







Softer Foods

Delicious Texture Modified Meals

Delivered straight to your door

60 Dishes

itsmadeforyou.co.uk





It's Made For You Texture Modified Meals



It's Made For You Texture Modified Meals from Oakhouse Foods

Here at **It's Made For You**, we believe that everyone should look forward to tasty, safe and nutritious texture modified meals. That is why we launched **It's Made For You**, a brand-new range of meals and desserts, designed to the IDDSI required texture, so everyone can enjoy stress-free, easy mealtimes.

Our range of meals and desserts are delicious, easy to prepare in a microwave or oven, and are made in the UK using quality ingredients and home made cooking techniques.

Our **It's Made For You Texture Modified** range of meals are designed to meet the IDDSI framework for texture, ensuring you have peace of mind when preparing this meal for yourself or a loved one.



"Delivered to your door, nutritious, easy to prepare, safe and enjoyable to eat. It's for that reason that I recommend It's Made For You for my patients" Sandra Robinson (Speech & Language Therapist)













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Swallowing is a semiautomatic process. It's the movement of muscles of the respiratory and gastrointestinal tracts to propel food from the mouth to the stomach. When this goes wrong in any way repeatedly or consistently, it's called dysphagia. The **It's Made For You** range is designed for the International Dysphagia Diet Standardisation Initiative (IDDSI) framework standards, and includes valuable nutrition. The use of pre-prepared meals such as the **It's Made For You** range can be a practical time-saver and bring peace of mind to the person with dysphagia. They can form an integral part of living with dysphagia at home.

Caroline Hill (Dietitian) and Sandra Robinson (Speech & Language Therapist)



We are very pleased to be a Gold Sponsor of the International Dysphagia Diet Standardisation Initiative, who work to improve the lives of those living with Dysphagia worldwide.



















✓ All of our texture modified meals are designed specifically for those living with dysphagia or those with temporary swallowing difficulties.

✓ We use natural ingredients and homemade cooking methods to bring out the best flavours.

✓ Our meals provide high value nutrients, which is essential for good health.

✓ We offer a range of dietary options such as low sugar and gluten free.

✓ We also try to make our meals look extra appealing by using shaping moulds, while maintaining the required texture.

Our meals are made in the UK, using quality ingredients and homemade cooking techniques.

Tasty looking meals



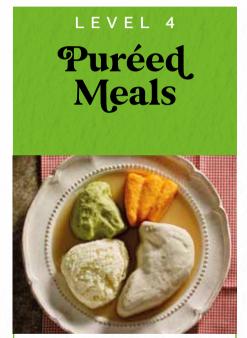






Our Range

Our It's Made For You Softer Foods range is available in three different textures:



Our Level 4 Puréed meals are puréed and smooth with a consistent texture. They are thick enough to eat with a fork and are packed with flavour.





Our Level 5 Minced and Moist meals require minimal chewing but come with a more varied texture.



Soft & Bite-Sized Meals

IFVFI 6



Our Level 6 Soft and Bite-Sized meals are suitable for anyone who enjoys their meat and vegetables a little more tender and easier to chew.



We have helped over 7000 customers enjoy delicious, stress-free mealtimes with our It's Made For You Texture Modified meals, and we are so pleased to have great feedback from our customers and Health Care Professionals.

"Great food, delivered on time... the choice of food that is puréed without loss of flavour is excellent. The provision of food we can trust in allows us to devote less time to cooking and more time to self care and care for my sister."

Wendy, Oct 2021

"My husband enjoys your puréed meals, as a sufferer of motor neurone he has great difficulty swallowing so thank you for your puréed meals, he really enjoys them."

Jane, Nov 2021

"As a person who has trouble swallowing I find It's Made For You Puréed Foods brilliant... It's a treat for me... I can't praise them enough. I would recommend them and bonus is the food is so delicious."

Rose, Aug 2021





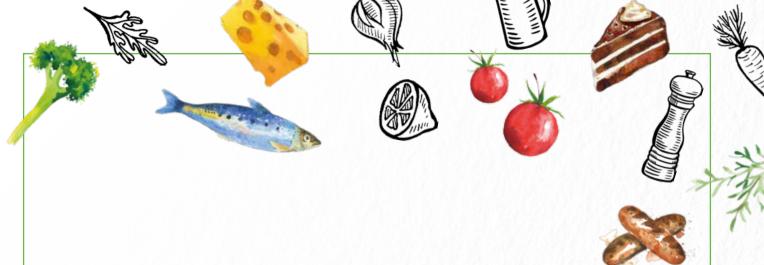












From Health Care Professionals:

"It's Made for You provides a great solution for people living with dysphagia and can help to ensure those following a texture modified diet have access to safe, tasty and nutritious food.

I recommend the Made For You range to ensure the nutritional needs of people with dysphagia are met."

Caroline, Dietitian

"It takes the hassle and worry out of preparing texture-modified meals. Many people with swallowing difficulties can still make these meals for themselves using a microwave, for example. There's a lot of choice and people can enjoy the food they've always preferred knowing it's also safe and nutritious."

Sandra, Speech & Language Therapist



Easy Ordering

WITH IT'S MADE FOR YOU

Whether you want quick and easy ordering online or you prefer to speak to someone over the phone - the choice is yours, every step of the way!

Ordering with us is as easy as 1, 2, 3



Step 1

Browse our meals - order by phone, online or fill out an order form.



Step 2

Our friendly local delivery driver will bring your It's Made For You meals to your home.



Step 3

Quick and easy to cook in your oven or microwave.

Ordering on the It's Made For You website

Our brand-new It's Made For You website is a guick, easy and secure way to have delicious softer foods frozen meals and desserts delivered directly to your home. Select a delivery date and place an order. You can even check out without registering an account if you prefer!

Shop online 24/7







Compatible with your computer, phone, or your tablet.

Ordering on the phone

Prefer to speak to someone over the phone? Your local team has dedicated staff who are happy to help you place your order and assist you with anything you might need.

Simply call the number on the front of this brochure to reach your local team, who are looking forward to getting to know you.

No contracts!

Order as often or as little as you like, as there are no contracts with It's Made For You.

Easy payment methods

Simply pay your driver by cash or cheque when your food is delivered. If you would prefer to pay over the phone or online, we accept the following:



















Going the Extra Mile

It's Made For You is brought to you from Oakhouse Foods. Oakhouse Foods is a leading national frozen meals home delivery service, who offers a wide range of delicious frozen meals and desserts. They launched It's Made For You, a brand which focuses on offering delicious flavoursome, safe and easy mealtimes for those with

It's Made For You uses the Oakhouse Foods Customer Care Teams and delivery drivers to supply **It's Made For You meals**, so don't be surprised if you see an Oakhouse Foods van pull up with your order.

dysphagia.

Once you have placed your order, one of your local Oakhouse Foods delivery drivers will bring it directly to you. Orders of £30 or more are delivered for FREE. For orders below £30, the delivery charge is just £1.

We pride ourselves on delivering an excellent, friendly service so our drivers always go the extra mile for you. That is why we have such good relationships with our customers. Our drivers are even happy to pack away the food for you, if you request it.















Our Dietary Symbols

You'll find dietary symbols clearly displayed next to the dishes in our range to give you a quick snapshot of any key information about each one. You will also find these at the bottom of every page.

DIETARY SYMBOLS:

- V Vegetarian Free from meat, fish and their derivatives. May contain dairy
 - derivatives. May contain dairy products.
- VE Vegan

 Free from meat, eggs, dairy products, and all other animal-derived ingredients.
- Low Fat
 3g of fat or less per serving.
- F Source of Fibre
 Contains at least 3g of fibre
 per 100g or at least 1.5g of fibre
 per 100 kcal.

S Low Salt 0.3g per 100g or less.

GF Gluten Free*

- HP High Protein

 At least 20% of the energy value of the food is provided by protein.
- Less than 5g sugars per 100g.
 - Free from traces of gluten in accordance with the legal threshold (<20ppm). Our products are made to Gluten Free recipes, however the factories that make them do handle gluten.





















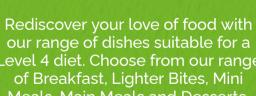






Puréed Meals

Level 4 diet. Choose from our range of Breakfast, Lighter Bites, Mini Meals, Main Meals and Desserts.















SUITABLE FOR A LEVEL 4 PURÉED DIET



D132 - Puréed All Day Breakfast Puréed omelette, puréed sausage and puréed beans served with a tomato sauce.



D169 - Puréed Porridge Traditional breakfast made with creamy puréed oats.

£5.30

380g

LS F

£1.80





D136 - Puréed Scrambled Egg on Toast

Puréed scrambled egg on puréed toast served with a tomato sauce.

OVEN ONLY

£4.25

160g





D130 - Puréed **Beans on Toast**

A comforting snack of puréed beans in tomato sauce with puréed toast.

OVEN ONLY

£4,25 LS V F

160g

NOT SURE WHAT TO TRY?

LEVEL 4

Our Puréed Best Sellers Pack

Features all your favourites!

All Day Breakfast Hearty Chicken Casserole Beef Stew & Dumplings Lamb with Mint Traditional Chicken & Stuffing Salmon in Dill & Cream Sauce Roast Beef & Yorkshire Pudding

See page 50









SUITABLE FOR A LEVEL 4 PURÉED DIFT



D106 - Mini Puréed Beef Casserole Puréed beef casserole with gravy, served with puréed peas and puréed creamy mashed potato.

£4.75

280q





D150 - Mini Puréed Chicken & **Potato Pie**

Puréed chicken and potato in a rich gravy served with puréed broccoli and puréed mashed potato.

£4.75

280g





Puréed chicken and stuffing served with puréed broccoli, puréed creamed potato and gravy.

£4.75















D173 - Mini Puréed Chicken Tikka Masala

Curried puréed chicken in a masala sauce served with puréed cauliflower and puréed creamed potato.

£4.75 280g LS GF



D139 - Mini Puréed **Roast Turkey**

Puréed turkey and stuffing with cranberry gravy, puréed creamed parsley potato and puréed swede & parsnip mash.

£4.75

280g

LS HP





D108 - Mini Puréed **Lancashire Hotpot** Puréed Lancashire hotpot in gravy served with puréed carrots and puréed creamy mashed potato.



D149 - Mini Puréed Sausage & Mash Puréed sausage with gravy served with puréed mashed potato and puréed carrots.

£4.75 280g £4.75 280g



D105 - Mini Puréed Lamb with Mint Puréed minted lamb in gravy served with puréed carrots and puréed mashed potato.



D109 - Mini Puréed Fisherman's Pie Puréed fisherman's pie with cream sauce, served with puréed peas and puréed creamy mashed potato.

£4.75 280q £4.75





D129 - Mini Puréed Fish & Chips Traditional puréed fish and chips with puréed mushy peas and a tomato sauce.

£4.75 LS 280g



D107 - Mini Puréed Macaroni Cheese Puréed macaroni in a cheese sauce, served with puréed broccoli and puréed mashed potato.

£4.75 280g LS V



D151 - Mini Puréed Fish in Cheese Sauce

Puréed poached fish in cheese sauce, served with puréed peas and puréed mashed potato.

£4.75 280g LS HP



D148 - Mini Puréed Vegetable Lasagne Puréed courgette, puréed aubergines, puréed lentils, puréed béchamel sauce and puréed pasta in cheese sauce, served with puréed carrots and puréed creamy mashed potato.

£4.75

280q





SUITABLE FOR A LEVEL 4 PURÉED DIET

Our allergen aware meals do not contain the 14 known allergens but can be enjoyed by all.



D134 - Puréed Cottage Pie

Puréed beef dish topped with puréed mashed potato and served with puréed carrots, puréed broccoli and gravy.

£5.30

380g



D116 - Puréed Beef **Bolognese with Pasta** Puréed beef bolognese with puréed pasta in tomato sauce, with puréed mashed potato, puréed carrots and

£5.30

380a



D114 - Puréed Beef **Stew & Dumplings**

Puréed beef stew and dumplings in a rich gravy, with puréed creamed mashed potato, puréed carrots and puréed green beans.

£5.30

380q





D115 - Puréed Roast Beef & Yorkshire **Pudding**

Puréed roast beef and Yorkshire pudding with puréed mustard mashed potato, served with puréed carrots, puréed cauliflower and gravy.

£5.30

380g





D143 - Puréed Chicken & Potato Pie

Puréed chicken and potato in a rich gravy served with puréed broccoli, puréed carrots and puréed mashed potato.

£5.30

LS S

380g



D112 - Puréed **Chicken Curry**

Puréed chicken curry with masala sauce. puréed creamy mashed potato, puréed cauliflower and puréed peas.

£5.30

380g



D175 - Allergen Aware Puréed Chicken Casserole

Hearty puréed chicken casserole served with puréed peas and puréed root vegetables with puréed potato mash and a rich onion gravy.

£5.30

380g

LS GF HP F





D181 - Puréed Tangy Lemon Chicken Citrus flavoured puréed chicken in a lemon sauce served with green beans and carrots, puréed and reshaped, and served with puréed mashed potato.

£5.30

380g





Traditional puréed chicken and stuffing with puréed creamy mashed potato, puréed carrots and puréed broccoli.

£5.30

& Stuffing

380g



D120 - Puréed **Sweet & Sour** Chicken

Puréed sweet and sour chicken in a sweet sauce with puréed carrots, puréed green beans and puréed mashed potato.

£5.30

380g



D111 - Puréed Hearty Chicken Casserole

Hearty puréed chicken casserole in a rich gravy with puréed mashed potato, puréed peas, puréed swede and puréed parsnips.

£5.30

380a



D178 - Puréed Chicken Tikka Masala

Curried puréed chicken in a masala sauce served with puréed vegetable masala and puréed Bombay potato.

£5.30

380q

LS GF









D138 - Puréed **Roast Turkey** Puréed turkey and stuffing with cranberry gravy, puréed creamed parsley potato, puréed swede & parsnip mash and puréed broccoli.

£5.30 380g LS



D119 - Puréed **Lancashire Hotpot**

Puréed Lancashire hotpot in gravy, with puréed creamy mashed potato, puréed peas and puréed carrots.

£5.30 380g



D144 - Puréed Sausage & Mash Puréed sausage in gravy served with puréed mashed potato, puréed carrots and puréed peas.

£5.30 380g



D113 - Puréed Lamb with Mint

Traditional puréed roast lamb with mint in gravy, served with puréed mashed potato, puréed broccoli, puréed carrot and puréed parsnip.

£5.30 380g



D133 - Puréed **Shepherd's Pie**

Puréed shepherd's pie served with puréed carrots, puréed peas and puréed gravy.

£5.30

GF Gluten Free S Low Salt 1 1 of your 5 a day HP High Protein F Source of Fibre





D117 - Puréed Fish in Cream **Cheese Sauce** Puréed fish in creamy cheese sauce with puréed mashed potato, puréed carrots and puréed peas.

£5.30

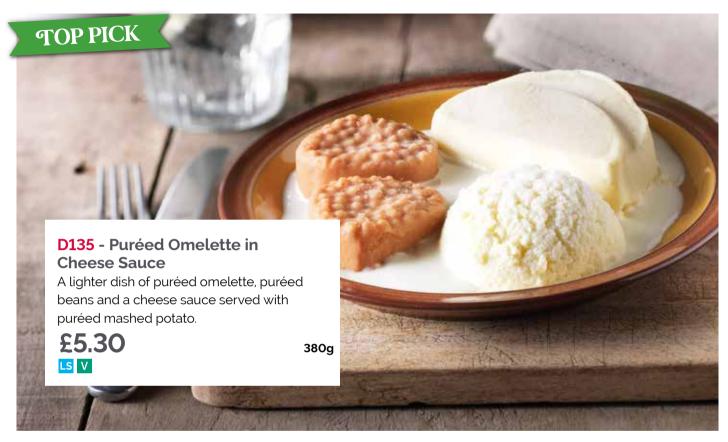
380g



D146 - Puréed Fisherman's Pie

Puréed fisherman's pie with cream sauce, served with puréed peas, puréed carrots and puréed creamy mashed potato.

£5.30





D121 - Puréed Macaroni Cheese

Puréed macaroni in a cheese sauce, with puréed creamy mashed potato, puréed carrots and puréed broccoli.

£5.30

LS V S



D177 - Allergen Aware Puréed **Chickpea Stew**

Puréed chickpea stew in a tomato sauce served with puréed peas, puréed root vegetables and puréed smooth potato mash.

£5.30

380g

LS S GF F



SUITABLE FOR A LEVEL 4 PURÉED DIET



D126 - Puréed Banoffee Pie Tempting classic banana flavoured puréed sponge dessert, topped with toffee sauce.

ENJOY HOT

£1.50 150g



D182 - Puréed Apple Pie Puréed apple pie and custard, with apple topping. **ENJOY HOT**

£1.50







D125 - Puréed Chocolate **Orange Sponge** with Custard Indulgent orange and chocolate flavoured puréed dessert.

ENJOY HOT

£1.50

150g



D123 - Puréed Peach Dessert Sweet puréed peach dessert. **DEFROST & SERVE**

£1.50

150g

V VE GF S







D124 - Puréed Fruit **Cocktail Dessert** A delicious medley of puréed fruit.

DEFROST & SERVE

£1.50

V VE GF S 150g



D171 - Puréed **Custard Cream with Cream Tea** Custard cream purée biscuit snack with

creamed tea. **ENJOY HOT**

£1.50





D103 - Puréed Spiced Apple & Custard Delicately spiced puréed apple with puréed sponge and puréed custard.

ENJOY HOT

£1.50

150g





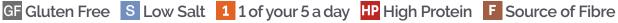
D127 - Puréed **Sticky Toffee Pudding** Rich toffee flavoured puréed sponge dessert. **ENJOY HOT**

£1.50

150g

NOT SURE WHAT TO TRY? LEVEL 4 **Our Puréed** Best Sellers Pack Mains & desserts - features all your favourites! A selection of our best-selling Level 4 Puréed Main Meals and Desserts for £47.60 For more information see page 50















Minced & Moist Meals

Enjoy Level 5 Minced & Moist options from our texture modified range. Choose from classics including Cottage Pie, Chicken Casserole and many more.















Main Meals



SUITABLE FOR A LEVEL 5 MINCED & MOIST DIET



M403 - Minced and Moist Beef Bolognese Minced beef with pasta in a tomato sauce served with mashed potato, carrot and swede.



M404 - Minced and Moist Cottage Pie Minced beef with creamy mashed potato topping, served with cauliflower in a cheese sauce, carrots and swede.

£5.30

380g

£5.30

380g

LS GF



M406 - Minced and Moist **Chicken Curry** Minced chicken in masala sauce, served with Bombay potatoes and





M400 - Minced and Moist Chicken Casserole Minced chicken and

gravy casserole served with mashed potato, minced carrot and swede.

£5.30 380g LS GF



M405 - Minced and Moist Roast Lamb and Mint

Minced roast lamb and mint, served with mashed potato and swede.

£5.30 380g





M401 - Minced and **Moist Fish Pie** Minced fish pie served with mushy peas and

carrots.

£5,30 380g LS GF



M402 - Minced and **Moist Vegetable** Lasagne

Minced vegetable lasagne, served with mashed potato and carrots.

£5.30

380g

LS V















Soft & Bite-Sized Meals

Everyday favourite meals available in an extra tender Soft & Bite-Sized range.















SUITABLE FOR A LEVEL 6 SOFT & BITE-SIZED DIET



F110 - Soft & Bite-Sized Roast Beef Beef in gravy, served with diced potatoes in a mustard sauce and cauliflower cheese.



F107 - Soft & Bite-Sized Beef Stew & Dumplings

Beef stew and dumplings in a rich gravy served with parsley potatoes and carrots.

£5.30

380g

LS GF

£5.30

380g





F101 - Soft & Bite-Sized **Cottage Pie**

Minced beef, carrots and onion in gravy with potato topping, served with minced cauliflower in cheese sauce and carrot and swede mash

£5,30

380g







F100 - Soft & **Bite-Sized Beef Bolognese** Beef Bolognese with crushed parsley potatoes and carrots.

£5.30

380g

NOT SURE WHAT TO TRY?

IFVFI 6

Our Soft & Bite-Sized **Taster Pack**

Features all your favourites!

Chicken Casserole Roast Lamb & Mint Fisherman's Pie Beef Bolognese Cottage Pie **Roast Beef** Macaroni Cheese

See page 57







F104 - Soft & **Bite-Sized Chicken** Casserole Chicken casserole with mashed potato and carrots.

£5.30

LS GF



F103 - Soft & **Bite-Sized Lamb** Casserole A minced lamb, carrot

and onion casserole with minted mashed potato and mushy peas.

380g

£5.30





F106 - Soft & **Bite-Sized Macaroni** Cheese

380a

Macaroni cheese with mustard mash, carrots and swede.

£5.30 380a LS V



F102 - Soft & Bite-Sized Fisherman's Pie

White fish, salmon and smoked haddock in a cream sauce topped with mashed potato. Served with carrots and mushy peas.

£5.30 380a LS HP F



F111 - Soft & **Bite-Sized Roast Lamb & Mint**

Minced lamb in a minted gravy served with swede and diced potatoes in a parsley sauce.

£5.30 380g LS GF



F112 - Soft & Bite-Sized Jam Sponge & Custard

Traditional sponge pudding with custard and jam.

ENJOY HOT

£1.50 150q





Easy Order Packs

Our Easy Order Packs make it simple to choose a selection of delicious meals and desserts. Don't like a meal or dessert? Simply let us know and we'll be happy to swap it for something else (this may affect the price).

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Puréed Best Sellers Pack

A 7-day pack of our most popular puréed meals and desserts.





Puréed Main Meals

- 1. All Day Breakfast
- 2. Hearty Chicken Casserole
- 3. Beef Stew & Dumplings
- 4. Lamb with Mint
- 5. Traditional Chicken & Stuffing
- 6. Salmon in Dill & Cream Sauce
- 7. Roast Beef & Yorkshire Pudding

Puréed Desserts

- 8. Lemon Sponge & Custard
- 9. Chocolate Orange Sponge with Custard
- 10. Spiced Apple & Custard
- 11. Fruit Cocktail Dessert
- 12. Sticky Toffee Pudding
- 13. Banoffee Pie
- 14. Rice Pudding

Puréed Mains

Code: P210

£37.10

Puréed Mains & Desserts

Code: P211

£47.60



Mini Puréed Best Sellers Pack

A 7-day pack of our most popular puréed mini meals.















Puréed Mini Meals

- 1. Beef Casserole
- 2. Chicken & Potato Pie
- 3. Fisherman's Pie
- 4. Macaroni Cheese
- 5. Vegetable Lasagne
- 6. Sausage & Mash
- 7. Lamb with Mint

Mini Puréed Mains

Code: P269

£33.25



Minced & Moist Taster Pack

A 7-day pack of our tasty Level 5 Minced & Moist main meals.















Minced & Moist Mains

- 1. Chicken Casserole
- 2. Fish Pie
- 3. Vegetable Lasagne
- **4.** Beef Bolognese
- 5. Cottage Pie
- 6. Roast Lamb
- 7. Chicken Curry

Minced & Moist Mains

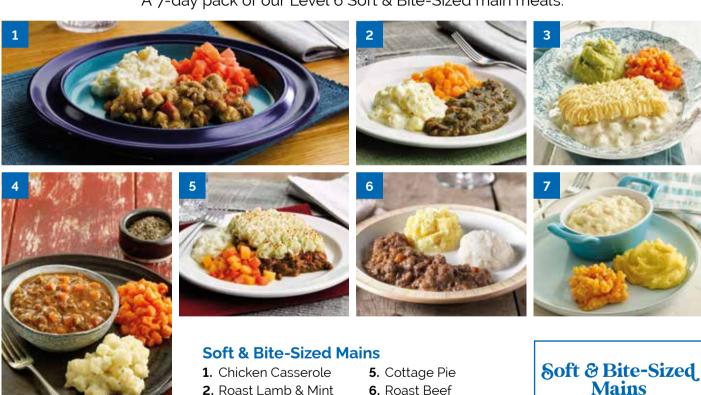
Code: P270

£37.10



Soft & Bite-Sized Taster Pack.

A 7-day pack of our Level 6 Soft & Bite-Sized main meals.



- 3. Fisherman's Pie
- 4. Beef Bolognese
- 7. Macaroni Cheese

Mains

Code: P271

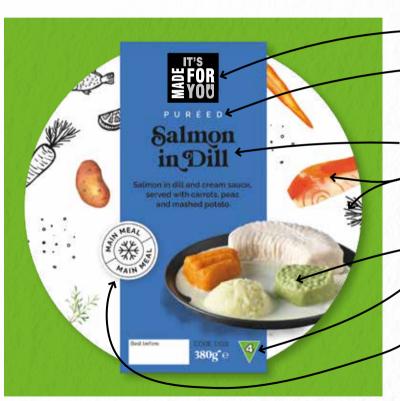
£37.10



Superb Packaging from It's Made For You



QUICK-FIRE GUIDE TO OUR SLEEVED PACKAGING.



All new It's Made For You.

Labelling indicates whether the meal is a Puréed, Minced & Moist or Soft & Bite-Sized.

Product name.

Wonderful black & white and watercolour images detailing the main ingredients contained in the meal.

Image of the prepared meal.

IDDSI symbol indicating whether the meal is suitable for a Level 4, 5 or 6 diet.

Circular Label indicates whether it is a Breakfast, Lighter Bite, Main, Mini or Dessert meal option.

EASY TO USE COOKING INSTRUCTIONS INCLUDED ON EVERY SLEEVE.







Visit the It's Made For You website 24 hours a day, 7 days a week

Terms & conditions

Photographs indicate serving suggestions. All product and pricing information is correct at time of publishing, however are subject to change through product development. We always recommend you check the packaging for latest ingredient information. Prices are inclusive of VAT. Products subject to availability. For full terms and conditions please visit our website at itsmadeforyou.co.uk/terms-and-conditions. E&OE.

