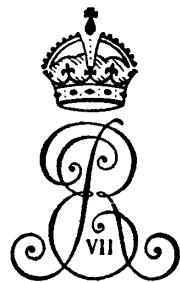


King Edward's Hospital Fund For London



NOTES ON DIETS
FOR
OLD PEOPLE
IN HOMES AND INSTITUTIONS

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King Edward's Hospital Fund For London,
14, Palace Court, W.2

Price 2/-

October, 1965

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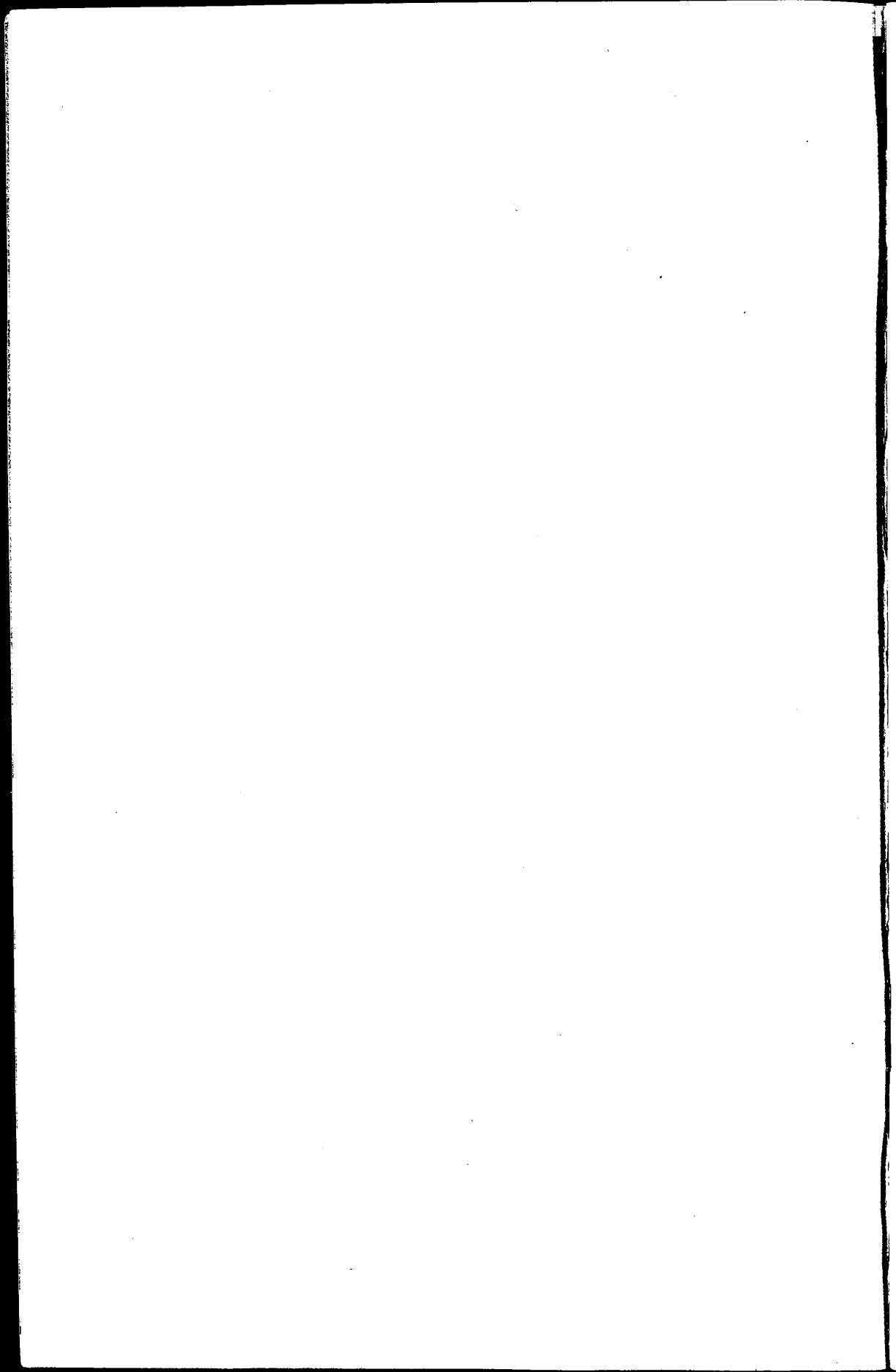
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FOREWORD

For many residents in old people's homes meals taken in pleasant surroundings and attractively served, provide one of their few enjoyments in life. The provision of meals thus presents a challenge which can affect both the happiness and physical health of the old people. Moreover, as many must spend years in the home, meals should be as varied as possible.

King Edward's Hospital Fund has recently sponsored a survey of the dietary of old people and it included investigations in old people's homes and in centres providing meals on wheels, invalid meals and club meals. These Notes are therefore written with a first-hand knowledge of the nutritional, catering and financial aspects. The survey showed that the nutrient content of the meals served in homes, clubs and centres varied considerably and the differences could be accounted for not only by the size of the portions served but also by the selection of foods and by the recipes used.

Malnutrition still exists amongst the elderly population of this country and it is all the more unfortunate that this is not confined to old people living alone at home under difficult social circumstances but it is also to be found in the residents of some old people's homes. The planning of meals which are adequate in nutritional content therefore deserves great care. One of the deficiency states likely to occur is that due to lack of Vitamin C. The causes for this are fully discussed and suggestions are made for minimising the destruction of Vitamin C which can occur to a considerable degree in cooking.

These Notes should be of immediate help to wardens and matrons catering for old people in residential homes and if the advice given is followed they should make an important contribution to the health and happiness of the old people themselves.

A. N. EXTON-SMITH M.D., F.R.C.P.



NOTES ON DIETS FOR OLD PEOPLE

This booklet is for Wardens and Matrons who are catering for old people in Homes or similar institutions and who seek guidance about changes in diet which may be necessary for the aged. The first few paragraphs are concerned with general principles of feeding old people and the remainder of the booklet gives more detailed advice on catering.

Any group of old people is made up of individuals whose dietary needs, food preferences and prejudices differ widely. Yet, despite differences in individual patients all Homes are faced with the problem of increasing numbers of elderly people who are frail and disabled. Their own residents are ageing and becoming more frail and the new ones admitted are weaker and less able to look after themselves than was the case even a few years ago. Meal planning for these people needs the special care and considerations which are discussed in later paragraphs.

SPECIAL NEEDS OF OLD PEOPLE

Lessened Activity

As people age they become less active and need fewer calories. Unfortunately some individuals do not cut their calories to accord with lessened activity and, over a period, they get fat. People who are overweight are a trial to themselves because they cannot get about easily and a burden to the staff who may have to bathe and lift them. It is easier to prevent weight increase than to remove fat once it is there and inactive people should be discouraged from eating too many "empty" calorie foods; i.e. sugar, sweets, chocolates, preserves, sweet cakes and biscuits which supply calories but little else in the way of vitamins, mineral salts or proteins. It is surprising how much sugar can be consumed in beverages. A recent survey has shown that as much as 4 oz. sugar a day can be taken in cups of tea or coffee and this is equivalent to nearly 500 calories.

Although inactive old people need fewer calories it is not known if they need less protein and other nutrients in proportion. Some evidence indeed, points to the contrary. There seems to be higher incidence of bone fragility among the elderly, more anaemia and a longer healing time for fractures and wounds which could be partly nutritional in origin. It certainly seems unwise to decrease protein

and protective foods in the same proportion as the calorie value of the diet especially for the very inactive person whose energy needs are low. In the National Diet* protein represents 12% of total calories but for inactive old people it would be better to aim at 14%. If the protein of the diet is provided mainly in foods of animal origin, then valuable amounts of minerals and vitamins will be added too:—

Milk	}	Calcium, vitamins A, D and B complex
Cheese		
Fish	}	Iron and B complex vitamins
Meat		
Eggs		
Offal		

(Suggested quantities of these foods to meet dietary needs are given in a later section.)

Eating Difficulties

Few people reach old age with all, or indeed any of their own teeth. False ones are better than none but even the finest set is only 40% efficient and some old people have no lower dentures or a badly fitting set which may be taken out before meals. Other old people are either too frail or too tired and apathetic to cut and chew meals of normal consistency and for all these, food should be soft and easily chewed. That is not to say that all meals need be mashed or minced, but tough meat must be softened by braising or stewing and hard vegetables by boiling. Salads should be shredded or chopped and fruit is usually best enjoyed stewed, canned or as fruit juices. (Blackcurrant and citrus juices are particularly valuable.)

Meat cut into small cubes can be speared on a fork, and it retains a distinctive flavour which is often lost when the meat is minced. Whole fruit and whole boiled eggs are difficult to eat but stewed, cut or grated fruit and eggs served out of their shells are much easier. (See also a report entitled "An Investigation of Geriatric Nursing Problems in Hospital" by Norton, McLaren and Exton-Smith.) Old people have lost many of their taste buds and nothing tastes as it did when they were young. Probably this is why they shake salt, pepper and bottled sauces over savoury food and it is well to make dishes **really** savoury in cooking by adding onion,

*Food Consumption Levels H.M.S.O.

celery, celery salt, herbs and condiments. Old people also add a lot of sugar to beverages and puddings but this should be discouraged because of the extra calories. To cut calories saccharine may be used to sweeten milk puddings, fruit and beverages (N.B. sorbitol is not only expensive but has the same calorie value as sugar.)

Hemiplegic patients; or those with arthritis have difficulty in cutting food and sometimes in getting it to their mouths without spilling. Most people detest being "fed like children" and there are many eating aids; forks with long handles or specially designed plates to help them. Information about these may be obtained from:—British Red Cross Society, Home Department, 14 Grosvenor Crescent, London, S.W.1. : List 44 "Aids for the Disabled".

Digestion and Absorption

Old age of itself does not appear to upset normal digestion and absorption, unless disease supervenes. Old people digest food equally well as young people although when free to choose they tend to cut the amount of fat in the diet. The majority avoid fat meat and dislike greasy stews but many still enjoy fried foods.

Achlorhydria seems to be more common in the elderly and as iron is less well absorbed in this condition it may account partly for the prevalence of nutritional anaemia. (It has been estimated that 20% of people over sixty are anaemic.) Among iron rich foods are meat, especially liver, and green vegetables. These last are useful because the vitamin C they also contain assists absorption of iron.

Constipation

Constipation is a common complaint of the aged. They get little exercise and sometimes their gut has been overstimulated for years by the mis-use of aperients. Roughage, found in vegetables, fruits and whole grain cereals, fluids and fat help this condition by natural means. Some Matrons avoid fruit for their patients because it is said to cause diarrhoea yet they continue to give a nightly pill to induce regular bowel action.

Meal Times

Old people are better with "little and often" and most Homes serve 3 main meals and 3 between-meal-snacks. Snacks help to provide the necessary amount of liquid and it is wise to arrange

drinks so that half or more are taken in the morning. There is then less likelihood of broken sleep at night caused by frequent visits to the W.C.

Suggested times are:

- Early tea 7 or 7.30 a.m.
- Breakfast 8 or 8.30 a.m.
- Midmorning 10.30 or 11 a.m.
- Dinner 12 or 12.30 p.m.
- Tea 3.30 or 4 p.m.
- Supper 6 p.m. or later
- Bedtime Drink 8 p.m. or later

Many Homes find it difficult to get staff in the evening but bedtime drinks can be stored in large thermos flasks. When needed the hot milk can be poured into cups and various flavourings or instant coffee added. Hot soup can be stored in the same way. It is very important to avoid an interval of 12 hours or more between the last meal or snack and the first of the next day.

PLANNING MENUS

Everyone has their own way of doing this job but it should be done regularly and far enough ahead to allow supplies to be ordered and to enable Cook to plan her work methodically.

The following are some practical tips:—

1. Make three or four "four-week" skeleton menus (spring, summer, autumn and winter) which can be used, with amendments, throughout the year. Many people baulk at the work involved in planning twelve weekly menus but they need not all be done at one time and once they are planned, a great deal of time is saved subsequently.

Encourage Cook to have a voice in menu making. "Mistakes" and "accidents" occur less frequently when Cook is wholly or partly responsible for choosing the dish. Collect hints, tips and press cuttings for new dishes from friends, kitchen workers and residents (Residents like to feel some responsibility for their Home.)

2. To help in ordering food, keep somewhere handy, for example in the front of the menu book, the names and telephone numbers of suppliers. Work out, and keep nearby ready for ordering, the weight or number of portions needed for varying numbers. In Homes where numbers vary little, quantities remain static but where numbers fluctuate, quantities ordered must vary in proportion, or waste will result. Tables of suggested amounts for different numbers are given on page 26. It is bad catering to over order deliberately so as to have some left over for made up dishes.

3. First plan main dishes for the whole day, then for a week, add vegetables, garnishes and potatoes and finally puddings or sweets. In this way obvious mistakes are avoided: as for example

Breakfast—bacon
Midday—pork
Supper—cold ham
or
Breakfast—haddock
Midday—fried fish
Supper—fish pie

These are actual examples and pity the poor soul who dislikes fish!

4. Bear in mind the equipment available. The best laid schemes go wrong if there is insufficient room in steamer or oven to cook the meal as planned. Also remember the importance of colour in meals and variety of texture or consistency.

5. Avoid monotony by never having the same dishes on the same days of succeeding weeks. But variety should not be got at the cost of introducing unpopular dishes. Better to have less variety and no waste than varied unpopular meals. This is especially true of breakfast dishes for which the prime favourites are bacon and egg. Fish and sausage are much less popular, while kedgeree or fish cakes are usually not eaten at all.

6. Provide a choice of dish especially when an unpopular item is on the menu, but see that the alternative is not much more popular, otherwise everyone will want it.

7. Cost of food must be taken into account. Matron should know how much she is allowed to spend per head weekly, so that over a period she can balance the more expensive against the cheaper times of the year. The Ministry of Health, in an excellent booklet, Hospital Catering* recommend that 50% of the budget should be allocated to animal foods containing protein (eggs, milk, cheese, fish, meat) 20-25% to fruits and vegetables and 25-30% to other foods including groceries and bread.

Cost is not a true criterion of worth, and cheap foods can be just as nutritious as the most expensive. On the whole, expensive foods, that is, "expensive" relative to their nutritive value, are prime cuts of meat and fish; packaged, canned and frozen foods, biscuits and cakes unless homemade, and out of season fruits and vegetables. There is no waste with frozen foods and although expensive, they are a means of introducing variety into the menu. They are also useful during times of staff shortages.

Cheaper forms of animal protein foods are: dried full cream milk for use in cooking and in some beverages, but not in tea.

Cheese, the hard varieties, but not cream, processed or "box" cheeses.

*Hospital Catering, H.M.S.O.

Lamb; best end neck, breast unless very fat. Scrag is likely to be uneconomical because of the large amount of bone.

Beef: thin flank, leg and shin, chuck steak, sticking, neck or clod and skirt.

Ham: small hock, this can be boned then casserole and minced; end of collar, boiled and sliced after skinning and pressing.

Ox or pigs' liver, braised then minced and used in liver sausage; loaf, or paté.

Special foods like slimming breads and biscuits or diabetic foods are very expensive and usually unnecessary. People on slimming diets need to eat less normal food and diabetics can eat ordinary food as long as the amounts are controlled in accordance with their insulin or tablets and the doctor's prescription.

8. Menus must be based on sound nutritional principles and if the following are included meals will be well balanced:—

- (a) 1 pint milk as dried and/or liquid whole milk, used in puddings and sauces.
- (b) At least two, but preferably three servings of one of the animal protein foods in the amounts suggested later.
- (c) A serving of freshly cooked potatoes and second vegetable or salad (green vegetables or salads should be served at least three times a week).
- (d) Fruit should be served daily, if possible, but aim at serving tomatoes or citrus fruit at least three times weekly and cooked fruit as part of the sweet course, twice.
- (e) Liver is very rich in iron and vitamin A and should be served, as far as possible, once a fortnight.

Bread, butter, preserves, cakes, breakfast cereals, puddings etc., should be given in amounts to satisfy appetite (unless the person is overweight, when quantities must be reduced).

COOKING

Good cooking improves palatability and sometimes the digestibility of foods. Few nutrients are lost when food is well cooked, indeed the calorie value of a dish may be increased by adding sugar or fat or both; as examples:—

a portion of stewed apple yields	—	36 calories
the same portion sweetened with sugar yields	—	92 calories
and if pastry is added too, the calorie value becomes	—	250 calories

the same kind of increase can be seen with fish:—

portion of steamed	—	112 calories
portion of steamed + white sauce	—	194 calories
portion fried	—	200 calories

Protein is hardly affected at all by normal cooking processes but if meat, fish, eggs are over-cooked—so much so as to become unpalatable—then the building value of the protein is lessened. Vitamins A and D are little affected by ordinary cooking. Vitamins of the B complex and C are soluble and leach out into the cooking liquor, so that if this is thrown away about 50 to 60% of the vitamins are lost. When meat is stewed or braised, gravy containing dissolved vitamins and minerals is normally eaten along with meat, but to avoid similar losses in fish cookery, the liquor in which fish is steamed or baked, should be used for making a fish sauce. About half the vitamin B₁ is lost by the action of heat when meat or fish is baked, fried or grilled.

Of all nutrients, vitamin C is the most easily destroyed. Badly cooked fruit and more particularly vegetables i.e. those described as having suffered "culinary insult" * lose flavour, colour and vitamin C. Vitamin C can be taken in tablet form but why spoil vegetables and then waste money on tablets? If cooks could but see the vitamin disappearing, they would be willing to change methods which lead to such typical losses as the following:—

	Vit. C mg/100 g.		Vit. C mg/100 g.
Potato raw	12.5	Cabbage raw	21.0
Boiled 1 hr. 50 mins. ..	8.6	Boiled 1 hr. 25 mins. ..	11.0
Kept hot 40 mins. ..	7.9	Kept hot 1 hr. 25 mins. ..	2.9
Loss	37%	Loss	86%

*Food in Hospitals: Platt, Eddy and Pellett.

Loss of vitamin C is caused by:—

1. **An enzyme** which the plant contains. This oxidises vitamin C and begins to work as soon as the plant is harvested. All vegetables lose vitamin C on storage and the green leafy varieties, which wilt easily, lose vitamin C rapidly. Vegetables therefore must be used **fresh**. The enzyme is activated by cutting or bruising plant tissues e.g. chopping parsley destroys almost all the vitamin C. Machine peeling potatoes causes a loss; if potatoes are machine peeled longer than three minutes they can lose 25% or more of their vitamin content.

The enzyme is destroyed by boiling water, hence as soon as possible after preparation **all**—both green and root—vegetables should be plunged into boiling water and kept boiling fairly rapidly with the lid on the pan, until they are soft, but **not** mushy.

2. **Heat:** the longer vegetables are cooked (i.e. heated) and kept hot, the more vitamin is destroyed. In Homes there is absolutely no excuse for vegetables to be overcooked or kept hot. Cooking times should be regulated so that vegetables are ready **just** before they are to be served.
3. **Leaching:** vitamin C dissolves readily in water therefore vegetables should not be prepared and left to soak overnight. They should be cooked in a little water some of which can be used for making gravies and soups.
4. **Alkalies** e.g. bicarbonate of soda, hasten destruction of vitamin C and should never be used in cooking. If vegetables are cooked properly and are served quickly they retain their natural colour.

Fruits do not lose as much vitamin C as vegetables, partly because the vitamin is more stable in acid solutions and partly because the syrup containing leached vitamin, is eaten with fruit.

“Processed” Vegetables

Canned, frozen and dehydrated vegetables, during reconstitution and cooking, are open to the same hazards as fresh.

Canned Vegetables should be heated in the liquor in which they were canned. Washing and heating in fresh water dissolves more vitamin C. Canned vegetables only require heating, as they are already cooked. Keeping hot destroys more of the vitamin.

Frozen and Dehydrated Vegetables In order to retain maximum nutritional value the instructions on the packet must be followed exactly. Information on dehydrated vegetables is contained in the booklet—Dehydrated Vegetables for the Caterer, published by H.M.S.O. price 1/6d. Processed vegetables may appear, at first sight, more expensive than fresh, but there is no preparation waste and portion for portion there may be little difference in cost. There is also little loss of nutritive value and a portion of processed vegetables on the plate, compares favourably with a portion of freshly cooked, although it should be remembered that processed peas contain no vitamin C.

Despite the fact that foods are being commercially processed to an ever increasing degree it is still the Home or home kitchen which exerts the biggest effect on nutritional values. In a recent survey of five different establishments it was found that similar meals could vary in content by as much as:—

			Difference	Range
Protein g.	16	18 — 34
Calories	287	500 — 787
Calcium mg.	270	140 — 410
Iron mg.	4	3 — 7
Vitamin C mg.	6	10 — 16

The causes of these large differences could be found in the size of portions and recipes used. Whenever "economies" of fat or sugar, eggs or milk are made in puddings or other mixtures, the eye may be fooled but the stomach never. This type of economy in food is false economy especially for the feeding of old people who need small but nourishing meals.

Hygiene must also be practised in the kitchen. There are still too many cases of food poisoning, some of them fatal, caused by carelessness in handling food. Simple rules of personal and kitchen hygiene must be followed and there should be in the kitchen a wash hand basin with hot and cold water, soap and towels for washing hands. Cold meat must never be rewarmed in gravy and meat and other perishables must be kept properly refrigerated. Stock pots are another potential source of infection. The nutritive and culinary value of stock is heavily over-rated and it is better to be without a stockpot unless it is properly looked after.*

*See also Clean Catering, H.M.S.O. 3/6d.

STORAGE OF FOOD

No food should be kept long and stocks should be used in rotation. Canned and packaged foods should be dated before being put away behind or below old stock.

Four separate stores are necessary:

1. Bulk Store for canned goods, cereals and other dry stores. Moveable metal racks are preferable but wooden shelves, covered with laminated plastic or one of the adhesive plastics are suitable. Shelves should not be too wide nor too far apart, otherwise space is wasted. Yet there should be ample shelf space to set out tins, cartons and boxes so that they can be seen and counted easily. Top shelves should not be higher than $5\frac{1}{2}$ –6 ft., otherwise they cannot be easily reached from the ground. A space of 3 ft., below the bottom shelf should be left free, for keeping plastic or metal bins, store cases etc.

The room should be well ventilated, have fly-proof gauze over the window and all food which is not packaged or canned should be kept in covered containers. There should be a table on which goods can be examined, sorted and dated before stacking on shelves. This store should be kept locked except when food is issued to the kitchen.

Soaps, disinfectants, strong smelling detergents and other cleaning materials must never be kept in the food store. They should be in a cupboard quite separate from food.

2. **Cook's Larder or Pantry** for cooling food before it is refrigerated; for temporary storage of prepared foods before service and for bread and other food immediately before use. Marble or slate is the best type of material for shelves. Bread should be kept in a well-ventilated fly-proof cupboard. The pantry should have outside ventilation and the window be covered with fly-proof gauze. **NO FOOD SHOULD BE LEFT UNCOVERED** nor covered with muslin which is liable to dip into gravy or other liquid thus allowing contamination. There are many suitable plastic covers and containers now on the market.

3. **Refrigerator.** If the pantry is large enough and has good ventilation the refrigerator may be sited there. A warm kitchen is **not** a good place for a refrigerator as heat enters everytime the door is opened. One cubic foot of refrigerating space is needed per resident

and it is preferable to have two compartments so that one side can be kept locked for storage of bulk fats, meat etc. A separate drawer for fish is also useful. Only perishables like fresh meat, fish, fats, milk and cooked left-overs need to be refrigerated. There is no need to refrigerate cheese, eggs or canned meat although canned meat cuts more easily in hot weather if refrigerated overnight. Salad vegetables, also in warm weather, are best chilled if they have to be stored overnight.

Food dries in a refrigerator and strongly flavoured foods pass on their flavours e.g. butter will pick up the smell and taste of fish. For these reasons food should be covered separately in a plastic container or bag. Bacon should not be stored longer than a week and, except in hot weather, it is better not to keep it in a refrigerator. If it is refrigerated, then it should be close covered either by wrapping paper or a container.

The refrigerator needs cleaning and defrosting usually once a week. As a valuable piece of equipment it also needs servicing and most reputable firms have regular servicing arrangements.

4. Vegetable Store. This should be cool, well-ventilated and away from the sun. Metal or wire racks for storing vegetables and fruits are needed and duck-boards for sacks of potatoes ensure circulation of air and assist cleaning. Most root vegetables and fruit (except soft fruit) can be stored for a week or more but green and salad vegetables and soft fruit should not be kept for more than 24 hours. The store should be scrupulously clean and free from dead or rotting leaves and fruit which attract flies.

SERVICE OF MEALS

The Ministry of Health* recommend an allowance of 15 sq. ft., of dining space for each person and 18 sq. ft., for those in wheel chairs. Experience shows that these allowances are not generous. Even those who are not chair bound may be lame and need to take their walking aids and sticks with them into the dining room.

Small tables which seat 4 or a maximum of 6 are preferable to the long institutional tables, but they should be firm enough to support lame and feeble patients who walk with one hand on their stick and the other on chairs or tables. Formica or some similar laminated plastic tops in gay colours are easier to clean and more practical than table cloths. The table edges should be protected otherwise plastic and wood are liable to part company. Tables should be large enough to hold easily, cutlery, side plates, tumblers, cruets, and cups and saucers for the requisite number and perhaps a small vase of flowers. In practice a table of less than 3 ft. square is too small for 4 people.

Ideally, Matron or her Deputy, assisted by Cook should serve meals in sight of the patients, either from a hatchway directly from the kitchen or from a serving area in the dining room itself. In this way residents can be asked individually how much they want of each dish. Meals should never be plated and put on the tables before people are called to a meal. Few Homes can aspire to individual vegetable dishes but all should be able to offer jam and butter dishes, sugar bowls, plates of bread and cakes for each table so that residents can help themselves.

Milk and sugar should **never** be added to tea in the post. Some old men and women are too feeble to pour out for themselves but milk and sugar should be added to individual cups as the tea is poured.

In most Homes meal times are pleasurable interludes in a day when gossip can be exchanged, but in a few the staff give the impression of haste and almost a desire to get through a rather unpleasant chore as quickly as possible. Food is one of the few pleasures left for the old and they should be given time to enjoy it.

Local Authority Building Note 2 : Residential Accommodation for Elderly People. Ministry of Health, July, 1962.

IDEAS FOR MEALS

MEAT

Beef

Roast Beef and Yorkshire Pudding
Boiled Salted Beef and Carrots and Dumplings
Braised Beef and Dumplings or Noodles
Minced Beef as Cottage Pie; plate pie i.e., between pastry; "ham-burgers" rissoles; minced meat roll i.e., rolled in suet pastry and steamed.
Curried Beef
Cornish Pasties
Beef Stew also with Dumplings
Steak and Kidney Pie or Pudding
Stewed Steak and Mushrooms
Beef Olives
Stuffed Brisket
Goulash
Cold Beef or Corned Beef and Salad
Cold meat roll—(Minced beef and bacon trimmings, herbs seasoning and breadcrumbs, bound with egg and steamed. Slice cold and serve with salad or serve hot slices with potatoes and second vegetable).

Lamb

Roast lamb, onion sauce or red currant jelly.
Roast stuffed shoulder.
Boiled leg of lamb and caper sauce.
Braised lamb—middle neck.
Irish stew.
Braised cutlets or chops.
Mutton pies—(i.e., middle neck stewed with vegetables and herbs; meat, after stripping from bone and gristle, covered with short pastry).
Stuffed breast of lamb.
Hot Pot.
Shepherd's Pie.
Cold Lamb and Salad.

Chicken

Roast Chicken with stuffing.

Boiled Chicken with white sauce.

Braised Chicken joints.

Chicken patties (minced with white sauce in puff or short pastry).

Cold Chicken in sandwiches or with salad.

Pork

Roast pork and apple sauce.

Pork pie.

Fried gammon rasher with egg/baked beans/mushrooms or tomatoes

Cold ham with salad or hot boiled ham (or bacon) and beans or dumplings.

Bacon/Ham and egg pie or flan (i.e., ends of cooked ham roughly chopped and mixed with raw egg, seasoning and herbs—used as pie or flan filling.)

Bacon and potato cakes. (Mix chopped fried onion and fried diced bacon with mashed potato, herbs, seasoning: shape into cakes and coat with egg and breadcrumbs and fry. Serve with grilled tomatoes).

Pork Sausage with baked beans or mushrooms or tomatoes or “mixed grill” with liver/kidney/bacon/egg etc.

Sausages (pork or beef)

Sausage grilled or fried served with bacon rolls and tomatoes.

Sausage rolls—short or flaky pastry.

Sausage toad

Sausage meat mixed with chopped onions, shaped into cakes, coated with egg and crumbs: deep or shallow fried.

Scotch eggs—hot or cold.

Sausage and egg pie.

Offal

Braised or fried liver and onions/bacon rolls.

Liver loaf—liver minced with bacon, sausage, meat, onions, herbs and seasoning, baked or steamed. Served hot with vegetables or cold with salad.

Stewed tripe and onions.

Braised stuffed hearts.

Ox tongue braised or boiled and pressed, then served cold-sliced.

Veal

Stuffed breast of veal.

Blanquette of veal.

Veal and ham pie—(i.e., stewed veal and bacon ends flavoured with herbs, served hot or cold).

Stewed veal.

Fish—See page 23.

PUDDINGS

Fruit

Fruit in jelly with "cream" (i. e., evaporated milk whisked) or real cream

Stewed fruit dried or fresh with custard.

Stewed fruit with shortbread fingers or pastry squares.

Baked apple—stuffed with marmalade or dried fruit.

Orange and prune salad.

Fruit fools (gooseberry, prune, apricot etc.,).

Fruit meringue—stewed or sieved with meringue cover.

Apple fritters.

Fresh fruit salad.

Melon—chilled and sliced.

Milk and Egg

Baked cereal puddings—rice, sago, macaroni etc.

Boiled rice and sultanas.

Junket.

Blancmange—various colours and flavours.

Milk jelly.

Yoghurt plain or with fruit.

Soufflé

Pear Condé

Banana Custard.

Egg Custard.

Caramel Custard.

Ice Cream with Chocolate or jam sauce or stewed fruit.

Queen of puddings.

Orange Whip (mandarins).

Apple Amber.

Steamed or Baked

Sponge—baked or steamed—various flavours and sauces e. g., jam, marmalade, dried fruit, chocolate, ginger, coconut.

Suet: fruit or jam roll steamed.

Steamed fruit pudding—suet pastry with filling of apples/plums etc.

Eves pudding.

Christmas pudding.

Cabinet pudding.

Pastry

Dutch apple tart.

Fruit pies.

Fruit tartlets.

Fruit flans.

Lemon meringue pie.

Fruit crumble.

Treacle tart

Jam or lemon cheese tart or tartlets.

Maids of Honour.

Apple Dumpling (baked or steamed).

Fruit plate pie.

Mince pie.

Custard tart or pie.

Bakewell tart.

Fruit slice—(i.e., mixed dried fruit and golden syrup between layers of short pastry.)

Miscellaneous

Apple Charlotte with apricot jam sauce.

Apricot Charlotte (dried apricots).

Summer Pudding.

Pancake.

Bread and butter pudding.

Batter pudding with fruit or dried fruit.

SUPPER DISHES

Meat:

Cottage or shepherd's pie
Sandwiches—*See* separate list.
Sausage with accompaniments.
Cold (canned) meat with salad.
Meat patties or individual pies.
Brawn and salad.
Stuffed tomatoes.
Stuffed marrow.
Mince in potato nests.
Croquettes or rissoles.

Egg:

Fried or poached egg on crumpets.
Fried with bacon, baked beans, tomatoes, mushrooms.
Scrambled or poached on toast or spinach.
Scrambled egg mixed with minced or diced ham.
Poached in potato nests (i. e., ring of duchess potatoes).
Poached egg on toasted cheese.
Curried eggs and rice.
Scotch eggs—hot or cold with salad.
Hard boiled eggs and grated cheese with salad.
Omelettes with various flavourings.
Savoury custard.

Cheese:

Baked eggs and grated cheese.
Cheese and onion pie—(i.e., layer of grated cheese/boiled onions/
seasoning and mustard between short pastry).
Macaroni or spaghetti cheese.
Welsh rarebit.
Cheese pudding.
Potato cheese.
Cauliflower Cheese.
Cheese salad.
Cheese Soufflé
Marrow and Cheese sauce.
Baked jacket potatoes and cheese.
Slices of raw cheddar or other cheese with tomatoes or pickles.

Fish:

Herrings filleted and fried in oatmeal.
Poached or grilled filleted kippers.
Golden fillets.
Poached Haddock and scrambled or poached egg.
Fried or steamed white fish with anchovy, parsley or white sauce or
lemon butterflies and parsley butter.
Roll mops (herrings boned rolled and pickled in spiced vinegar).
Roes on toast.
Fish cakes.
Fish pie.
Cod with cheese sauce.
Cod or other white fish, fried in batter.
Creamed fish—white fish flaked in white sauce—served individually
surrounded with mashed or piped potato.
Canned salmon, sardines or pilchards with salad.
Sardines or pilchards hot, on buttered toast.

SANDWICH FILLINGS

Sandwiches can be either open with the fillings on top or closed with filling between two slices of bread, or in soft bread rolls. The "protein" filling is more nutritious than bread and should be as thick as one slice of bread. Sandwiches of this type but not those made with a thin smear of filling between two large slices of bread, may replace occasionally a cooked "protein" dish for high tea or supper.

Ham—finely minced and mixed with thick white sauce or salad cream or melted butter or margarine. Seasoning to taste.

Liver—cooked and minced with brown sauce or tomato puree with a dash of Worcester sauce—add salt to taste.

Chicken—minced and mixed with seasoned thick white sauce or salad cream or mixed with chopped shrimps.

Sausage—cooked and sliced—add sliced tomato or shredded lettuce

Fish—sardines or pilchards mashed with vinegar: salmon mashed with thick white sauce, seasoning and sliced cucumber or shredded lettuce: or salmon pounded with vinegar, salt and pepper.

Tongue—Sliced or minced tongue with salad cream.

Eggs—hard boiled—chopped and mixed with salad dressing or scrambled with tomato or grated cheese or meat extract (scramble with evaporated milk for a change—about $\frac{1}{4}$ can for 10 eggs).

or add chopped parsley or chives or anchovies. Devilled egg—chopped hard boiled egg with Worcester Sauce, made mustard, melted butter or olive oil.

Cheese—Grated and mixed with chopped chives or green part of spring onions.

or sliced thinly with sliced tomatoes.

or grated with salad cream—dash of mustard and chopped watercress.

or cream cheese and chopped dates or cooked prunes.

or grated cheese and chopped pickles.

QUANTITIES

The quantities suggested in ensuing pages are for guidance only. The amounts of food used in Homes varies, partly due to differences in people's appetites and partly because of differences in the type of meal served. For example some Homes use more bread and less potatoes than others: some use more fats and sugar because biscuits and cakes are home baked. However, any Home which provides markedly less than an old age pensioner would eat in his own home, is unlikely to be providing sufficient food. Table A shows the average weekly quantities, according to the National Food Survey*, which an old pensioner eats in his own home together with suggested quantities for residential Homes.

Table A.
Average weekly consumption of some foods, by old age pensioners in their own homes and suggested quantities for residential homes

Food	Average Weekly Quantities Eaten by Old Age Pensioners in their Own Homes	Suggested Quantities per Person for Homes
Milk	4½ pints	7 pts/weekly
Eggs	4½	4—5 per week
Cheese	3 oz	(2—3 meals + cooking)
Fish	6½ oz	at least 3 oz in 2 meals
Bread	2¾ lb.	10—12 oz (2 meals)
Butter	total 12½ oz of which 7½ oz is butter	to appetite
Margarine	(See note a)	{ 12 oz.
Cooking Fat	1½ lb.	Approximately 1 lb.
Sugar		
Butcher's meat (including offal/ sausage etc.)	1¾ lb. (See note b)	2 lb. (10 meals)
Bacon	5½ oz.	6 oz (4 meals)

(a) The amount of total fat required will depend on whether cakes and biscuits are home baked. The nutritive value of margarine is equal to that of butter and in the Winter, actually exceeds butter in vitamin content. Margarine of good quality can replace butter for spreading especially when eaten with jam or other "spread".

(b) This quantity will vary depending on whether there is a high proportion butcher's meat containing bone. The amount suggested should be looked at also in conjunction with individual quantities given on page 26.

*Food Consumption Levels. H.M.S.O. Note: these quantities are very similar to those found in a recent food survey of elderly women living alone.

Notes

PORTIONS

Notes: Quantities are taken to the nearest $\frac{1}{2}$ lb.

To obtain amounts for 25 portions, add 10 and 15; for 30 portions, multiply 15 by 2; for any multiple of 10 multiply amounts for this number by the appropriate figure. Last column is to record weights found practical for the numbers in your own Home.

Food	1 Portion oz	10 Portions lb. oz	15 Portions lb. oz	Home lb. oz
MEAT				
Roast with bone ..	4	2 8	3 12	
boneless ..	3	2 0	2 12	
Cold meat (canned) ..	1 $\frac{1}{2}$ -2	1 lb.-1 $\frac{1}{4}$ lb.	1 $\frac{1}{2}$ lb.-2 lb.	
Chicken (oven ready) 6-8 portions to the bird.				
Liver	3	2 0	2 12	
(with bacon)	1		10	1 0
†Sausage (breakfast) ..	2	1 4	2	0
(midday)	4	2 8	3	12
Bacon (breakfast) ..	1 $\frac{1}{2}$	1 0	1	8
Ham (cooked cold sliced breakfast)	1 $\frac{1}{2}$	1 0	1	8
Ham (hot midday, with bone)	4	2 8	3	12
FISH				
With bone } main meal	6-8*	3 $\frac{3}{4}$ lb.-5 lb.	5 $\frac{3}{4}$ lb.-7 $\frac{1}{2}$ lb.	
Boneless } main meal	4-5	2 $\frac{1}{2}$ lb.-3 $\frac{1}{4}$ lb.	3 $\frac{3}{4}$ lb.-4 $\frac{1}{2}$ lb.	
Boneless (breakfast) ..	4	2 8	3 12	
Boneless for made up dish	3-4	2 lb.-2 $\frac{1}{2}$ lb.	2 $\frac{3}{4}$ lb.-3 $\frac{3}{4}$ lb.	
Eggs	1		10	15
Cheese	3-1	$\frac{1}{2}$ - $\frac{3}{4}$ lb.		$\frac{3}{4}$ -1 lb.

*According to richness and quality.

† Sausages 8 to 1 lb. i.e. 2 oz per sausage.

Bacon and sausage at breakfast time, may be served with a small portion of grilled tomato, mushroom, fried bread, potato or baked beans. Usually old people find a small portion of bacon, sausage etc., sufficient.

PUDDINGS, PASTRY AND SAUCES

	1 Portion	10 Portions	15 Portions	Home
Short Pastry				
Flour	1 oz	8	12	
Fat	½ oz	4	6	
Salt	pinch			
Double this quantity for tarts or pies with pastry top and bottom.				
Flan Pastry				
Flour	1 oz	8	12	
Margarine & lard mixed	½ oz	4	6	
Egg Yolk	1 tsp.	1 yolk	1½ yolks	
Sugar	pinch	½ oz	¾	
Steamed or Baked Puddings				
Flour	1 oz	8 oz	12 oz	
Fat } creamed ..	½ oz	4 oz	6 oz	
Sugar } ..	½ oz	4 oz	6 oz	
Egg	¼	2	3	
Milk Puddings				
Cereal	½ oz	5 oz	8 oz	
Milk	7 oz	3½ pints	5½ pints	
Sugar	½ oz	5 oz	8 oz	
Custard (thin)				
Custard Powder }	..	5 portions to 1 pint	3 oz	4½ oz
Milk }	..		2 pints	3 pints
Sugar }	..		3 oz	4½ oz
Egg Custard				
Egg	½	5	8	
Milk	¼ pint	2½ pints	4 pints	
Sugar	½ oz	4 oz	6 oz	
Nutmeg (pinch or grating)				

Savoury Sauces

Allow 8-10 portions to 1 pint.

For thick sauces allow 2 oz flour and 2 oz margarine per pint milk or milk and stock: for medium sauces 1½ oz flour and 1½ oz margarine to each pint liquid. Flavourings: anchovy, parsley, tomato puree etc.

Soups

Allow 3-4 portions per pint.

VEGETABLES

Raw weight as purchased unless stated otherwise.

		1 Portion	10 Portions	15 Portions	Home	
			oz	lb.	lb.	oz
“Greens”	4	2½	3½		
Spinach	8	5	7½		
Cauliflower	4-5 portions per head of flower	2 large heads	3 large heads		
Swede	4	2½	3½		
Leeks	6	4	6		
Carrots	3	2	3		
Parsnips	4	2½	3½		
Tomatoes	2-3	1½-2	2-2½		
Potatoes	5-6	3-3½	4½-5½		
Peas (in pod)	6	4	6		
Peas (frozen)	2	1½	2		
Marrow	8	5	7½		
Beans (runner)	4	2½	3½		
Fruit—Raw weight as purchased						
Apple Raw	4	2½	3½		
Cooked	4	2½	3½		
Apricot (fresh)	4	2½	3½		
Blackcurrants	2	1½	2		
Gooseberries	3	2	2½		
Melon	6	3½	5½		
Pears	4	2½	3½		
Plums	3	2	2½		
Rhubarb (trimmed)	4	2½	3½		

**FOOD VALUES of AVERAGE PORTIONS of
SOME COMMON FOODS**

(Quantities given are edible portions cooked weight).

		Weight oz.	Pr. g.	Cal.	Ca mg	Fe mg	Vit. A i. u.	Vit C* mg
Lean beef	1½	11.4	96	2.7	2.38		
Lean lamb	1½	10.7	125	2.0	1.8		
Pork	2	14.0	180	3.0	1.0		
Fish (white steamed)	3	14.0	63	35.4	0.5			
(white fried)	3	17.4	150	9.7	1.0			
Liver	2½	21.0	190	6	14.7	10,632	
Bacon	1	3.7	133	4	0.4		
Egg	2	7.0	92	32	1.5	284	
Milk (1 cup)	7	6.3	133	238	0.1	32	
Cheese	1	7.0	120	230	0.2	370	
Bread (1 slice) white		1½	2.75	86	32.5	0.6		
brown		1½	3.0	85	34	0.8		
Pastry short	1	2.0	157	22	0.3		
Milk pudding	7	7.0	294	230	0.2		
Custard	4	3.6	132	139	0.2		
Egg Custard	5	7.5	160	181	0.7		
Steamed pudding	1½	2.0	156	59.0	0.4		
Jam tart	2	2.0	224	22	0.6		
Potatoes boiled	4	1.6	92	4.8	0.5		
Mashed	4	1.6	136	13.0	0.5		
Chipped	3	3.3	204	12.0	1.1		
Carrots	2					5,200 C†	3
Cabbage	2					255 C	20
Tomato	2					850 C	7
Apple (raw)	4					—	1
Orange (raw)	4					80 C	14
negligible								

*Vitamin C refers to raw fruit or vegetable. At least 60% of the vitamin is likely to be destroyed when vegetables are cooked.

†C=carotene: provitamin A: about one third as active as preformed vitamin A.

*†Vitamin C values for potatoes vary throughout the year, ranging from 7mg/oz for new potatoes to 2mg/oz for old.

Figures in bold type in this Table indicate high values for particular nutrients.

Examples: High values for protein in all meat, fish, liver, cheese, milk and egg dishes.

High value for iron in liver; for calcium in milk and cheese; for vitamin A in liver, dairy foods and some vegetables and for vitamin C in cabbage, tomato and orange.

COOKERY AND OTHER USEFUL CATERING BOOKS

There are almost as many books on cookery as there are cooks, but among those which may be useful are :—

<i>Title</i>	<i>Author</i>	<i>Publisher</i>
Book of Meat Cookery	Bee Nilson	Spectator Publications Ltd., 91, St. Martins Lane, London W.C. 2. Cost 8/6d.
Quantity Catering	N. Heaton and N. Stockman	Museum Press Ltd. 26, Old Brompton Road, London S.W. 7.
Good Housekeeping Picture Cookery		National Magazine Co. Ltd., Chester Gate House, Vauxhall Bridge Road, London, S.W. 1. Cost 12/6d.
Better Cookery	A. King	Mills & Boon Ltd. 50, Grafton Way, Fitzroy Square, London, W.1. Cost 21/-.
Better Cooking for Large Numbers	N. Radenhurst	Dennis Dobson London., 80, Kensington Church St., London, W.8.
Food Preparation, Handbook for Students (Textbook giving infor- mation on cooking methods as well as recipes)	N. W. Gardener	Constable & Co. Ltd., 10, Orange Street, London, W.C.2. Cost 20/-.
Vegetarian Savouries	Ivor Baker	Vegetarian Society, Bank Square, Wilmslow, Cheshire.
Complete Vegetarian Recipe Book	Ivor Baker	Manchester Bell & London
Penguin Cookery Book	Bee Nilson	Penguin Books Ltd., 7, John Street, London, W.C.1. Cost 7/6d.
Fine Art of Cookery	Helen Jerome	Pitman Publishers, 39, Parker Street, London, W.C.2.
Kingsway Book of Cookery	Dora Seton	Evans Bros., Ltd., Montagu House, Russell Square, London, W.C.1.
Monthly Recipes	Maude Preece	Blandford Press Ltd., 167, High Holborn, London W.C.1.
Food For Fifty (American Foods and quantities)	Flower & West	Chapman & Hall Ltd., 11, New Fetter Lane, London, E.C.4.
More Fun with your Food.		B.M.A., Tavistock House, Tavistock Square, London, W. C.1.

Many trade associations put out books or pamphlets containing information and recipes, among these are :—

<i>Title</i>	<i>Publishing Association</i>
Bacon Wise	Bacon Information Council Catering Advisory Service. William House, Eastbourne Terrace, London, W.2.
Cheese	Cheese Bureau, 40, Berkeley Square, London, W.1.
Eggs for the Caterer	British Egg Marketing Board, Wingate House, 93-107, Shaftesbury Avenue, London, W.1.
Guide to Cuts, Choosing and Cooking meat	Australian Meat Board, 109, Kingsway, London, W.C.2. <i>also</i> N.Z., Meat Information Bureau, William House, Eastbourne Terrace, London, W.2.

Useful catering booklets are :—

“Hospital Catering” published for the Ministry of Health by H.M.S.O.

“Gas Council’s Catering Hand Book” obtainable from Gas Council.

SPECIMEN MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Daily: Porridge or cereal: tea or coffee with milk and sugar: bread or toast with butter or margarine and marmalade Scrambled Egg Bacon Poached or Fried Egg on crumpets			Finnan Haddock Bacon or Bacon		Sausage or boiled egg	Cold Ham
MID-MORNING	Tea or coffee or cocoa made with milk.						
DINNER	Cold Roast Meat Boiled Potato Salad Steamed Sponge Syrup	Casserole of Beef Mashed Potato Boiled Carrots Stewed Fruit Custard	Plate Pie (Minced beef) Parsley Potatoes Green Vegetables Rice Pudding	Braised Cutlets Boiled Potatoes Mashed Swedes Banana Custard	Baked Cod Anchovy Sauce Mashed Potato Green Peas Manchester Tart Custard	Mixed Grill of Liver/Chipolata Sausage/Bacon Sauté potato Cabbage Semolina Pudding	Roast Beef Yorkshire Pudding Roast & Boiled Potatoes Cauliflower Fruit Pie Custard
TEA	Cup of tea.						
HIGH TEA or SUPPER	Poached Kippers or Golden fillets	Cauliflower Cheese	Soup Corned Beef Sandwiches	Hot Sausage Rolls Grilled Tomatoes	Soup Cheese Salad	Cottage Pie	Soup Sandwiches
	Bread and butter, cake, bun or fruit daily. Tea or other beverage. Milk pudding daily: some residents may need milk pudding as an extra whereas, others will prefer milk pudding in place of the main dish.						
BEDTIME	Milk Drink or Hot Soup.						

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Printed at
Pendragon Press
Papworth Everard
near Cambridge