

**IT'S  
MADE FOR  
YOU**

# Softer Foods Dietary Summary Guide

---

Brought to you by



Meals to suit  
Level 4 Puréed,  
Level 5 Minced & Moist and  
Level 6 Soft & Bite-Sized diets

**SPRING/SUMMER 2026**

---

If you need any advice regarding dietary information please call your local office number and the team will be happy to help.

---

All product information is correct at time of publishing but may be subject to change through product improvement. We always recommend you check the packaging for latest ingredient information. Products subject to availability. For full terms and conditions please visit our website at [oakhousefoods.co.uk/terms-and-conditions](https://oakhousefoods.co.uk/terms-and-conditions). E&OE.

Code	Product	Portion Weight g	Typical nutritional information per portion								Vegetarian
			Energy kJ kcal	Fat g of which saturates	Carbohydrates g of which sugars	Fibre g	Protein g	Salt g			

### LEVEL 4 Puréed Mini Meals

D106	Mini Puréed Beef Casserole	280g	1534	<b>370</b>	25.5	<b>8.9</b>	16.0	<b>2.5</b>	2.5	17.9	1.06	
D150	Mini Puréed Chicken & Potato Pie	280g	1399	<b>335</b>	21.8	<b>7.8</b>	18.5	<b>18.5</b>	0.5	15.7	0.78	
D104	Mini Puréed Chicken Casserole	280g	1496	<b>359</b>	23.0	<b>6.7</b>	20.2	<b>4.6</b>	2.1	17.1	1.09	
D129	Mini Puréed Fish & Chips	280g	1244	<b>297</b>	13.4	<b>4.5</b>	33.6	<b>3.1</b>	3.1	9.3	1.68	
D109	Mini Puréed Fisherman's Pie	280g	1686	<b>404</b>	24.6	<b>10.9</b>	27.4	<b>6.2</b>	1.9	17.4	1.20	
D105	Mini Puréed Lamb with Mint	280g	1695	<b>407</b>	30.8	<b>12.3</b>	19.9	<b>5.9</b>	1.4	14.3	1.12	
D108	Mini Puréed Lancashire Hotpot	280g	1649	<b>396</b>	28.0	<b>12.0</b>	21.0	<b>5.6</b>	1.7	14.0	0.91	
D107	Mini Puréed Macaroni Cheese	280g	1914	<b>459</b>	30.8	<b>15.4</b>	30.8	<b>11.2</b>	0.0	15.7	1.37	Vegetarian
D149	Mini Puréed Sausage & Mash	280g	1361	<b>326</b>	19.9	<b>7.2</b>	25.5	<b>5.6</b>	1.8	10.1	1.15	
D148	Mini Puréed Vegetable Lasagne	280g	1716	<b>412</b>	26.3	<b>9.3</b>	30.8	<b>8.7</b>	2.4	13.2	1.23	Vegetarian

### LEVEL 4 Puréed Main Meals

D116	Puréed Beef Bolognese with Pasta - Oven Only	380g	2499	<b>601</b>	44.0	<b>16.0</b>	31.0	<b>9.2</b>	6.6	19.0	1.40	
D114	Puréed Beef Stew & Dumplings	380g	2339	<b>562</b>	40.0	<b>14.0</b>	31.0	<b>8.1</b>	6.7	17.0	1.60	
D143	Puréed Chicken & Potato Pie - Oven Only	380g	2230	<b>535</b>	36.0	<b>13.0</b>	32.0	<b>8.1</b>	5.9	20.0	1.17	
D112	Puréed Chicken Curry	380g	2088	<b>501</b>	32.2	<b>10.9</b>	28.4	<b>5.7</b>	6.2	21.4	1.46	
D134	Puréed Cottage Pie	380g	2387	<b>573</b>	41.0	<b>14.0</b>	33.0	<b>7.3</b>	5.9	18.0	1.30	
D117	Puréed Fish in Cheese - Oven Only	380g	2261	<b>543</b>	35.0	<b>15.0</b>	35.0	<b>11.0</b>	4.9	19.0	1.50	
D146	Puréed Fisherman's Pie	380g	2373	<b>569</b>	37.0	<b>16.0</b>	39.0	<b>11.0</b>	6.0	19.0	1.60	
D184	Puréed Hearty Beef Casserole	380g	2215	<b>532</b>	34.0	<b>12.0</b>	34.0	<b>6.6</b>	6.3	20.0	1.33	
D111	Puréed Hearty Chicken Casserole	380g	2262	<b>543</b>	35.0	<b>12.0</b>	33.0	<b>6.7</b>	6.2	21.0	1.60	
D113	Puréed Lamb with Mint	380g	2473	<b>594</b>	43.0	<b>17.0</b>	33.0	<b>7.0</b>	6.0	18.0	1.60	
D119	Puréed Lancashire Hotpot	380g	2134	<b>510</b>	30.8	<b>12.8</b>	35.3	<b>6.1</b>	6.6	19.5	1.41	
D121	Puréed Macaroni Cheese	380g	2602	<b>624</b>	42.0	<b>20.0</b>	43.0	<b>16.0</b>	6.5	17.0	1.71	Vegetarian
D135	Puréed Omelette in Cheese Sauce	380g	3025	<b>728</b>	55.0	<b>24.0</b>	41.0	<b>11.0</b>	4.5	15.0	2.30	Vegetarian
D115	Puréed Roast Beef with Yorkshire Pudding & Mustard Mash	380g	2472	<b>596</b>	44.0	<b>15.0</b>	30.0	<b>8.5</b>	5.9	19.0	1.30	
D118	Puréed Salmon in Dill and Cream Sauce	380g	2594	<b>624</b>	44.0	<b>16.0</b>	37.0	<b>9.5</b>	5.1	18.0	1.80	
D144	Puréed Sausage & Mash	380g	1834	<b>439</b>	24.0	<b>9.6</b>	38.0	<b>6.0</b>	6.3	15.0	1.70	
D110	Puréed Traditional Chicken & Stuffing	380g	2093	<b>502</b>	30.2	<b>11.0</b>	32.0	<b>5.7</b>	6.2	22.4	1.81	
D142	Puréed Vegetable Lasagne	380g	2137	<b>531</b>	34.0	<b>13.0</b>	37.0	<b>9.0</b>	7.5	15.0	1.40	Vegetarian

### LEVEL 4 Puréed Desserts

D126	Puréed Banoffee Pie	150g	1522	<b>364</b>	22.5	<b>9.1</b>	37.5	<b>24.0</b>	0.3	2.2	0.57	Vegetarian
D125	Puréed Chocolate Orange Sponge with Custard	150g	1149	<b>273</b>	11.3	<b>2.1</b>	40.5	<b>19.5</b>	0.7	2.7	0.60	Vegetarian
D100	Puréed Lemon Sponge & Custard	150g	1179	<b>281</b>	10.4	<b>2.4</b>	45.0	<b>25.5</b>	0.5	2.4	0.71	Vegetarian
D103	Puréed Spiced Apple and Custard	150g	936	<b>223</b>	7.5	<b>1.5</b>	36.0	<b>20.0</b>	1.4	2.0	0.48	Vegetarian
D127	Puréed Sticky Toffee Pudding	150g	1507	<b>361</b>	24.0	<b>9.3</b>	34.5	<b>24.0</b>	0.3	1.9	0.54	Vegetarian

Code	Product	Portion Weight g	Typical nutritional information per portion									Vegetarian
			Energy kJ kcal	Fat g of which saturates	Carbohydrates g of which sugars	Fibre g	Protein g	Salt g				

## LEVEL 5 Minced & Moist Main Meals

M403	Minced & Moist Beef Bolognese	380g	2310	<b>555</b>	39.0	<b>16.0</b>	30.0	<b>9.1</b>	5.0	19.0	1.74	
M414	Minced & Moist Beef Stew & Dumplings	380g	1828	<b>438</b>	25.0	<b>11.0</b>	33.0	<b>6.3</b>	4.4	18.0	1.40	
M406	Minced & Moist Chicken Curry	380g	2092	<b>502</b>	30.0	<b>11.0</b>	33.0	<b>6.9</b>	1.7	22.0	2.01	
M404	Minced & Moist Cottage Pie	380g	1738	<b>415</b>	23.0	<b>10.0</b>	30.0	<b>8.1</b>	4.7	21.0	1.60	
M410	Minced & Moist Fish in Cheese	380g	2217	<b>532</b>	30.0	<b>15.0</b>	40.0	<b>8.5</b>	4.0	23.0	2.20	
M415	Minced & Moist Lamb Casserole	380g	1594	<b>384</b>	25.5	<b>11.3</b>	17.4	<b>5.7</b>	4.2	20.4	1.10	
M412	Minced & Moist Lancashire Hotpot	380g	1826	<b>437</b>	24.0	<b>11.0</b>	35.0	<b>4.3</b>	6.4	18.0	1.50	
M405	Minced & Moist Roast Lamb with Mint	380g	1749	<b>418</b>	27.0	<b>13.0</b>	23.0	<b>4.8</b>	4.4	19.0	1.90	
M402	Minced & Moist Vegetable Lasagne	380g	1834	<b>438</b>	23.0	<b>9.9</b>	42.0	<b>9.7</b>	6.2	13.0	1.30	Vegetarian
M416	Minced & Moist Macaroni Cheese	380g	2730	<b>656</b>	45.0	<b>22.0</b>	46.0	<b>11.0</b>	0.0	15.0	2.12	Vegetarian

## LEVEL 6 Soft & Bite-sized Main Meals

F100	Soft & Bite-sized Beef Bolognese	380g	1391	<b>332</b>	17.0	<b>6.8</b>	24.0	<b>11.0</b>	4.5	20.0	1.40	
F104	Soft & Bite-Sized Chicken Casserole	380g	1325	<b>318</b>	15.0	<b>6.9</b>	26.0	<b>8.5</b>	3.6	18.0	1.80	
F101	Soft & Bite-Sized Cottage Pie	380g	1256	<b>301</b>	9.1	<b>2.2</b>	32.0	<b>5.1</b>	3.9	20.0	1.30	
F120	Soft & Bite-Sized Fish in Cheese	380g	1802	<b>431</b>	19.0	<b>9.4</b>	38.0	<b>9.9</b>	5.1	24.0	1.30	
F103	Soft & Bite-Sized Lamb Casserole	380g	1524	<b>363</b>	16.0	<b>8.0</b>	30.0	<b>6.2</b>	4.5	22.0	1.40	
F110	Soft & Bite-Sized Roast Beef	380g	1318	<b>314</b>	13.0	<b>4.7</b>	24.0	<b>7.2</b>	2.1	24.0	1.40	
F111	Soft & Bite-Sized Roast Lamb and Mint	380g	1360	<b>326</b>	18.0	<b>8.4</b>	31.0	<b>6.2</b>	3.0	19.0	1.60	
F108	Soft & Bite-Sized Traditional Chicken & Stuffing	380g	1306	<b>314</b>	17.0	<b>7.1</b>	21.0	<b>5.3</b>	5.3	18.0	1.50	
F121	Soft & Bite-Sized Vegetable Tikka Masala	380g	1824	<b>437</b>	29.0	<b>4.1</b>	71.0	<b>9.2</b>	11.0	15.0	1.30	Vegetarian