

Fortified Diet

Fortified milk

2-4 heaped tablespoons of skimmed milk powder mixed with one pint of full fat milk. Use this in place of ordinary milk

Breakfast

Cereals and porridge

Use fortified milk add extra cream, sugar, honey and dried fruit

Toast

Add extra butter, jam, marmalade, syrup, peanut butter, chocolate spread. Use all generously

Eggs

Add extra butter, cheese or use fortified milk. Use butter or oil for fried or scrambled eggs

Cooked Breakfast

Shallow fry

Main Meals

Soup

Use half milk/half stock and serve with cream and bread and butter

Meats

Use plenty of oil to deep/shallow fry. Add gravy/cheese sauce/white sauce made using fortified milk or cream

Potatoes

Add extra butter/cheese/cream cheese/creme fraiche

Vegetables

Serve with butter, oil or a rich sauce

Pasta

Toss in olive oil or butter before adding sauce

Sandwiches

Apply butter generously. Use full fat mayonnaise or cream cheese and stir in chopped meats, fish or egg

Puddings

Milk Puddings

Use fortified milk

Custard

Make with fortified milk and cream

Instant whip

Use fortified milk and serve with cream

Yoghurt

Use full fat thick and creamy yogurt. Use ones with more than 150kcal per pot

Cakes/sponges

Serve with cream or custard

MUST Snacks - options for between meals only

MUST Score 1

minimum of 2 snacks and 2 drinks or shots daily

MUST Score 2+

minimum of 2 snacks and 3 drinks or shots daily

Biscuits

(2 of the following)
Digestives with butter
Cream filled
Chocolate
Shortbread

NOTE: Please do not give plain
or wafer biscuits

More sweet snacks

2 pieces of malt loaf with
butter
Flapjack
Scone with butter and jam
Custard/Bakewell tart
Millionaire's Shortbread
Chocolate brownie
Crustless jam/lemon curd
sandwiches

Cakes

Chocolate cake with jam
and cream
Victoria sponge with jam
and cream
Lemon cake with lemon
curd and cream filling
Carrot cake with cream
cheese
Ginger cake and butter
Fruit cake and butter or
cheese

Milk based snacks

Thick and creamy yogurt
Fromage frais (2 small pots)
Mousse
Creme caramel
Trifle
Instant whip
Milk pudding with jam
Milk jelly (see recipe)
Lemon Fool (see recipe)

Savoury snacks

Mini pork pie
Sausage roll
Scotch egg
Cheese with cracker and butter
Cheese biscuits
Cheese scones with butter
Quiche
Half a sandwich with cheese,
chicken, chopped meats, egg,
peanut butter, salmon and
tuna

MUST Snack, Drink and Shot Recipes

MUST Score 1

minimum of 2 snacks and 2 drinks or shots daily

MUST Score 2+

minimum of 2 snacks and 3 drinks or shots daily

Milk Jelly Snacks

(makes 4 portions)

12g jelly crystals or 135g jelly cubes
2 tablespoons milk powder
150mls evaporated milk

Directions

Make the jelly up to 1 pint as directed but substitute 150ml water with evaporated milk

Add milk powder and whisk
Put in the fridge and set

1 portion = 200 calories and 9g protein

NOTE: not suitable for patients on thickened fluids

Super Shake Drink

(makes 1 portion)

200ml full fat milk
1 tablespoon skimmed milk powder
3 heaped teaspoons of vitamin fortified milkshake powder (e.g. Nesquik or super-market own brand)

Directions

Mix milk powder and milkshake powder together in a glass
Gradually add in the milk and stir well

250 calories and 12g protein

Super Soup Drink

(makes 1 portion)

1 sachet of cup-a-soup
1 tablespoon skimmed milk powder
200ml full fat milk
A little boiling water

Directions

Mix the soup powder with a little boiling water to dissolve
Heat the milk and stir into the cup-a-soup and milk powder until dissolved

250 calories and 15g protein

Super Choc Shot

(makes 3 portions)

150ml double cream
30g skimmed milk powder
90ml full fat milk
2x standard size chocolate bars

Directions

Put cream, milk and milk powder in a saucepan and heat until milk powder has dissolved

Add finely chopped chocolate bars
Heat gently and stir until chocolate bars have dissolved
Blend, pour into 3 small glasses and chill

1 portion = 100ml

MUST Snack, Drink and Shot Recipes

MUST Score 1

minimum of 2 snacks and 2 drinks or shots daily

MUST Score 2+

minimum of 2 snacks and 3 drinks or shots daily

Super Cream Shot

(makes 1 portion)

40ml double cream
Flavouring to taste such as vanilla,
strawberry, chocolate, coffee,
peppermint

Directions

Mix flavouring with cream
(Be aware not to stir too much or
the cream will thicken)
240 calories and 2g protein

Super Juice Drink

(makes 1 portion)

100ml lemonade
75ml cordial
2 tablespoons icing sugar
1 tablespoon golden syrup

Directions

Mix ingredients together and
shake well
450 calories and 2g protein

Super Float Drink

(makes 1 portion)

100ml lemonade
100ml fresh fruit juice
1 scoop ice cream
1 tablespoon caster sugar

Directions

Mix ingredients together and
shake well
300 calories, 3g portion

Lemon Fool Snack

(makes 3 portions)

300mls double cream
3 tablespoons caster sugar
Juice of 1 to 1 1/2 lemons
2 tablespoons skimmed milk powder

Directions

Put cream and milk powder in saucepan
and heat until milk has dissolved
Add sugar
Bring to the boil for 3 minutes
Mic the lemon juice to taste
Pour into 3 desert bowls and chill
1 portion = 100mls
620 calories and 5g protein

Mock-cocktail recipes

Remember to involve your residents when making these recipes!

Peach Passion Smoothie

Ingredients

15oz sliced peaches
4 scoops of vanilla ice cream
half a cup of orange juice
small dash of milk

Method

Use a blender and whiz until smooth

Mulled Apple Juice

Ingredients

1 litre of apple juice
strips of orange peel
one cinnamon stick
3 cloves
honey or sugar to sweeten

Method

Simmer ingredients for 5-10 minutes
Remove cinnamon stick, cloves and orange
Sweeten with honey or sugar to serve

Chocolate Cocktail

Ingredients

210ml of milk in a pan
one 150g chocolate bar
75ml of vanilla syrup
ice

Method

Add the milk and chocolate to the pan and melt through
Allow the chocolate and milk mixture to cool in a bowl in the fridge for 1 hour
Before serving add the vanilla syrup
Serve over ice
For a variety you can try this recipe with a few drops of peppermint essence

Tangy Tomato

Ingredients

2 cups of tomato juice
2 tablespoons lemon juice
2 teaspoons horseradish sauce
2 teaspoons worcestershire sauce

Method

Mix the ingredients and serve over ice
Garnish with celery
If residents would like their drink with a fiery kick, they can add a drop or two of tobasco sauce to heat things up!