Aalborg University 



**DRAFT**

Food scapes in Secondary schools and Elderly care facilities:

**Appendixes**

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# Appendix 1 - General grid

|  |  |
| --- | --- |
| Category | Questions |
| Products | Are there any guidelines/recommendations that determine what type of food and what quality of food is provided?  What are the guidelines/recommendations based on?  Where are the meals prepared?  How does the provider deliver meals?  Are warm and/or cold meals being served?  What dishes does the menu consist of?  In which type of dishes does vegetables normally appear?  How are the vegetables in the meals served, raw or cooked?  How are the meals served to the elderly/adolescents?  Are sauce/condiment dispensers available?  Are the amounts fixed (one plate for each person) or free (ad libitum)?  Are snack meals consumed during the day? |
| Price | What is the average price the elderly/ adolescents pay for a meal?  Is there a subsidy?  Is the price fixed or depending on the choice of food? |
| Physical Environment | Where is food available at the elderly care facilities/ secondary schools?  Where does the elderly/adolescents eat?  Is the food served in the same room as it is consumed?  How many people can be seated in the room where the meal is consumed?  What is the average number of seats per table?  Is seating free or selected by staff?  Does the staff eat together with the elderly/adolescents?  Is the meals served on a fixed time?  Is there a fixed duration of the meals?  Are water dispensers available? |
| Promotion | Is the menu of the meal fixed?  How often does the menu change?  Is information of menu composition available in advance?  Where can the elderly/adolescents find information about menu composition?  Do the elderly care facilities/secondary schools communicate any message about the presence in the menu of special dishes?  Do the elderly care facilities/secondary schools communicate any message about the menu to the elderly/ adolescent?  Is the care staff trained in health, nutrition and food? |

# Appendix 2 –Summary tables secondary schools

## 2.1 Product

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Question | Options | Answer | | | | |
| DK | UK | IT | | FR |
| Is there a common available lunch-programme providing a main lunch meal? | < 25 % |  |  |  |  |  |
| 25 - 50 % |  |  | X | |  |
| 51 - 75 % | X |  |  |  |  |
| > 75 % |  | X |  |  | X |
|  |  |  |  |  |  |  |
| How many students eat lunch from the school canteen every day? | < 25 % | X |  |  | X |  |
| 25 - 50 % |  | X |  | |  |
| 51 - 75 % |  |  |  |  | X |
| > 75 % |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Are there any guidelines/recommendations that determines what type of food and what quality of food is provided? | Yes, national level | X | X | X | | X |
| Yes, local level |  |  | X | | X |
| No |  |  |  | |  |
|  |  |  |  |  |  |  |
| Is the guidelines/recommendations based on? | Nutrition/Food based | X | X | X | | X |
| Organic production |  |  | X | | X |
| Origin production |  |  | X | | X |
| Certification labelling (PDO) |  |  | X | | X |
| Sensory based |  |  | X | |  |
| Traditional dishes |  |  | X | |  |
| Ethical/ environmental concern |  |  | X | |  |
| Dietary regimen |  |  | X | | X |
| Special requirements |  |  | X | |  |
|  |  |  |  |  |  |  |
| Where are the meals prepared\*? | At centralised kitchen | 61 |  | X | |  |
| At internal kitchen | 18 |  |  |  |  |
| Mixed | 21 | x |  |  | X |
|  |  |  |  |  |  |  |
| How does the provider deliver meals\*? | Ready to serve |  | X | X | | X |
| Cook and chill | X |  |  |  | X |
| Cook and freeze |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  | Summer | Winter |  |
| Are the vegetables used in dishes as\*? | Fresh | X | X | 57 | 47 | X |
| Frozen | X | X | 10 | 23 | X |
| Canned |  |  | 33 | 30 | X |
|  |  |  |  |  |  |  |
|  |  |  |  | Summer | Winter |  |
| What type of meal is being served\*? | Warm meal | X | X | 90 | 95 | X |
| Cold meal |  | X | 10 | 5 |  |
|  |  |  |  |  |  |  |
| What does the menu consist of? | Starter/first course\*\* |  |  | X | | X |
| Main dish/second course\*\* | X | X | X | | X |
| Side dish\*\*\* |  | X | X | | X |
| Dessert |  |  | X | | X |
|  |  |  |  |  |  |  |
| In which type of dishes do vegetables normally appear\*? | Starter/first course\*\* |  |  | X | | X |
| Main dish/second course\*\* | X | X | X | | X |
| Side dish |  | X | X | | X |
|  |  |  |  |  |  |  |
|  |  |  |  | Summer | Winter |  |
| How are the vegetables in the meals served\*? | Raw |  | X | 40 | 30 | X |
| Cooked | X | X | 60 | 70 | X |
|  |  |  |  |  |  |  |
| How are the meals served to the adolescents\*? | By staff at the counter |  | X | 80 | | X |
| Self-service |  |  | 10 | |  |
| Plate serving | X |  | 10 | | X |
|  |  |  |  |  |  |  |
| Are sauce/condiment dispensers available? | Yes, at the table |  |  |  |  |  |
| Yes, in the eating room |  | X |  |  |  |
| Yes, at the serving area |  |  | X | | X |
| Yes, other place |  |  |  |  |  |
| No | X |  |  |  |  |
|  |  |  |  |  |  |  |
| Are the amounts fixed (one plate for each person) or free (ad libitum)? | Fixed | X | X | X | | X |
| Free |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Are snack meals consumed during the day? | Yes, mid-morning | X | X | X | |  |
| Yes, afternoon | X | X |  |  |  |
| No |  |  |  |  | X |

\*Specify the distribution in percentages if known

\*\*A first course and a second course have the same size in IT and are therefore not fully comparable to a starter and a main dish

\*\*\* A side dish is: a separate dish served to accompany the main dish. When all components are served together on one plate, it is considered as a main dish ; if, for example, a salad is served as a supplement to another plate, it is considered as a side dish.

## 2.2 Price

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Question | Options | Answer | | | |
| DK | UK | IT | FR |
| What is the average price per meal\*? |  | 3,5 | 2,53 | 4,9 | 3-5 |
|  |  |  |  |  |  |
| Is there any subsidy/ Free school meals | Yes | X | X | X | X |
| No |  |  |  |  |
|  |  |  |  |  |  |
| Governmental funding for meal programs? | Yes | X | X | X | X |
| No |  |  |  |  |
|  |  |  |  |  |  |
| Is the price fixed or depending on the choice of food? | Fixed |  |  | X | X |
| Dependent | X | X |  |  |

## 2.3 Physical environment

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Question | Options | Answer | | | |
| DK | UK | IT | FR |
| Where is food available at the school? | Canteen | X | X | X | X |
| Vending machines |  | X | X |  |
| Vending points |  | X | X |  |
|  |  |  |  |  |  |
| Where does the children their lunch meal? | Proper canteen |  | X | X | X |
| Lunch room | X |  | X |  |
| Class room | X |  |  |  |
| Informal place |  |  | X |  |
|  |  |  |  |  |  |
| Is the food served in the same room as it is consumed? | Yes |  | X | X | X |
| No |  |  |  | X |
|  |  |  |  |  |  |
| How many people can be seated in the room where the meal is consumed? | ≤30 |  |  |  |  |
| 31-75 |  |  | X |  |
| 75 + |  | X |  | X |
|  |  |  |  |  |  |
| What is the average number of seats per table? | 1 |  |  |  |  |
| 4 |  |  | X | X |
| 8 |  |  | X |  |
| More |  |  |  |  |
|  |  |  |  |  |  |
| Is seating free or selected by teachers? | Free seating | X | X | X | X |
| Selected by teachers |  |  |  |  |
|  |  |  |  |  |  |
| Do the teachers eat together with the adolescents? | Yes |  |  |  |  |
| No | X | X | X | X |
|  |  |  |  |  |  |
| Is the meal(s) served on a fixed time? | Yes | X | X | X | X |
| No |  |  |  |  |
|  |  |  |  |  |  |
| Is there a fixed duration of the meal(s)? | Yes | X | X | X | X |
| No |  |  |  |  |
|  |  |  |  |  |  |
| Are water dispensers available? | Yes, at the table |  |  | X | X |
| Yes, in the eating room |  | X |  | X |
| Yes, at the serving area |  | X |  |  |
| Yes, other place |  | X |  |  |
| No | X |  |  |  |

## 2.4 Promotion

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Question | Options | Answer | | | |
| DK | UK | IT | FR |
| How is the meal? | Fixed |  |  | X |  |
| Optional | X | X |  | X |
|  |  |  |  |  |  |
| How often does the menu change? | Twice a month or more |  |  |  |  |
| Once a month |  |  | X |  |
| Once per season | X | X |  | X |
|  |  |  |  |  |  |
| Is information of menu composition available in advance? | Yes, day by day |  |  |  |  |
| Yes, weekly |  |  |  | X |
| Yes, monthly | X | X |  |  |
| No |  |  |  |  |
| Other |  |  | X |  |
|  |  |  |  |  |  |
| Where can the adolescents find information about menu composition? | Canteen/lunch rooms |  | X | X | X |
| Common spaces |  |  | X | X |
| Web site | X | X | X | X |
|  |  |  |  |  |  |
| Do the schools communicate any message about the presence in the menu of special dishes? | Yes, seasonal | X |  | X | X |
| Yes, traditional |  |  | X | X |
| Yes, origin |  |  | X | X |
| No |  |  |  |  |
|  |  |  |  |  |  |
| Do the schools communicate any message about the menu to the adolescents? | Yes, about health |  | X | X | X |
| Yes, about sensory qualities | X |  |  |  |
| No |  |  |  |  |
|  |  |  |  |  |  |
| Are the teachers trained in? | Nutrition |  |  | X |  |
| Health education |  |  | X |  |
| Food processing |  |  | X |  |

# Appendix 3 - Country specific tables for secondary schools

## 3.1 Denmark

|  |  |
| --- | --- |
| P’s | DENMARK |
| Product | School lunch programmes are not common in DK; children traditionally bring food from home. 61 % of public schools in DK provide access for a lunch meal as a replacement of the home brought food (Christensen, 2008).  There is nevertheless a tendency, especially in the larger municipalities of providing lunch, which has led to centralisation in the cooking. In that way large-scale meals are prepared in one place. EAT school lunch programme in Copenhagen is biggest in DK. EAT procedure is to cook the food in a centralised kitchen, chill and deliver the following day. Staff at the school will reheat, portioning and serve the meals to the students in their classrooms. Approximately 20 % of the students participating in Eat school meal eat food from the canteen everyday (KøbenhavnsMadhus, 2013).  The Danish Ministry of Health has made recommendations on how school food should be in terms of both health and sensory (Fødevarestyrrelsen, 2009). EAT has specified macronutrients for their lunch meals, to be fulfilled over a period of time.  A warm fixed sized main dish is most commonly served for lunch in schools with a lunch program. Students can often choose between dishes and portions size in advance. As lunch is most often portion packed, additional condiments are not available. It is though most common to have access to tap water and not dispensers.  Vegetables are mainly used as fresh and frozen. In large-scale school meals productions (e.g. EAT) the main source of vegetables is often cooked. Smaller scale lunch providers often serve cold lunch and thereby raw vegetables (sandwiches, pasta salads).  A snack between breakfast and lunch, either provided at school or brought from home, is common. The number of purchases of pre-lunch snack and a lunch meal is the same. |
| Price | The average price for a lunch meal (based on the EAT program) is 3.5 Euros.  In municipalities with lunch programmes an individual subsidy is possible for low-income families. The municipality of Copenhagen covers 50 % the expenses of the EAT production. |
| Physical environment | Purchase of food outside an organized lunch programme often takes place in a canteen. Lunch is typically eaten in the classrooms and not in canteens. An initiative as EAT has made special areas for the older students to have their lunch in order to make both the meal and the environment in which it is consumed attractive. Seating is free and teachers do not eat with the older students. The duration of a lunch meal is fixed and is 30-40 minutes long. |
| Promotion | In general, lunch providers do all mention the seasons as being part of, and influencing their cooking.  Menu compositions are available one month in advance (EAT). It can be found online, due to the upcoming culture of buying lunch in school, the providers make it attractive and possible to buy in advance. The EAT lunch programme has created a strong brand by focusing on layout and the communication of their lunch as being “cool”. |

## 3.2 United Kingdom

|  |  |
| --- | --- |
| P’s | United Kingdom |
| Product | School lunch programs are common in UK; more than 75 % have got a common lunch meal program providing a main lunch meal. 39.8 % of the students in secondary school eat lunch from the school canteen every day in 2012 (Nelson et al 2012).  Guidelines and recommendations that determines what type of food and what quality of food is provided, is available on a national level (Department of Education 2014). They are based on nutrition and translated in to food-based guidelines to make it easier for the chefs to understand.  The meals are mainly produced internally at the schools since 98,8 % have got full production internal kitchen. The meals are made from both fresh and frozen ingredients. Meals are “ready to serve” directly to the students from the internal kitchens (Nelson et al, 2012).  Vegetables normally appear in the main meal where it is included. The vegetables are served as cooked in the main meal and often raw in salads. A salad/salad bar offers a variety of vegetables.  Lunch meals are self-service for adolescent and condiments are available at the serving area. The portions size and amount of the food is fixed.  In between meals before lunch and in the afternoon is common for this age group. Water dispensers are mandatory by regulation and are available in the eating room, the serving area and other places. |
| Price | The average price for a lunch meal is 2.53 Euros (Nelson et al, 2012). Children from low-income families can have free lunch meals. The price of the meal depends on the choice, e.g. difference in price for warm meal and a sandwich. |
| Physical environment | Food is available in canteens, vending machines and vending points. There exist standards for school foods other than lunch, so the food in vending machines and vending points need to follow these standards.  Students have their lunch in a proper canteen; the same room in which the food is served. Number of students seated in the same canteen varies a lot depending of the size of the school. It is common to have large canteens with seating’s for up to 300 students. An average of number of seated students per table varies along with the way of seating; benches, round tables etc. The seating is free and this age group decides for themselves what to eat and where to eat without the presence of teachers.  Food is served in the lunch break, in the middle of the day with duration of 30-60 minutes (Harper et al, 2008). |
| Promotion | The menu consists of various options, typically one main dish, one vegetarian dish and a selection of different smaller dishes, which changes within a 3- or 4-weeks cycle.  Information of the menu composition is available one month in advance on a very child friendly webpage with age correspondent design for the menu. The schools are trying to increase the take-up for school meals. In relation to that, they communicate the health message of the lunch meal. |

## 3.3 Italy

|  |  |
| --- | --- |
| P’s | ITALY |
| Product | In IT, about 10% of students use the canteen at secondary schools and about 25% of students use canteen or break area (Istat, 2011).  The Italian Ministry of Health has made recommendations on how school food should be. The recommendations are based on nutrition, and among the other major issues addressed isthe use of seasonal products and the endorsement of local foods, coupled with the promotion of traditional and regional culinary habits (Italian Ministry of Health, 2010).  A special evaluation system (consisting of teachers and parents) is set up to monitor the general satisfaction level and meal acceptability.  School meals are mainly prepared to “cook & serve” at Centralized kitchens (90 % in the municipality of Tuscany). Meals are prepared and transported to the schools in containers preserving the right temperature. School staff portion out and serve the meals to the students.  The menu is fixed and consists of three dishes: a first course, a second dish (meat or fish) with a side dish and a dessert being mainly fruit or yogurt. The portion size is defined according to recommendations. According to guidelines a second portion of vegetables (potatoes excluded)/fruit can be available on request.  Vegetables are mainly fresh or frozen. The guidelines recommend the use of fresh vegetables according to seasonality. Vegetables are mainly served cooked in the main course. Vegetables can be served raw in salads. |
| Price | The price the students’ pay for a meal is from 0 to 4.90 Euros; depending on family economic situation (ISEE).  The service is paid based on the number of meals consumed on a monthly base. |
| Physical environment | Vending machines and internal snack points are allowed in secondary school and distribution of healthy products is recommended.  Guidelines state that school lunch should be consumed in appropriate well-furnished canteens. Guidelines suggest 4-6 seats per table and max 30-40 persons per room, if the number is higher the use of dividing elements to create smaller ambient is recommended. The duration of lunch is around 45 min. Seating is free and teachers eat together with the students  Water dispensers are available at table. Condiment dispensers can be available in the room were the meal is consumed. |
| Promotion | Menus are available in the beginning of the school year. Menus are also is also available at the canteen, school website and other places. The menu is prepared on a weekly base and lasts for 4-5 weeks. Menu composition changes three times per year according to seasons.  Specific training of teachers in nutrition, health education and food processing is strongly recommended by national guidelines.  Teachers are asked to play an active role in encouraging pupils to eat the food served. |

## 3.4 France

|  |  |
| --- | --- |
| P’s | FRANCE |
| Product | More than 75% of the schools provide access for a lunch meal. If one school doesn’t provide this access, the students are directed to another school. In average, 54 % of students in secondary school eat school lunch.  The Ministry of National Education has made recommendations about the nutritional quality of meals served under the school lunch. These recommendations are based on nutrition (GEMRCN, 2011), the organic food, the origin production and the fishing area, the certification and labelling.  Generally, the schools directly manage the preparation of lunch meals that are prepared and eaten on the spot. In some cases, management is provided by a catering company and meals are prepared in a centralised kitchen and delivered in a “satellite” kitchen with hot or cold transfer.  Vegetables is mainly used in dishes as fresh or frozen. Vegetables are mainly served cooked and are both used in starter, main dish and side dish.  The meals served in school canteens include: a starter (2-4 choices), a main dish (choice of fish or meat), a side dish, a dairy product and a dessert (2-4 choices). The amounts are fixed, but bread and vegetables are freely available. The main meal is served on a plate by staff.  Water is available without restriction; it is common to bring a water bottle. Sauces are served with dishes and are not free to self-service. The salad dressing is home made. |
| Price | The price is in 90 % of the schools fixed, and set by the French Departments but also by the individual schools. In average, the price is between 3 and 5 Euros per meal.  Low-income families have the possibility to get the school meals at reduced price. |
| Physical environment | Vending machines are prohibited in French schools. The lunch meal is eaten in a well-decorated canteen, commonly four seats pr. table.  The lunch meal is served at a fixed time, generally between 11.30am-01.30pm; each class has a specific lunch hour. The duration of the meal must be at least 30 minutes, the possible service time excluded.  The teachers do not eat with students, but they eat the same food. |
| Promotion | The menu changes every 8th week and information about the menu composition is available at least one week in advance.  The messages about the menu and the presence of special dishes are communicated via the menu in pictograms, on the menu and in front of each product on the service area. |

# Appendix 4- Recipes for secondary schools

## 4.1 Denmark

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Meal NO | Type of dish | Name of main dish | Ingredients  Protein | Ingredients  Starch | Ingredients  Vegetables | Season | Temperature |
| Meal 1 | Main dish | Curry soup | Chicken | - | Onions, garlic | Winter | Warm |
| Side dish | Vegetable snacks | - | - | Carrot, cucumber | Cold |
| Meal 2 | Main dish | Beetroot meatballs with potatoes |  | Potatoes | Beetroot, onions | Winter | Warm |
| Side dish | Carrot bites | - | - | Carrot | Cold |
| Meal 3 | Main dish | Salmon with carrot humus and wheat grain salad | Salmon | Wheat grains | Carrots, Celery, apples | Winter | Warm and cold |
| Meal 4 | Main dish | Spicy lamb in tomato | Lamb | Basmati rice | Onions, tomatoes | Winter | Warm |
| Side dish | Salad |  | Pasta | White cabbage, coriander | Cold |
| Meal 5 | Main dish | Burger with potatoes and coleslaw | Minced beef | Potatoes | Tomatoes, cucumber, carrots, white cabbage | All year | Warm |
| Meal 6 | Main dish | Veal fricassee | Veal | Potatoes | Garlic, onion, carrots | Summer | Warm |
| Side dish | Spinach Salad | - | - | Spinach, pees, asparagus | Cold |
| Meal 7 | Main dish | Moussaka | - | Potatoes | Tomatoes, eggplant | Summer | Warm |
| Side dish | Salad | - | - | Spinach, pees | Cold |
| Meal 8 | Main dish | Spicy chicken wings with potatoes and coleslaw | Chicken | Potatoes | Carrots, white cabbage | Summer | Warm |
| Meal 9 | Main dish | Risotto | . | Rice | Artichoke | Summer | Warm |
| Side dish | Green salad | - | - | Spinach, pees, radish | Cold |
| Meal 10 | Main dish | Meatballs with potato salad | Minced pork | Potatoes | Cucumber | Summer | Cold |

## 4.2 United Kingdom

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Meal NO | Type of dish | Name of main dish  (add picture if available) | Ingredients  Protein | Ingredient  Starch | Ingredients  Vegetables | Season | Temperature |
| Meal 1 | Main dish | Beef bolognaise with pasta spirals | Minced beef | Pasta | Onions, tomato, garlic | All year | Warm |
| Meal 2 | Main dish | Salmon wrap with chips or brown rice | Salmon | Tortilla wrap, brown rice | Iceberg, carrots, red onions, |  | Warm |
| Meal 3 | Main dish | Beef cobbler with creamy mashed potatoes | Minced beef | Mashed potatoes | Onion, carrot, tomato |  | Warm |
| Meal 4 | Main dish | Chicken crumble | Chicken | Potato | Celery, peas |  | Warm |
| Meal 5 | Main dish | Turkey Korma | Turkey | - | Onions, mixed peppers, mushrooms, garlic |  | Warm |
| Meal 6 | Main dish | Shepherd’s Pie | Minced lamb | Potatoes | Onions, carrots, celery |  | Warm |
| Meal 7 | Main dish | Tuna Arrabiata Pasta Bake | Tuna | Pasta | Onions, red peppers, courgettes, sweet corn |  | Warm |
| Meal 8 | Main dish | Beef Chili with White and Brown Rice | Minced beef | Rice, bean | Onion, carrots, celery, tomatoes |  | Warm |
| Meal 9 | Main dish | Chicken Chasseur | Chicken | Rice | Mushrooms, garlic, onion, carrots |  | Warm |
| Meal 10 | Main dish | Lamb and Vegetable Tikka Marsala with Rice | Lamb | Rice | Onion, carrots, swede, leek, tomatoes, red pepper |  | Warm |

## 4.3 Italy

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Meal N°** | **Serving style** | **Name of main** | **Ingredients**  **Protein** | **Ingredients**  **Starch** | **Ingredients**  **Vegetables** | **Season** | **Warm/Cold** |
| **Meal 1** | Starter | Ravioli with tomato sauce | Ricotta cheese, eggs | Pasta | Spinach, peeled tomatoes | Spring/summer | Warm |
| Main dish | Stracchino | Stracchino | / | / | Spring/summer | Cold |
| Side dish | Green salad | / | / | Lettuce | Spring/summer | Cold |
| **Meal 2** | Main dish | Pizza margherita | Mozzarella cheese | Dough | Tomato sauce | All year | Warm |
| Side dish | Mixed salad | / | / | Raw carrots and sweet corn | Spring/summer | Cold |
| **Meal 3** | Starter | Pasta with fish ragout | Codfish | Pasta | Peeled tomatoes | All year | Warm |
| Main dish | Tuna salad | Tuna | / | Tomatoes | Spring/summer | Cold |
| **Meal 4** | Starter | Pasta margherita | Mozzarella cheese | Pasta | Fresh tomatoes | Spring/summer | Warm |
| Main dish | Ham | Raw ham or ham steak | / | / | All year | Cold |
| Side dish | Mixed salad | / | / | Lettuce, raw carrots | Spring/summer | Cold |
| **Meal 5** | Starter | Pasta with zucchini | / | Pasta | Zucchini | Spring/summer | Warm |
| Main dish | Frittata | Eggs, ParmigianoReggiano cheese | / | / | All year | Warm |
| **Meal 6** | Starter | Vegetable purée with pasta | / | Pasta, potatoes | Carrots, Savoy cabbage | Winter/fall | Warm |
| Main dish | Chicken with sage | Chicken breast | Flour | / | All year | Warm |
| Side dish | Cabbage and carrots | / | / | Cabbage, carrots | Winter/fall | Warm |
| **Meal 7** | Starter | Rice with pumpkin | / | Rice | Pumpkin | Winter/fall | Warm |
| Main dish | Gratinéed fish | Codfish | Bread crumbs | / | All year | Warm |
| Side dish | Stew peas | Peas | / | Peas | All year | Warm |
| **Meal 8** | Starter | Lasagne | Meat | Pasta | Peeled tomatoes | Winter/fall | Warm |
| Main dish | Veal scaloppine | Veal | Flour | / | All year | Warm |
| Side dish | Fennels and carrots | / | / | Fennels, carrots | Winter/fall | Warm |
| **Meal 9** | Starter | Pasta with four cheeses | Mixed cheeses | Pasta | / | Winter/fall | Warm |
| Main dish | Hamburger | Veal | / | / | All year | Warm |
| Side dish | Potato purée | Milk, butter | Potatoes | / | Winter/fall | Warm |
| **Meal 10** | Starter | Pasta with beans | Beans | Pasta | Beans | Winter/fall | Warm |
| Main dish | Fried flounder | Flounder, eggs | Flour, bread crumbs | / | All year | Warm |
| Side dish | Sautéed spinach | / | / | Spinach | All year | Warm |

## 4.4 France

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Meal N°** | **Serving style** | **Name of main** | **Ingredients**  **Protein** | **Ingredients**  **Starch** | **Ingredients**  **Vegetables** | **Season** | **Warm/Cold** |
| **Meal 1** | Starter | Minestrone vegetables |  |  |  | Fall | Warm |
| Main dish | Cannelloni with Bolognese |  |  |  | Fall | Warm |
| Side dish | Vichy carrots |  |  |  | Fall | Warm |
| **Meal 2** | Starter | Pizza |  |  |  | Winter | Warm |
| Main dish | Chicken drumsticks with herbs |  |  |  | Winter | Warm |
| Side dish | Cauliflower gratin |  |  |  | Winter | Warm |
| **Meal 3** | Starter | Lebanese tabbouley |  |  |  | Spring | Cold |
| Main dish | Spinach Mille-feuille |  |  |  | Spring | Warm |
| Side dish | / |  |  |  |  |  |
| **Meal 4** | Starter | Cucumber with cream |  |  |  | Fall | Cold |
| Main dish | couscous |  |  |  | Fall | Warm |
| Side dish | / |  |  |  |  |  |
| **Meal 5** | Starter | Bruschetta |  |  |  | Winter | Cold |
| Main dish | Salmon with sorrel sauce |  |  |  | Winter | Warm |
| Side dish | noodles |  |  |  | Winter | Warm |
| **Meal 6** | Starter | Tartiflette pie |  |  |  | Spring | Warm |
| Main dish | roasted chicken thigh |  |  |  | Spring | Warm |
| Side dish | Ratatouille |  |  |  | Spring | Warm |
| **Meal 7** | Starter | Cod fritters |  |  |  | Fall | Warm |
| Main dish | Trout Meunière |  |  |  | Fall | Warm |
| Side dish | peas |  |  |  | Fall | Warm |
| **Meal 8** | Starter | Tuna rillettes |  |  |  | Winter | Cold |
| Main dish | stew |  |  |  | Winter | Warm |
| Side dish | / |  |  |  | Winter |  |
| **Meal 9** | Starter | Radish |  |  |  | Spring | Cold |
| Main dish | Sirloin |  |  |  | Spring | Warm |
| Side dish | Broccoli with cream |  |  |  | Spring | Warm |
| **Meal 10** | Starter | Artichoke |  |  |  | Fall | Cold |
| Main dish | Roast pork |  |  |  | Fall | Warm |
| Side dish | Gnocchis with tomatoes |  |  |  | Fall | Warm |

# Appendix 5 –Summary tables for elderly care facilities

## 5.1 Product

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Question | Options | Answer | | | |
| DK | UK | IT | FR |
| Are there any guidelines/recommendations that determines what type of food and what quality of food is provided? | Yes, national level | X | X | X | X |
| Yes, local level | X |  | X |  |
| No |  |  |  |  |
|  |  |  |  |  |  |
| Is the guidelines/recommendations based on? | Nutrition/Food based | X | X | X | X |
| Organic production |  |  |  |  |
| Origin production |  |  | X |  |
| Certification labelling (PDO) |  |  |  |  |
| Traditional dishes |  |  | X | X |
| Dietary regimen (vegetarian, vegan) |  |  |  |  |
| Special requirements | X | X | X |  |
| Psychological/Social importance |  |  | X | X |
| Sensory Properties |  |  | X |  |
|  |  |  |  |  |  |
| Where are the meals prepared\*? | At centralized kitchen | 83 |  | 10 | 20 |
| At internal kitchen | 17 | X | 90 | 80 |
|  |  |  |  |  |  |
| How does the provider deliver meals\*? | Ready to serve |  | X | X | X |
| Cook and chill | X |  |  |  |
| Cook and freeze |  |  |  |  |
| Mixed |  |  |  |  |
|  |  |  |  |  |  |
| Are the vegetables used in dishes as\*? | Fresh | X | X | 80 | X |
| Frozen | X | X | 10 | X |
| Canned | X | X | 10 |  |
| Ready to use | X |  |  |  |
|  |  |  |  |  |  |
| What type of meal is being served\*? | Lunch |  |  |  |  |
| Warm meal |  | X | X | X |
| Cold meal | X | X |  |  |
| Dinner |  |  |  |  |
| Warm meal | X | X | 70 | X |
| Cold meal |  | X | 30 |  |
|  |  |  |  |  |  |
| What does the menu consist of? | Lunch |  |  |  |  |
| Starter/ first course# |  |  | X | X |
| Main dish/second course# | X | X | X | X |
| Side dish |  |  | X | X |
| Dessert |  | X | X | X |
| Dinner |  |  |  |  |
| Starter/ first course# |  | X | X | X |
| Main dish/ second course# | X | X | X | X |
| Side dish |  |  | X | X |
| Dessert | X | X | X | X |
|  |  |  |  |  |  |
| In which type of dishes do vegetables normally appear\*? | Lunch |  |  |  |  |
| Starter/first course# |  | X | X | X |
| Main dish/second course# | X | X | X | X |
| Side dish |  | X | X |  |
| Dinner |  |  |  |  |
| Starter/first course# |  | X | X | X |
| Main dish/second course# | X | X | X | X |
| Side dish |  | X | X |  |
|  |  |  |  |  |  |
| How are the vegetables in the meals served\*? | Lunch |  |  |  |  |
| Raw | X | X | 20 |  |
| Cooked |  | X | 80 | X |
| Dinner |  |  |  |  |
| Raw |  | X |  |  |
| Cooked | X | X | X | X |
|  |  |  |  |  |  |
| How are the meals served to the elderly\*? | By staff at the counter |  |  |  |  |
| Self-service |  |  |  |  |
| Plate serving | X | X | X | X |
|  |  |  |  |  |  |
| Are sauce/condiment dispensers available? | Yes, at the table |  | X | X | X |
| Yes, in the eating room |  |  |  |  |
| Yes, at serving area |  |  |  |  |
| Yes, other place |  |  |  |  |
| No | X |  |  |  |
|  |  |  |  |  |  |
| Are the amounts fixed (one plate for each person) or free (ad libitum)? | Lunch |  |  |  |  |
| Fixed | X | X | X | X |
| Free |  |  |  |  |
| Dinner |  |  |  |  |
| Fixed | X | X | X | X |
| Free |  |  |  |  |
|  |  |  |  |  |  |
| Are snack meals consumed during the day? | Yes, mid morning | X | X | X |  |
| Yes, afternoon | X | X | X | X |
| No |  |  |  |  |

\*Specify the distribution in percentages if known

#A first course and a second course have the same size Italy, and therefore not fully comparable to starter and main dish

## 5.2 Price

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Question | Options | Answer | | | |
| DK | UK | IT | FR |
| What is the average price the elderly pay for a meal in Euros? | Lunch | 3,5-4 | 4,44 |  | 2,3 |
| Dinner | 5-5,5 | 4,44 | NA | 2,3 |
|  |  |  |  |  |  |
| Is there a subsidy? | Yes | X |  | X | X |
| No |  |  |  |  |
|  |  |  |  |  |  |
| Is the price fixed or depending on the choice of food? | Fixed |  | X | X | X |
| Dependent | X |  |  |  |

## 5.3 Physical environment

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Question | Options | Answer | | | |
| DK | UK | IT | FR |
| Where is food available at the elderly care facilities? | Canteen/cafeteria | X | X | X | X |
| Vending machines |  |  |  | X |
| Vending points |  |  |  |  |
|  |  |  |  |  |  |
| Where does the elderly eat? | Proper canteen/ Restaurant like |  | X | X | X |
| Lunch room | X |  | X |  |
| Own room | X | X | X |  |
| Informal place |  |  |  |  |
|  |  |  |  |  |  |
| Is the food served in the same room as it is consumed? | Yes | X | X | X | X |
| No |  |  |  |  |
|  |  |  |  |  |  |
| How many people can be seated in the room where the meal is consumed? | ≤10 | NA |  |  |  |
| 11-20 |  |  |  |  |
| 21-30 |  | X |  | X |
| 31-40 |  |  |  | X |
| >40 |  |  | X |  |
|  |  |  |  |  |  |
| What is the average number of seats per table? | 1 | NA |  |  |  |
| 4 |  | X | X | X |
| 8 |  |  | X |  |
| More |  |  |  |  |
|  |  |  |  |  |  |
| Is seating free or selected by staff? | Free seating | X | X |  |  |
| Selected by staff |  |  | X | X |
|  |  |  |  |  |  |
| Does the staff eat together with the elderly? | Yes | X |  |  |  |
| No |  | X | X | X |
|  |  |  |  |  |  |
| Is the meal(s) served on a fixed time? | Yes | X | X | X | X |
| No |  |  |  |  |
|  |  |  |  |  |  |
| Is their a fixed duration of the meal(s)? | Yes |  |  | X | X |
| No | X | X |  |  |
|  |  |  |  |  |  |
| Are sauce/condiment dispensers available? | Yes, at the table |  | X | X |  |
| Yes, in the eating room |  |  |  |  |
| Yes, at the serving area |  |  |  |  |
| Yes, other place |  |  |  | X |
| No | X |  |  |  |
|  |  |  |  |  |  |
| Are water dispensers available? | Yes, at the table | X | X | X | X |

## 5.4 Promotion

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Question | Options | Answer | | | |
| DK | UK | IT | FR |
| How is the meal? | Fixed |  |  |  |  |
| Optional, at the day |  | X | X | X |
| Optional in advance | X |  |  |  |
|  |  |  |  |  |  |
| How often does the menu change? | Twice a month or more |  |  |  |  |
| Once a month |  |  | X |  |
| Once per season | X | X |  | X |
|  |  |  |  |  |  |
| Are information of menu composition available in advance? | Yes, day by day |  | X | X |  |
| Yes, weekly |  |  | X | X |
| Yes, monthly | X | X |  |  |
| No |  |  |  |  |
|  |  |  |  |  |  |
| Where can the elderly find information about menu composition? | Canteen/lunch rooms |  |  | X |  |
| Common spaces |  |  | X | X |
| Web site | X | X |  |  |
|  |  |  |  |  |  |
| Do the care homes communicate any message about the presence in the menu of special dishes? | Yes, seasonal |  |  |  | X |
| Yes, traditional |  |  |  | X |
| Yes, origin |  |  |  |  |
| No | X | X | X |  |
|  |  |  |  |  |  |
| Do the care homes communicate any message about the menu to the elderly? | Yes, about health |  |  |  | X |
| Yes, about sensory qualities |  |  |  | X |
| No | X | X | X |  |
|  |  |  |  |  |  |
| Is the care staffs trained in? | Nutrition |  |  | X | X |
| Health education |  |  | X |  |
| Food processing |  |  | X |  |

# Appendix 6 - Country specific tables for elderly care facilities

## 6.1 Denmark

|  |  |
| --- | --- |
| P’s | DENMARK |
| Product | The Danish Ministry of Health provides recommendations on how food for elderly aged 65+ above should be (FVST, 2009). The larges municipalities in Denmark are in the middle of a convention to organic production in institutions. These municipalities provide further guidelines on how to use organic ingredients in the food production (KøbenhavnsKommune, 2012).  83 % of all food served to elderly aged 65+, whether it is home delivery or in institutions, are produced and packed in Centralised large-scale kitchens (Politiken, 2014a). Some municipalities still have a decentralised food service for elderly, such as the municipality of Frederiksberg (Deloitte 2013). However, due to potential cost savings by centralising the food production, more and more institutions for elderly are switching towards pre-cooked food and merely heat and serve it on-site (Politiken 2014a; Politiken 2014b; Deloitte 2013).  For lunch a cold meal existing of three open sandwiches (“Smørrebrød”) is typically served. The dinner consists of two dishes, a warm main dish and a starter or dessert, most commonly dessert. Vegetables are used in dishes as fresh, frozen and canned. For lunch vegetables are served raw or pickled and cocked for dinner incorporated in the warm dish (KøbenhavnsKommune, 2014). Water is available at the tables, whereas condiment is not available.  Snack meals (fruits and sweets) are typically consumed during the day both midmorning and afternoon. |
| Price | The average price for a lunch meal is 3,5 - 4 euro and 5 - 5.5 for dinner (2 dishes). However the maximum payment for food service is regulated by the state and is in 2014 453,24 euros per month (Ældresagen 2014).  The price is VAT free. |
| Physical environment | Main meals are served at fixed times and consumed in designated dining room. Residents can also choose to eat in their own room.  Guidelines at municipality level states that the dining room has to smell of food prior serving. The size of the dining room varies in size, depended of the size of the institution.  Many care institutions have a cafeteria where the residents can bring their families and buy lighter meals and drinks during the day. |
| Promotion | Information about the menu is available monthly through website, leaflets and brochures target the elderly. The menu change according to season, taking the different festive seasons into account.  Four different types of menus are promoted; normal diet, diet adapted residents with lost appetite, chewing friendly diet and vegetarian diet. |

## 6.2 United Kingdom

|  |  |
| --- | --- |
| P’s | United Kingdom |
| Product | The Food Standard Agency (FSA) provides guidelines for food served to older people in residential care. The nutrient standards are based upon the needs of healthy people aged 75+. Further food-based guidelines to caterers are provided to help meet the nutrient standards (FSA, 2007). No guidelines regarding organic or local food are provided.  The meals served in elderly institutions are produced at internal kitchens. Two main meals are provided each day where both warm and cold meals are served.  The meal consists of a starter, main dish and a dessert, typically pudding. Dinner is typically a lighter meal than lunch where for example a soup is served. A mixture of fresh, frozen and canned vegetables is used to prepare the dishes. Vegetables are mostly to be found in the cooked dishes or in salads eaten together with a main dish.  The food is portioned by a chef, and served on a plate to the elderly. It is possible to get a second portion for those who finish their plate. Water and condiment is available at the table(Wasielewska&Raiswell, 2012). |
| Price | The food is paid within the care home fee – allowance of 4.4 Euros per person per day for a meal consisting of three courses. |
| Physical environment | Main meals are consumed in a proper dining room. The eating area is typically appointed with tables for four persons creating a nice and homely eating environment. In some elderly care facilities, residents can choose to eat in their own room.  The main meals are served at fixed times but snacks are available all day, and the residents have free access to fresh water, coffee and tea. There is no fixed duration of the meal; residents are given as mush time, as they need to finish their meal.  There are no fixed seats and the residents decide by themselves where to eat although they are often ‘wheeled’ to the table. During the meal, the staff help those residents who need help, but they do not eat an actually meal together with the elderly. |
| Promotion | Menus are displayed in the dining room or at other suitable areas, so the elderly always know what they are going to eat. The menus are balanced, varied and designed according to resident’s taste. Many elderly care facilities use a four weeks rolling menu that changes with the season (Wasielewska&Raiswell, 2012).  The residents are always offered two choices of the main dish. Special meals are available for vulnerable residents and purred foods are available for those with poor dentition or difficulty in swallowing.  All catering staff and care staff who get involved with food have food hygiene training, but very few have training in nutrition and food processing. |

## 6.3 Italy

|  |  |
| --- | --- |
| P’s | ITALY |
| Product | The Italian Ministry of Health has made very specific and in depth recommendations on how food served in elderly care institution should be. Further guidelines are provided at municipality level.  Nutritional guidelines are provided in addition it is recommended to use local products, to produce traditional dishes, to make the meal composition as similar as possible every dag and finally the guidelines highlight the importance of sensory properties for liking and meal acceptability  The meal consists of four dishes: A first course (pasta/rice/vegetable soup, a second course with a side dish and a dessert, commonly fruit. The elderly can choose between two options for each course and light dishes are always available (pasta with oil/butter) in case of slight indisposition. The amounts are fixed, and defined according to recommendations and special dietary requirements.  Vegetables are mainly fresh or frozen, and are mainly served cooked. Vegetables are to be found in the main course with pasta/rice, as a soup or as side dish. Salad or cooked vegetables are available each day. The meals are served on a plate and condiment and water is available at the table |
| Price | The monthly fee includes meals. The monthly fee is highly depending on the type of the institution and on the required level of assistance for the elderly.  Subsidy is depends on the economic status of the elderly as well as their health condition. |
| Physical environment | Meals are consumed in a canteen or lunchroom. For clinical reasons, residents can consume meals in their own room. Staff does not eat together with the elderly, but they are available in the lunchroom to help and to encourage food consumption if needed.  The duration of the lunch meal is fixed to around 45 min. Seating is fixed and selected by staff. Generally, there are 4-8 seats per table and max 40 people per room. |
| Promotion | The menu is prepared on a weekly base and lasts for 4-5 weeks. Information about the menu is available day by day and weekly in the canteen and other common places.  Different menus are available according to specific needs: malnutrition, ipo/iper caloric; re-alimentation; specific pathologies and dysfunction.  Care staff is trained in nutrition, health education and food processing. |

## 6.4 France

|  |  |
| --- | --- |
| P’s | FRANCE |
| Product | The meals are based on guidelines and recommendations from national level (PNNS) that elderly care facilities are obliged to follow. The main focus is on nutritional aspects of the meals, whereas only a small note of serving traditional dishes to elderly is included in PNNS.  80 % of elderly care facilities have their own internal kitchen where food is prepared for the residents. The onsite kitchen results in that food is mostly ready to serve, directly from the kitchen to the residents without being chilled or reheated.  Warm meals are common for both lunch and dinner, whereas dinner is typically a lighter meal than lunch, e.g. a soup. Cold vegetables appear in salads as starters. Most vegetables are to be found in the cooked dishes, and are mainly used as frozen or fresh.  One fixed plate of food is served to the elderly at the table by the staff. It is possible for the elderly to ask for more food, but it is not served automatically and only if requested by residents. Additional sauces and water are available at the table.  Lunch is the first served meal to the elderly after the breakfast, and is the main meal of the day. In the afternoon a sweet snacks and drinks (“gouter”) are served. |
| Price | The average price for a lunch meal is 2.3 Euros, and is fixed.  The French government gives a subsidy as part of the entire payment, depending on economic status of the elderly. |
| Physical environment | Food is available in canteens and vending machines. Vending machines seems to be mostly used by staff and visitors and not the elderly.  Elderly have their lunch in a proper canteen only used for lunch meals. Whereas the elderly often can choose where to eat their dinner. Water dispensers and sauces are available at the table. The number of elderly eating in the same canteen varies with the size of the care home. Generally between 21-40 persons. Fixed seating is common due to practical and social concerns. A number of 2-4 persons per table are common. The elderly do not eat alone by their own table, unless a special situation requires so. Staff does not commonly eat with the elderly.  Meals are served at a fixed time and due to practical issues there is also an “ending” of the meal. The duration is linked to the logistics of the daily routines of the home. |
| Promotion | The elderly can choose from two meals on the day, e.g. without meat or similar. There is always a possibility of a substitution meal.  The menu changes once per season and information of the menu are shown to the elderly at common areas (lifts, canteen, halls etc.). The elderly care facilities occasionally communicate special menus, e.g. a dish from a specific region or the season. Information of health and sensory qualities are also given to the elderly, both orally by the staff and written on posters. The care staff is educated in basic nutritional care, e.g. reporting if a resident have not eaten for a while. |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Meal NO | Type of dish | Name of main dish  (add picture if available) | Ingredients  Protein | Ingredients  Starch | Ingredients  Vegetables | Season | Lunch/dinner | Warm/Cold |
| Meal 1 | Main dish | Beef Ossobuco style | Beef | Mashed potatoes | Tomato, onions, celery, leek, parsnip | Winter | Dinner | Warm |
| Meal 2 | Main dish | Meatballs in celery | Minced pork and beef | Potatoes | Onions and celery | Winter | Dinner | Warm |
| Meal 3 | Main dish | Smoked saddle of pork with potatoes and roots | Smoked pork | Potatoes | Mixed roots | Winter | Dinner | Warm |
| Meal 4 | Main dish | Beef ragout | Beef | Potatoes | Celery, leek, lime, parsley | Winter | Dinner | Warm |
| Meal 5 | Main dish | Roasted pork with potatoes and red cabbage | Pork | Potatoes | Red cabbage, | Winter | Dinner | Warm |
| Meal 6 | Main dish | Steamed cod fish with potatoes and beetroot | Cod | Potatoes | Celery, beetroot | Fall | Dinner | Warm |
| Meal 6 | Main dish | Potato soup | Beans | Potatoes, homemade bread | Curly kale, carrot | Fall | Dinner | Warm |
| Meal 7 | Main dish | Million beef | Beef | Mashed potatoes | Tomatoes, onions, parsnip, carrots, celery | Fall | Dinner | Warm |
| Meal 8 | Starter | Tomato soup with peas | - | - | Onions, tomato, peas | Fall | Dinner | Warm |
| Main dish | Spicy pork with potatoes | Pork | Potatoes | - | Fall | Dinner | Warm |
| Side dish | Salad | - | - | Green salad, curly flower | Fall | Dinner |
| Meal 9 | Main dish | Duck breast with potatoes and red cabbage | Duck breast | Potatoes | Red cabbage | Fall | Dinner | Warm |
| Meal 10 | Starter | Patty shell with pork | Pork |  | Peas, carrot | Fall | Dinner | Warm |
| Main dish | Mackerel with potatoes and sweet corns | Mackerel | Potatoes | Sweet corns | Fall | Dinner | Warm |

# Appendix 7 – Recipes for elderly care facilities

## 7.1 Denmark

## 7.2 United Kingdom

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Meal NO | Type of dish | Name of main dish | Ingredients  Protein | Ingredients  Starch | Ingredients  Vegetables | Season | Lunch/dinner | Warm/Cold |
| Meal 1 | Starter | Roast Pork & Apple Sauce |  |  |  |  | Lunch |  |
| Main dish | Spaghetti Bolognaise |  |  |  |  |
| Side dish | Rhubarb Crumble & Custard |  |  |  |  |
| Meal 2 | Starter | Poached Salmon |  |  |  |  | Lunch |  |
| Main dish | Roast Chicken Vegetable Chilli& Rice |  |  |  |  |  |
| Meal 3 | Starter | Cottage Pie |  |  |  |  | Lunch |  |
| Main dish | Chicken Chasseur |  |  |  |  |  |
| Meal 4 | Starter | Lancashire Hot Pot |  |  |  |  | Lunch |  |
| Main dish | Stir Fry Chicken & Rice |  |  |  |  |  |
| Meal 5 | Starter | Fried Cod Gammon & Pineapple | - | - |  |  | Lunch |  |
| Main dish | Vegetable Curry & Rice |  |  |  |  |  |
| Meal 6 | Starter | Roast Beef & Yorkshire Pudding |  |  |  |  | Lunch |  |
| Main dish | Pork Casserole |  |  |  |  |  |
| Meal 7 | Starter | Pea Soup  & Bread Roll |  |  |  |  | Dinner |  |
| Main dish | Macaroni Cheese |  |  |  |  |  |
| Meal 8 | Starter | Tomato Rice Soup & Bread Roll |  |  |  |  | Dinner |  |
| Main dish | Jacket Potato & Cheese & Coleslaw |  |  |  |  |  |
| Meal 9 | Starter | Cream of mushroom soup and bread roll |  |  |  |  | Dinner |  |
| Main dish | Sardines & Tomato on toast |  |  |  |  |  |
| Meal 10 | Starter | Potato & Leek Soup & Bread Roll |  |  |  |  | Dinner |  |
| Main dish | Sausage Tomato & Bread |  |  |  |  |  |

## 7.3 Italy

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Meal N°** | **Serving style** | **Name of main dish** | **Ingredient**  **Protein** | **Ingredient**  **Starch** | **Ingredients**  **Vegetables** | **Season** | **Lunch/dinner** | **Warm/Cold** |
| **Meal 1** | Starter | Broth with tortellini | Meat, eggs | Pasta | / | All year | Dinner | Warm |
| Main dish | Hamburger | Veal | / | / | All year | Dinner | Warm |
| Side dish | Potatoes with onions |  | Potatoes | / | All year | *Lunch*/dinner | Warm |
| **Meal 2** | Starter | Pasta with ragout | Meat | Pasta | Tomato sauce | All year | Lunch | Warm |
| Main dish | Cuttlefish | Cuttlefish | / | / | All year | Lunch | Warm |
| Side dish | Mixed vegetables | / | / | Carrots, zucchini, aubergines | Summer/spring | Lunch/*dinner* | Warm |
| **Meal 3** | Starter | Cold minestrone | Beans | / | Carrots, zucchini, spinach, beans | Summer/spring | Dinner | Warm |
| Main dish | Vegetarian meatball | Eggs | Flour, potatoes | Carrots, zucchini | Summer/spring | Dinner | Warm |
| Side dish | Spinach | / | / | Spinach | All year | *Lunch*/dinner | Warm |
| **Meal 4** | Starter | Pasta with pesto | Chese | Pasta | Basil | Summer/spring | Lunch | Warm |
| Main dish | Roast chicken | Chicken | / | / | All year | Lunch | Warm |
| Side dish | Tomatoes | / | / | Tomatoes | Summer/spring | Lunch/*dinner* | Cold |
| **Meal 5** | Starter | Gnocchi with tomato sauce | / | Gnocchi | Peeled tomato | All year | Lunch | Warm |
| Main dish | Roast beef | Beef | / | / | All year | Lunch |  |
| Side dish | Broccoli | / | / | Broccoli | Winter/fall | Lunch/*dinner* | Warm |
| **Meal 6** | Starter | Asparagus soup | / | / | Asparagus | Winter/fall | Dinner | Warm |
| Main dish | Meatloaf | Pork, veal | / | / | Winter/fall | Dinner | Warm |
| Side dish | Roasted potatoes | / | Potatoes | / | All year | *Lunch*/dinner | Warm |
| **Meal 7** | Starter | Rice with pumpkin | / | Rice | Pumpkin | Winter/fall | Lunch | Warm |
| Main dish | Salmon | Salmon | / | / | All year | Lunch | Warm |
| Side dish | Cabbage | / | / | Cabbage | Winter/fall | Lunch/*dinner* | Warm |
| **Meal 8** | Starter | Pea soup | Peas | / | Peas | Summer/spring | Dinner | Warm |
| Main dish | Mackerel salad | Mackerel | / | Tomatoes | Summer/spring | Dinner | Cold |
| **Meal 9** | Starter | Ravioli with tomato sauce | Cheese, eggs | Pasta | Spinach, peeled tomatoes | All year | Lunch | Warm |
| Main dish | Rabbit cacciatore | Rabbit | / | Peeled tomatoes, olives | Winter/fall | Lunch | Warm |
| Side dish | Carrots | / | / | Carrots | All year | Lunch/*dinner* | Warm |
| **Meal 10** | Starter | Carrot purée | / | / | Carrots | All year | Dinner | Warm |
| Main dish | Frittata | Eggs, cheese | / |  | All year | Dinner | Warm |
| Side dish | Spinach | / | / | Spinach | All year | *Lunch*/dinner | Warm |

## 7.4 France

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| **Meal N°** | **Serving style** | **Name of main dish** | **Ingredient**  **Protein** | **Ingredient**  **Starch** | **Ingredients**  **Vegetables** | **Season** | **Lunch/dinner** | **Warm/Cold** |
| **Meal 1** | Starter | Tomato salad with basil |  |  | Tomato, basil | Spring | Lunch | Cold |
| Main dish | Salmon with lemon |  |  |  | Spring | Lunch | Warm |
| Side dish | Cooked potatoes |  |  |  | spring | Lunch | Warm |
| **Meal 2** | Starter | Vegetables soup |  |  | Leek, carott | All year | Diner | Warm |
| Main dish | “Bouchée” of chicken with mushrooms |  |  | Mushroom | Spring | Diner | Warm |
| Side dish | / |  |  |  |  |  |  |
| **Meal 3** | Starter | Avocado with Shrimps |  |  | Avocado | Spring | Lunch | Cold |
| Main dish | Beef roast with porto wine sauce |  |  |  | Spring | Lunch | Warm |
| Side dish | scalloped potatoes / vegetable julienne |  |  |  | Spring | Lunch | Warm |
| **Meal 4** | Starter | Vegetables soup with croutons |  |  |  | All year | Diner | Warm |
| Main dish | Chipolatas |  |  |  | Spring | Diner | Warm |
| Side dish | Celery purée |  |  | Celery | Spring | Diner | Warm |
| **Meal 5** | Starter | Potted meat (rillettes) |  |  |  | Fall | Lunch | Cold |
| Main dish | Rabbit leg with prunes |  |  |  | Fall | Lunch | Warm |
| Side dish | Flat beans |  |  | beans | Fall | Lunch | Warm |
| **Meal 6** | Starter | Vegetables soup |  |  |  | All year | Dinner | Warm |
| Main dish | Fish brandade |  |  |  | Fall | Dinner | Warm |
| Side dish | / |  |  |  |  |  |  |
| **Meal 7** | Starter | Duo of cabbage and vinaigrette |  |  | cabbage | Fall | Lunch | Cold |
| Main dish | Bolognese pasta |  |  |  | Fall | Lunch | Warm |
| Side dish | / |  |  |  | Fall | Lunch | Warm |
| **Meal 8** | Starter | Vegetables soup |  |  |  | All year | Diner | Warm |
| Main dish | Onion pie |  |  |  | Winter | Diner | Warm |
| Side dish | Endive salad |  |  |  | Winter | Diner | Cold |
| **Meal 9** | Starter | Celery with remoulade sauce |  |  |  | Winter | Lunch | Cold |
| Main dish | Bourguignon beef |  |  |  | Winter | Lunch | Warm |
| Side dish | Farfalle |  |  |  | Winter | Lunch | Warm |
| **Meal 10** | Starter | Vegetables soup |  |  |  | All year | Diner | Warm |
| Main dish | Omelette with herbs |  |  |  | Winter | Diner | Warm |
| Side dish | Piperade |  |  |  | Winter | Diner | Warm |