, oregano and coriander.





227316

BEEF CHILLI

With a smoky tomato sauce, rice and sweetcorn

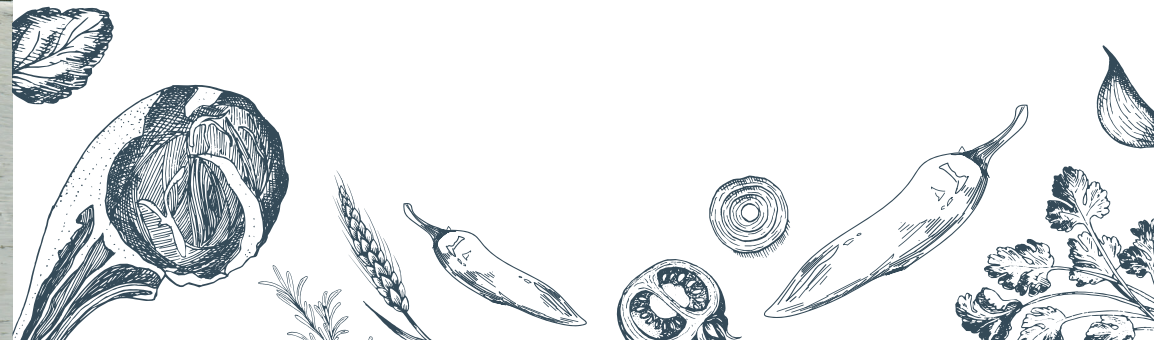
Mildly spiced beef paired with a smoky tomato sauce.
Accompanied by white rice and vibrant yellow sweetcorn.

SERVES 1

-  Meat
-  International cuisine
-  Gluten free
-  Higher protein
-  Energy dense

INGREDIENTS INCLUDE

Beef, sweetcorn, tomato, kidney beans, rice, onion, beetroot, garlic, peppers, carrot, chillies, lime, oregano and coriander.



217307

BEEF HOTPOT

Puréed beef topped with potato and served with savoy cabbage.

Perfectly cooked beef seasoned with rosemary and thyme and topped with delicious golden sauté potatoes and creamy savoy cabbage.

SERVES 1



Meat



Classic dish



Gluten free



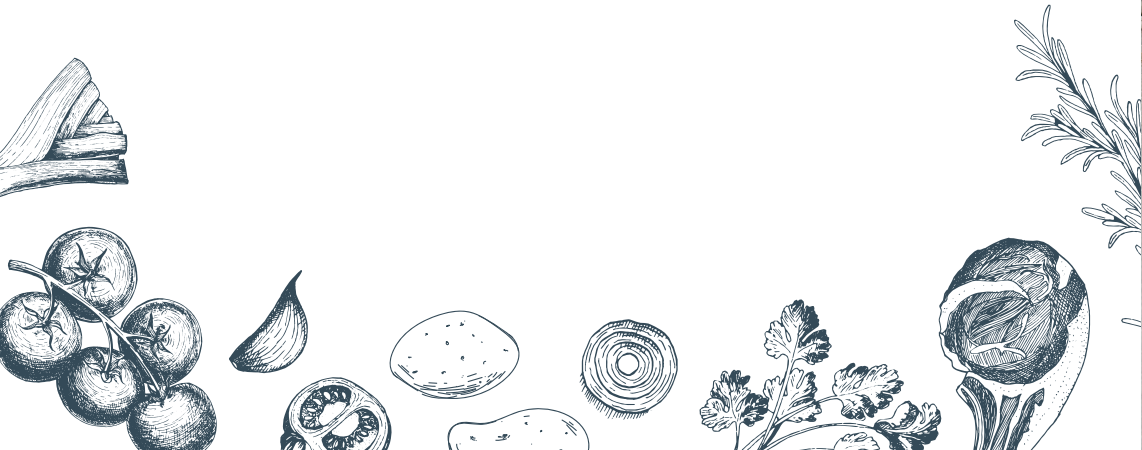
Higher protein



Energy dense

INGREDIENTS INCLUDE

Beef, savoy cabbage, potato, tomato, cream, salt, onion, garlic, smoked paprika, thyme, rosemary, red chillis, nutmeg and pepper.





227309

BEEF IN GRAVY

Served with green beans and duchess potatoes

Flavourful gravy accompanies delicious, puréed beef, complemented by green beans and sauté potatoes.

SERVES 1

-  Meat
-  Classic dish
-  Gluten free
-  Higher protein
-  Energy dense

INGREDIENTS INCLUDE

Beef, green beans, potato, carrot, peas, tomato, onion, parsnip, salt and pepper.



217012

CHEESE & ONION BAKE

Cheddar cheese, onion and Emmental cheese served with broccoli and duchess potatoes

Rich Cheddar and Emmental cheese melted with onions and butter. Accompanied by broccoli and duchess potatoes.

SERVES 1



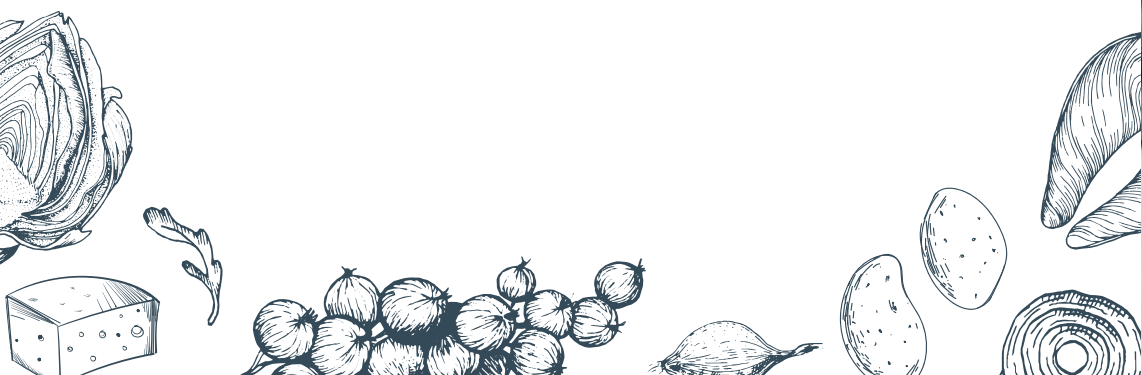
Vegetarian



Energy dense

INGREDIENTS INCLUDE

Cheddar cheese, Emmental cheese, onion, broccoli, potato, salt, garlic, nutmeg, lemon and pepper.






227358

CHICKEN & VEGETABLE CASSEROLE

*In chicken gravy served with carrots and
swedes and sauté potatoes*

Savoury puréed chicken served with puréed, wholesome
sauté potatoes and carrot and swede enhanced by honey
and balsamic vinegar infused gravy.

SERVES 1

-  Meat
-  Gluten free
-  Higher protein
-  Energy dense

INGREDIENTS INCLUDE

Chicken, potato, carrot, peas, onion,
tomato, honey, balsamic vinegar,
parsnip, salt and pepper.



227361

CHICKEN CHASSEUR

Served with carrots and duchess potatoes

Delicious chicken chasseur complemented by a blend of tarragon, white wine and mushrooms.
Served with potato and carrots.

SERVES 1

-  Meat
-  International cuisine
-  Gluten free
-  Higher protein
-  Energy dense

INGREDIENTS INCLUDE

Chicken, carrot, potato, tomato, mushroom, white wine, onion, lemon, tarragon, parsley, salt and pepper.





227327

CHICKEN IN GRAVY

Served with broccoli and duchess potatoes

Classic puréed chicken coated in comforting gravy.
Accompanied by broccoli and duchess potatoes.

SERVES 1

-  Meat
-  Gluten free
-  Higher protein
-  Energy dense

INGREDIENTS INCLUDE

Chicken, gravy, broccoli, potato, peas, tomato, lemon, onion, nutmeg, salt and pepper.



227315

CHICKEN KORMA

Served with broccoli and rice

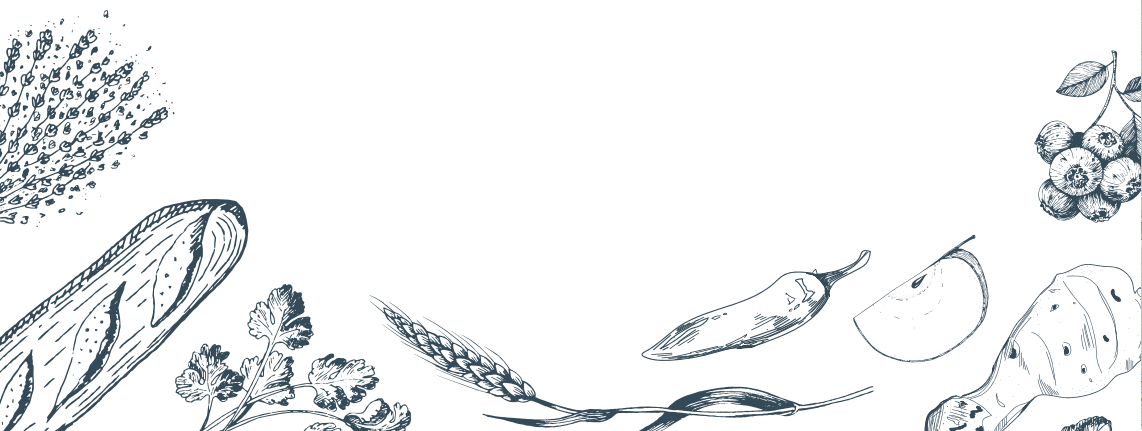
Chicken gently seasoned with garlic, cinnamon, chilli and cumin in a mildly spiced, creamy sauce. Paired with puréed rice and broccoli with a hint of coriander.

SERVES 1

-  Meat
-  International cuisine
-  Gluten free
-  Higher protein
-  Energy dense

INGREDIENTS INCLUDE

Chicken, broccoli, onion, coconut milk, rice, tomato, honey, garlic, turmeric, lemon, cumin, coriander, cardamom, chilli, cinnamon, nutmeg, pepper and cloves.









217024

CHICKEN TIKKA MASALA

Served with rice and creamed spinach

Luscious tikka masala sauce blended with tomato, coconut and yoghurt, seamlessly combining with sweet tomatoes and fresh, creamy spinach. Paprika, turmeric, coriander and cumin add delightful seasoning to the dish.

SERVES 1

-  Meat
-  International cuisine
-  Gluten free
-  Energy dense

INGREDIENTS INCLUDE

Chicken, spinach, tomato, cream, onion, coconut milk, peppers, garlic, salt, pepper, honey, coriander, cumin, ginger, paprika, turmeric, chilli, cardamom, cloves and nutmeg.



227304

COTTAGE PIE

Served with peas

Savoury, rich beef topped with puréed mashed potatoes and paired with puréed peas.

SERVES 1



Meat



Gluten Free



Higher protein



Energy dense



Classic dish

INGREDIENTS INCLUDE

Beef, potato, peas, onion, tomato, carrot, salt, pepper, garlic and nutmeg.








217098

FISH & CHIPS

Fish in white sauce served with peas and chips

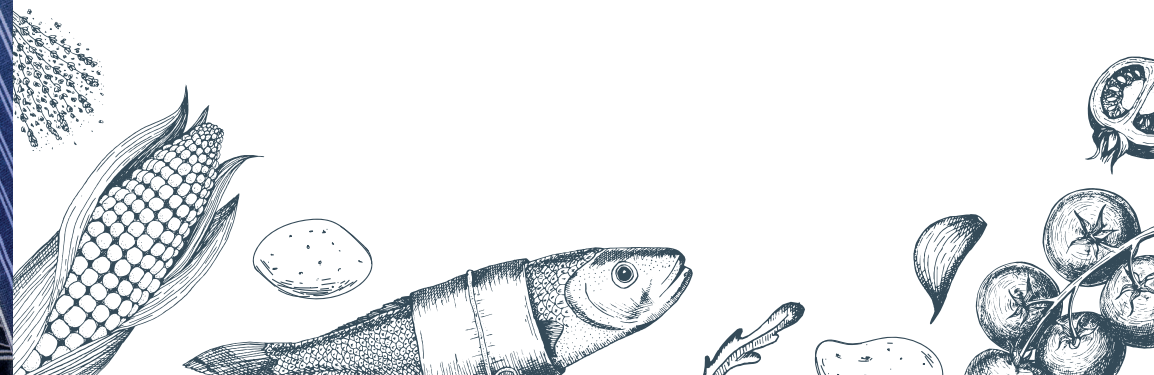
Smooth fish in white sauce paired with golden chips, delightfully seasoned with salt and vinegar and complemented by puréed peas.

SERVES 1

-  Fish
-  Energy dense
-  Classic dish

INGREDIENTS INCLUDE

Alaskan pollock, potato, cream, onion, lemon, vinegar, salt and pepper.



227303

FISH PIE

Served with peas

This heartwarming puréed fish pie includes white fish and smoked salmon in creamy, cheesy sauce. Complemented by puréed peas.

SERVES 1



Fish



Gluten free



Higher protein



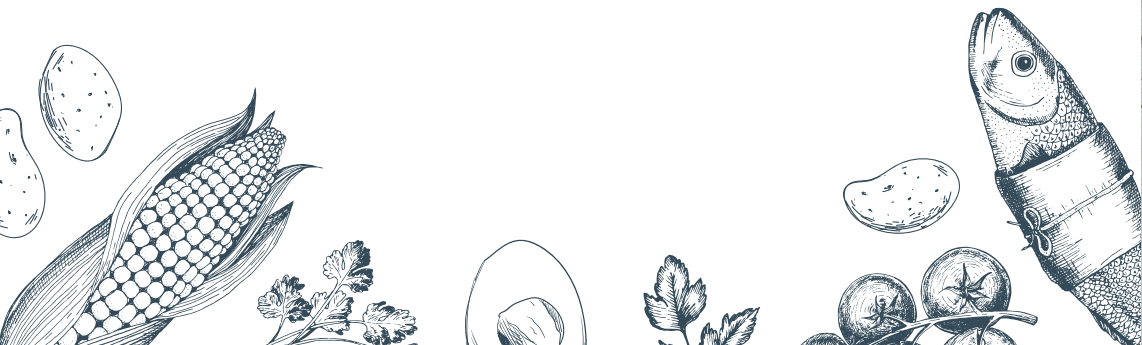
Energy dense



Classic dish

INGREDIENTS INCLUDE

Alaskan pollock, salmon, potato, cream, parsnip, carrot, garlic, lemon, salt and pepper.







217048

LAMB CHOP

Served with creamed savoy cabbage and sauté potatoes

Perfectly cooked puréed lamb chop infused with rosemary and complemented with potato purée. Paired with creamy savoy cabbage.

SERVES 1

-  Meat
-  Gluten free
-  Energy dense
-  Classic dish

INGREDIENTS INCLUDE

Lamb, savoy cabbage, potato, cream, carrot, tomato, onion, garlic, nutmeg, lemon, rosemary, salt and pepper.



217357

LAMB IN MINT GRAVY

Served with duchess potatoes, carrot & swede and mint gravy

Sumptuous, puréed lamb in mint gravy accompanied by duchess potatoes, carrot & swede.

SERVES 1



Meat



Gluten free



Energy dense



Classic dish

INGREDIENTS INCLUDE

Lamb, gravy, potato, carrot, swede, tomato, onion, leek, lemon, mint, garlic, salt, pepper, nutmeg and rosemary.







217306

MACARONI CHEESE

Served with a cream sauce and broccoli

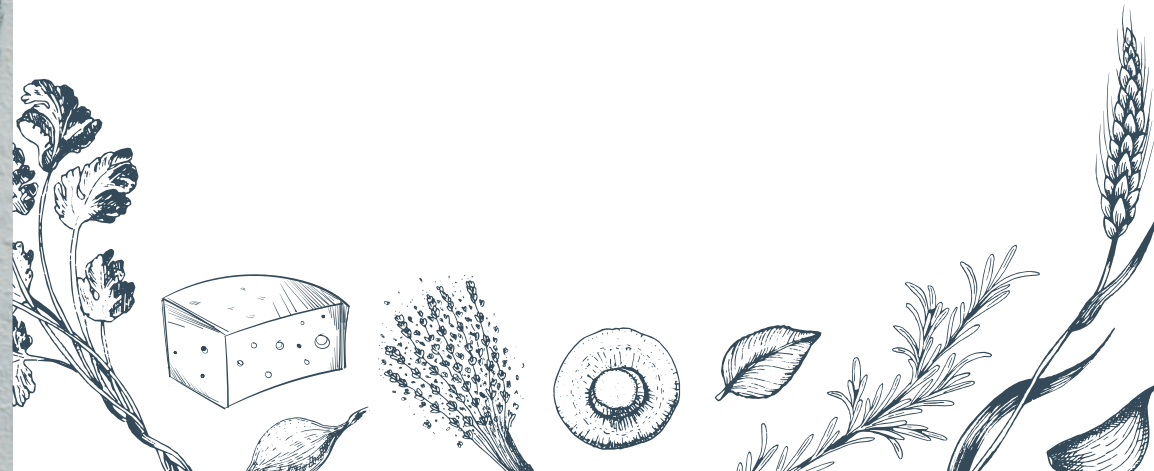
Puréed macaroni cheese crafted from the finest ingredients, lovingly blended with cheese and rich cream. Served with broccoli.

SERVES 1

 Vegetarian
 Energy dense

INGREDIENTS INCLUDE

Pasta, cheese, cream, broccoli, carrot, onion, salt, garlic and pepper.



217099

OMELETTE, CHIPS & BEANS

Cheese omelette served with baked beans and chips

Light and tasty puréed omelette with puréed chips and smooth savoury beans.

SERVES 1



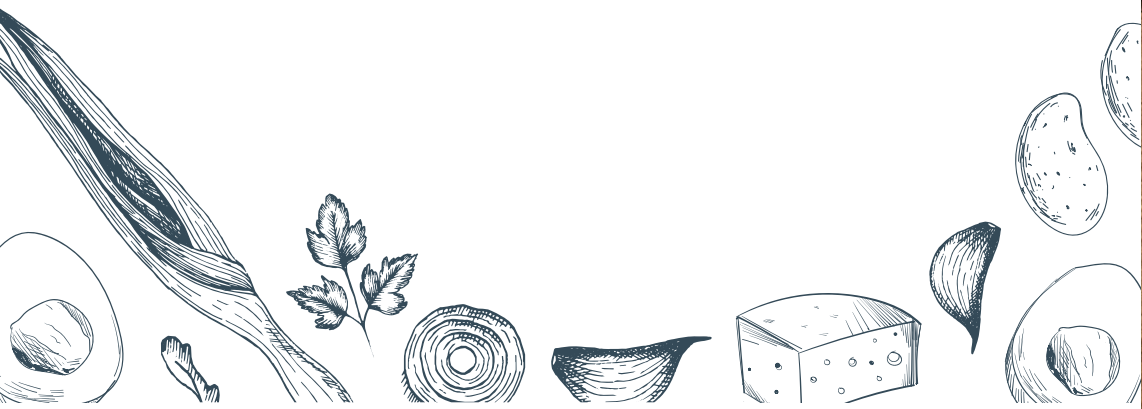
Vegetarian



Energy dense

INGREDIENTS INCLUDE

Egg, potato, white beans, tomato, Emmental cheese, Cheddar cheese, onion, paprika, garlic, lemon, nutmeg, salt and pepper.






227301

PORK IN APPLE GRAVY

With red cabbage and sauté potatoes

Pork in smooth apple gravy, a delicious dish elevated by red cabbage and sauté potatoes.

SERVES 1

-  Meat
-  Gluten free
-  Higher protein
-  Energy dense

INGREDIENTS INCLUDE

Pork, red cabbage, potato, apple, tomato, onion, honey, pear, cloves and bay leaf.



227302

SALMON IN BUTTER SAUCE

Served with broccoli and sauté potatoes

Puréed salmon infused with lemon and perfectly paired with a creamy butter sauce. Accompanied by puréed broccoli and potatoes.

SERVES 1



Fish



Gluten free



Higher protein



Energy dense

INGREDIENTS INCLUDE

Salmon, broccoli, potato, tomato, butter, lemon, carrot, garlic, onion, nutmeg, pepper and turmeric.







227359

SAUSAGE & MASH

With onion gravy and peas

Pork sausages expertly complemented with a luxurious onion gravy. Enhanced by smooth mashed potatoes and peas.

SERVES 1

-  Meat
-  Classic dish
-  Gluten free
-  Higher protein
-  Energy dense

INGREDIENTS INCLUDE

Pork sausages, potato, onion, tomato, carrot, salt, pepper, lemon, sage, thyme, spices, turmeric and nutmeg.



217013

SAUSAGE, CHIPS & BEANS

Puréed pork paired with haricot beans in a tomato sauce

Savoury sausages beautifully paired with puréed beans and chips seasoned with salt and vinegar.

SERVES 1



Meat



Energy dense

INGREDIENTS INCLUDE

Pork, potato, haricot beans, tomato, onion, salt, vinegar, lemon and thyme.



227314

SHEPHERD'S PIE

Served with carrots and swede

Lamb enveloped in rich gravy and topped
by smooth, browned mashed potato.
Complemented by puréed carrot and swede.

SERVES 1

-  Meat
-  Classic dish
-  Gluten free
-  Higher protein
-  Energy dense

INGREDIENTS INCLUDE

Lamb, carrot, potato, tomato, onion,
pepper, thyme and rosemary.



217397

SPAGHETTI BOLOGNAISE

*Puréed pasta with puréed bolognaise
made in a tomato and herb sauce*

Delicious beef combined with a ripe tomato and oregano infused bolognaise sauce. Served with creamy, buttery, puréed spaghetti.

SERVES 1



Meat



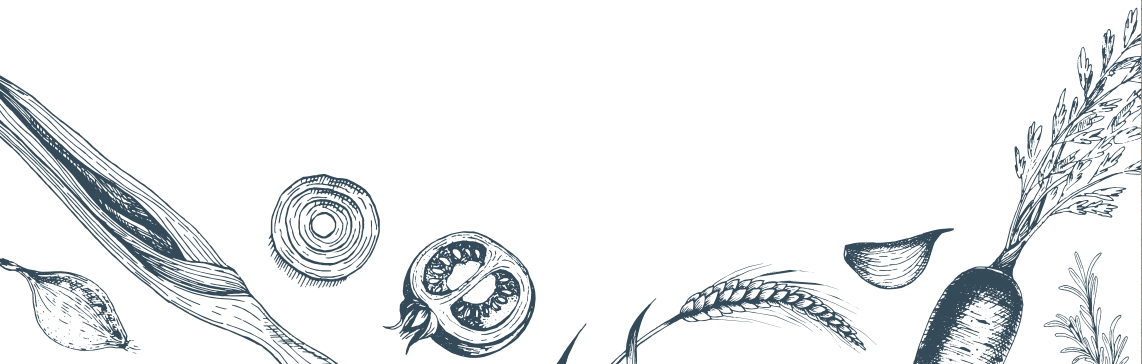
International cuisine



Energy dense

INGREDIENTS INCLUDE

Beef, tomato, cream, pasta, egg, garlic, salt, oregano, pepper, paprika, lemon, garden lovage and nutmeg.





217093

STEAK & CHIPS

Served with peas

Puréed steak cooked to a smooth consistency and accompanied by puréed tomatoes. Blended with honey and peppercorn for a sweet and tangy flavour and served with peas and chips seasoned with salt.

SERVES 1



Meat



Classic dish



Energy dense

INGREDIENTS INCLUDE

Beef, potato, peas, onion, tomato, honey, garlic, vinegar, paprika, salt and pepper.



227308

STEAK & MUSHROOM CASSEROLE

Served with swede & carrot and sage & onion potatoes

Flawlessly seasoned steak immersed in rich mushroom gravy. Accompanied by puréed swede & carrot, and sage & onion potatoes.

SERVES 1



Meat



Classic dish



Gluten free



Higher protein



Energy dense

INGREDIENTS INCLUDE

Beef, mushroom, potato, pea, onion, tomato, lemon, garlic, sage, pepper, turmeric and nutmeg





227305

SWEET & SOUR CHICKEN

Served with sweetcorn and rice

Treat your tastebuds to the bold flavour of chicken coated in a tangy, sweet sauce paired with puréed sweetcorn and rice.

SERVES 1

-  Meat
-  International cuisine
-  Gluten free
-  Higher protein
-  Energy dense

INGREDIENTS INCLUDE

Chicken, sweetcorn, rice, tomato, pineapple, peppers, honey, lemon, salt, onion, ginger, turmeric, red chilli, pepper, mustard and coriander.



217080

TOMATO & BASIL PASTA

Served with peas

Enjoy a serving of beautifully crafted tomato and basil pasta, blended seamlessly with onions and garlic and accompanied by vibrant green peas.

SERVES 1



Vegetarian



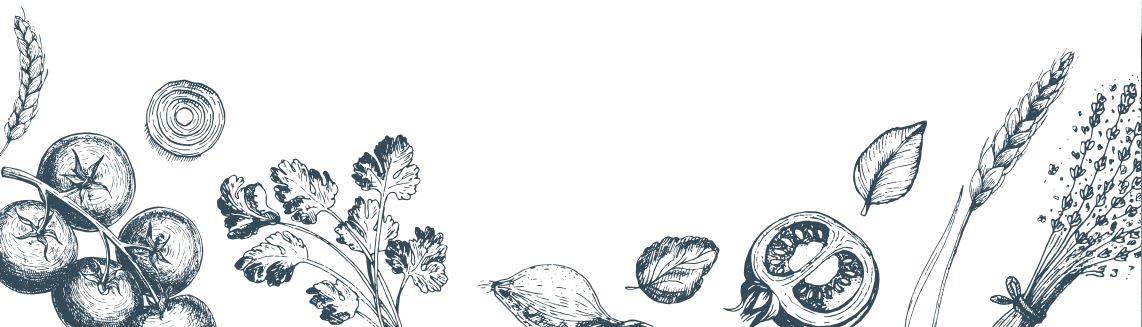
Energy dense



Vegan

INGREDIENTS INCLUDE

Pasta, tomato, peas, onion, garlic, salt, basil, lemon and pepper.





227331

TURKEY IN GRAVY

Served with green beans and sage & onion sauté potatoes

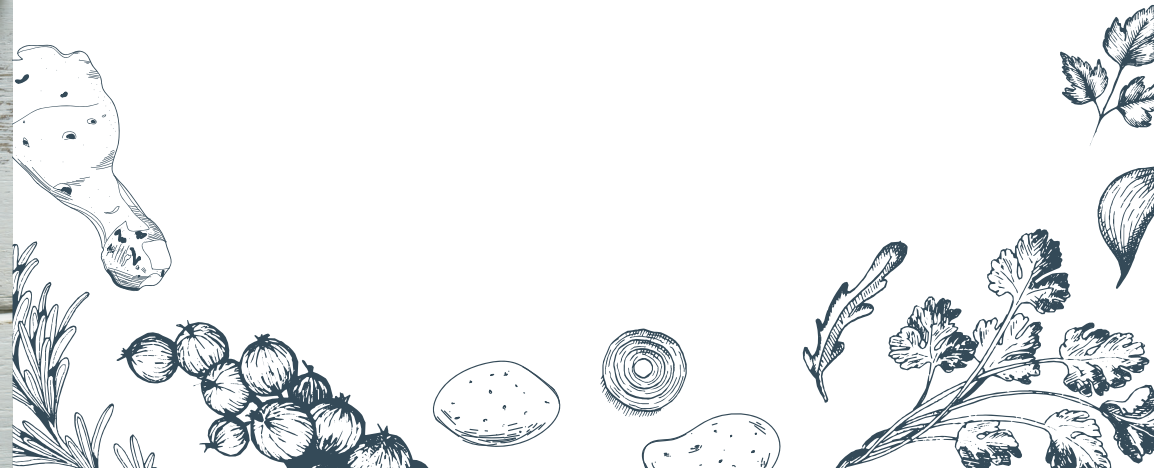
Hearty turkey lavished with rich gravy, creating a memorable dish. Accompanied by green beans and sage & onion sauté potatoes.

SERVES 1

-  Meat
-  Gluten free
-  Higher protein
-  Energy dense

INGREDIENTS INCLUDE

Turkey, green beans, sage, onion, potatoes, gravy, lemon, salt and pepper.



217049

VEGETABLE & BEAN CASSEROLE

Served with peas and sauté potatoes

A flavoursome casserole marinated with kidney beans and white beans in tomato purée. The earthy sweetness of onions and garlic is complemented by peas and sauté potatoes.

SERVES 1



Gluten free



Vegetarian



Energy dense



Vegan

INGREDIENTS INCLUDE

Tomato, peas, kidney beans, white beans, potato, onion, peppers, salt, pepper, garlic, lemon and thyme.





227362

VEGETARIAN SAUSAGE & MASH

In onion gravy with duchess potatoes and peas

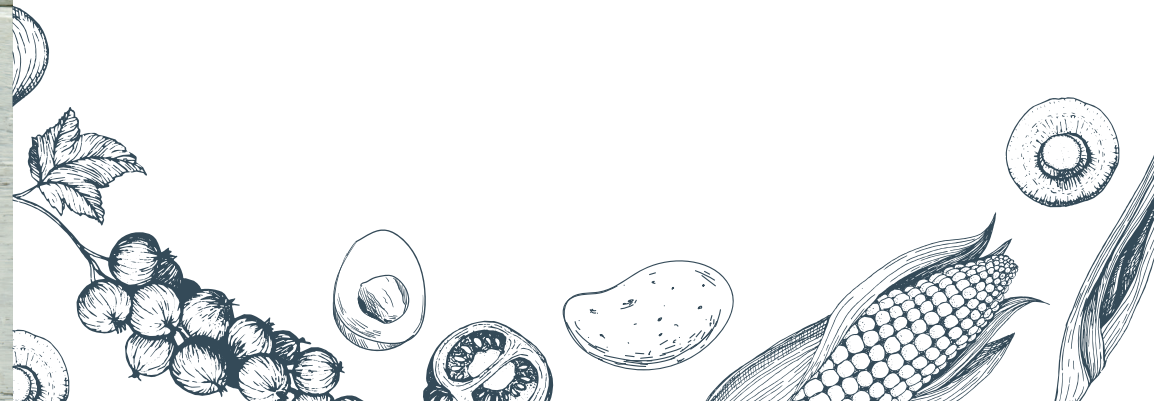
Vegetarian sausages blended to perfection, complemented by a velvety onion gravy and accompanied by mashed potato and peas.

SERVES 1

-  Vegetarian
-  Vegan
-  Energy dense

INGREDIENTS INCLUDE

Vegetarian sausages, onion, gravy, potato, peas, garlic, mustard, pepper, nutmeg, rosemary and thyme.



Whet your appetite?

Helping your residents dine with dignity is – and always has been – our most important ambition. We hope you enjoyed reading about these delicious meals as much as we enjoyed creating them.

To learn more about our world-leading Level 4 texture-modified range, scan below.





Discover our new world-leading Level 4 texture-modified range.

We're proud to bring you 32 delicious, nutritious purée meals – from British classics to international cuisine. Each one has been expertly created by our team of chefs and dietitians to help your residents with dysphagia dine with dignity.



To discover more, visit apetito.link/L4TM

“The meals were a big hit, especially when they heard how the nutrients are preserved during the freezing process, making the food more nutritious than traditional care home catering.”

- Paul Swithenbank

Chief Executive of The Willows Care Home

