

Dietary diversity in the care sector

A guide to catering for people with allergies, intolerances, and religious, philosophical and cultural dietary beliefs



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Recipes

Introduction

This guide is designed to make it easier to cater for any service users who require a 'free-from' or 'special' diet. It will introduce the various reasons people may need, or want, to exclude certain foods from their diet. At the back of the guide is a collection of recipes suitable for a variety of these dietary requirements.

There are many reasons why people may exclude foods from their diet. These include allergies, intolerances, autoimmune diseases, personal beliefs, and religious, philosophical and cultural beliefs.

Catering for service users' dietary requirements is an important aspect of honouring equality and diversity within your care establishment. Your service users are individual people. You should always strive to ensure that their diverse needs are met and that they

Any principle that is central to a person's belief system should be respected, and the law reflects this. Preventing or limiting the life choices of vegans through indirect discrimination could be seen as acting unlawfully.

have equal access to the services you provide – whether that is appealing vegan food at a summer barbecue, or a slice of gluten-free cake as part of a birthday celebration.

With a little thought and planning, catering for those with dietary restrictions needn't create extra work. It can be an opportunity to create new, exciting and innovative dishes.

This is of course a guide only – the best way to find out what is suitable for a service user is to ask them! No one knows more about their dietary, religious or philosophical needs than they do.

Around **one third of the UK population** will develop an allergy at some point in their lives. A significant proportion of these – around a million people – suffer severe symptoms

(Allergy UK).



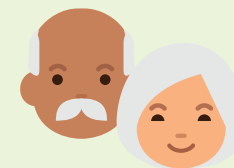
44% of Brits either do not eat meat, have reduced the amount of meat they eat or are willing to cut down

(Eating Better Alliance 2017).



Older people (65 to 79 years) are **twice as likely** to have reduced their meat consumption as 18- to 24-year-olds

(2014 British Social Attitudes survey).



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Service users with allergies and intolerances

Anaphylaxis is an extreme and severe allergic reaction. The whole body is affected, with symptoms including flushing of the skin, swelling of the throat, alterations in heart rate, and asthma. For some people, this is caused by eating peanuts, sesame, fish, dairy products and eggs. But it could be anything; it depends on the individual.

There are 14 major food allergens covered by EU Allergy Law. These allergens must legally be listed on food packaging and will be highlighted in bold.

- 1  Celery includes celery stalks, leaves, seeds and the root called celeriac. Celery can be found in celery salt, salads, some meat products, soups and stock cubes.
- 2  Cereals containing gluten – wheat, rye, barley and oats are often found in foods containing flour, such as some types of baking powder, batter, bread and breadcrumbs, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods that are dusted in flour.
- 3  Crustaceans include crabs, lobster, prawns and scampi. Also be mindful of shrimp paste, often used in Thai and south east Asian curries or salads.
- 4  Eggs often found in cakes, some meat products, mayonnaise, mousses, pasta, quiches, sauces and pastries or foods brushed or glazed with egg.
- 5  Fish – found in fish sauces, some pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.
- 6 Lupin seeds are normally crushed and used to make lupin flour, which can be used in different types of bread, pastries, pies and pasta. Some people with a peanut allergy are also allergic to lupin.
- 7  Milk is used in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk and in powdered soups and sauces.
- 8 Molluscs include mussels, snails, squid and whelks but can also be found in oyster sauce or as an ingredient in fish stews.
- 9  Mustard includes liquid mustard, mustard powder and mustard seeds. These ingredients can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.
- 10  Nuts – this refers to nuts that grow on trees, such as cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders, stir-fried dishes, ice-cream, marzipan, nut oils and sauces.

- 11 Peanuts – are actually a legume and grow underground (which is why they are sometimes called groundnuts). They are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.
- 12  Sesame seeds – often found in bread (commonly sprinkled on top), breadsticks, hummus, sesame oil and tahini.
- 13  Soya is a staple ingredient in Oriental food. It is used to make tofu. It can also be eaten in the form of edamame beans, and can be found in miso paste, textured soya protein, soya flour, desserts, ice cream, processed meat products, sauces and vegetarian meat alternatives.
- 14 Sulphur dioxide is often used in dried fruits such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables, as well as wine and beer. If someone has asthma they have higher risk of developing a reaction to sulphur dioxide.

We have attempted to label the 14 major allergens in the recipes in this guide, though ingredients will of course vary, depending on the exact brands that you use to make a recipe. If you have a service user with allergies, you can get more information from the Anaphylaxis Campaign website: anaphylaxis.org.uk.



Kitchen hygiene

Depending on the diet that you are catering for, work surfaces, chopping boards, utensils and other equipment should either be kept separate from those used for the preparation of 'forbidden' foods, or cleaned thoroughly beforehand. Cross contamination should be avoided between vegetarian and vegan foods, and also between those that are 'forbidden' and permitted on other diets. Please ensure that fryers, grills and griddles used for meat and fish are thoroughly cleaned. Fryers must be filled with fresh, uncontaminated oil before vegetarian or vegan food is cooked, in the same way as you would for other religious or philosophical beliefs.



Coeliac disease

Coeliac disease is not a food allergy or intolerance, but rather an autoimmune disease where eating gluten causes the lining of the small intestine to become damaged. Therefore, people with coeliac disease must follow a gluten-free diet. It affects 1 in 100 people in the UK. Most people diagnosed with coeliac disease are over 50 years old.

Gluten is a protein found in the cereals wheat, rye and barley. Pastas and breads are common examples of foods that contain gluten. You can however easily find gluten-free alternatives in most major supermarkets and wholesalers supplying the care sector. People with coeliac disease must also avoid barley and rye, and some are sensitive to oats. To find out more about which ingredients and recipes are gluten-free, visit the Coeliac UK website: coeliac.org.uk

Wheat allergy vs sensitivity

Wheat allergy (antibody mediated) is thought to be rare, but the number of people self-reporting an allergy or sensitivity to wheat is increasing dramatically. You may therefore come across a service user with a wheat sensitivity (and in rarer cases, a true, antibody-mediated allergy) who avoids wheat. A wheat sensitivity won't cause damage to the gut in the same way as coeliac disease, but it may cause unpleasant symptoms such as bloating, diarrhoea, cramps and sickness.

A wheat allergy should of course be carefully managed.

Here are roving chef Ollie's top 10 gluten-free products:

- 1 **Ugo Thrive Chickpea Fusilli.** I love this pasta – it's high in protein, cooks in moments, and avoids being too tough unlike some other chickpea pastas.
- 2 **BFree sweet potato wraps.** Versatile and delicious wraps! Great filled with vegan chilli, beans, guacamole or crispy marinated tofu and salad.
- 3 **Marigold low-salt vegetable bouillon.** Gluten-free and vegan.
- 4 **Kallo organic dark chocolate rice cake thins.** A great snack on the go.
- 5 **Clearspring tamari soy sauce.** Rich and flavoursome soy sauce.
- 6 **Nairns gluten-free oatcakes.** Perfect for dipping or topping with your favourite things. Try them with hummus or vegan cheese and chutney.
- 7 **Doves Farm – range of gluten-free flours.** All their flours are organic and excellent for cakes and breads.
- 8 **Gram flour/besan** is rich in protein and gluten-free because it's made from chickpeas. Most commonly used in Indian dishes such as bhajis, pakoras and sometimes sweet dishes. It's vegan too and makes a great substitute for eggs in dishes such as quiche and pancakes.
- 9 **Baileys Almande Almond Milk Liqueur.** What more can I say – a creamy vegan Baileys!
- 10 **Free from fellows gummy bears** – gelatine-, gluten- and sugar-free yummy sweets.



Religious, philosophical and cultural dietary requirements

The main religion in the UK is Christianity at 60% of the population, however there is now a wide range of religious beliefs in the UK, which will be reflected in your service users.

Almost 5% of the UK population are Muslim, 1.5% Hindu, 0.8% Sikh and 0.5% are Jewish. It is essential for caterers to recognise and cater for different religious, philosophical, and cultural needs. Dietary practices between and within different faiths can be diverse, so it's important not to make assumptions.

Some service users may exclude certain foods from their diet or have specific dietary requirements such as halal or kosher food. They may choose to fast at certain times of the year or may change their diet during religious festivals. Communication is key. If a resident does choose to fast, certain changes in routine would need to be accommodated. For example, if fasting for Ramadan, food would need to be provided before sunrise and after sunset. Being able to celebrate religious days and festivals is likely to be important to the service user.

How veganism is protected by the law

The Equality and Human Rights Commission states that human rights protect a wide range of non-religious beliefs, including veganism.

When we talk about veganism as a protected belief in human rights, we are referring to a specific area of human rights law known as the right to freedom of thought, conscience and religion. The origin of this right within the European system of human rights is Article 9 of the European Convention. It grants an absolute right to think and believe; to work out and develop our

own moral orientation. And it grants a qualified right to manifest in everyday life associated practical ethical convictions.

The meaning of 'belief' for the purposes of granting a protected status to the manifestation of ethical convictions is particularly well developed. A qualifying non-religious belief will be a philosophical belief that attains a certain level of cogency, seriousness, cohesion and importance. In addition, a qualifying belief will be worthy of respect in a democracy, not



be incompatible with human dignity, and reflect a weighty and substantial aspect of human life and behaviour.

Based on such reasoning, an application to the Court for the protection for a belief in fox hunting has been rejected. On the other hand, the Commission of the Court found in 1992 that veganism was within the scope of Article 9. In this case, it is notable that the UK Government did not contest that veganism was within the scope of protection.

The implication of leaving the European Union or the development of a specific British Bill of rights does not mean that vegans no longer have a voice.

This is because if we look at the structure of human rights obligations we see that in addition to being obliged by the European Convention and the equality regulations that emerge from the European Union, the UK is also a signatory to the International Bill of Rights.

The International Bill of Rights is the Universal Declaration of Human Rights

and the two Covenants that give legal effect to its terms.

One of these Covenants is the International Covenant on Civil and Political Rights.

The right to freedom of belief must be broadly construed and not limited in its application to traditional religions or beliefs with institutional characteristics or practices.

To conclude, though the UK is obligated by human rights and equality measures from its membership of Europe and the European Union, the development of a specific British Bill of Rights and Brexit do not remove the obligation to recognise and accommodate qualifying, non-religious beliefs that require practical manifestation.

The right to freedom of belief in international law is sufficiently defined and explained to support the recognition and protection of veganism.

With thanks to Jeanette Rowley, Founding Member of the International Vegan Rights Alliance.

As well as considering religion and philosophical beliefs, it's important to think about catering for a diverse range of cultures. For example, you could find out what meals a service user would have traditionally cooked and eaten at home and try and provide some of these dishes. It might be a nice idea to get the service user or their family to provide a recipe that could be cooked for them or allow the family to bring food in for them. The other service users may enjoy trying a dish from another culture too. You could provide ingredients or dishes that may be more familiar to the service user such as yam, plantain, okra, dhal, curries, chapati or rice and peas.

Below is a summary of dietary requirements of different religions, philosophical beliefs, and cultures. Remember, though, that the best way to find out what is suitable for a service user is to ask them.

ISLAMIC FAITH*

- A halal diet is followed by people of the Islamic faith typically originating from Pakistan, Bangladesh, Middle East, Malaysia, Indonesia, Sri Lanka and Africa.
- Unlawful foods for observant Muslims include: pork and pork products; meat not slaughtered by proper halal methods; foods containing ingredients or additives from a pig or non-halal meat; foods containing gelatine, animal fats or emulsifiers from animal derivatives; blood and its by-products and

alcohol. The acceptance of shellfish varies by community.

- Queries about manufactured foods that have been certified as halal can be addressed to the Muslim Food Board UK: tmfb.net/home

HINDU FAITH*

- A Hindu diet is followed by people from the Gurajat and Punjab areas of India and also east Africa.
- Dietary practices and food restrictions of the Hindu diet vary depending on the individual. Many Hindus practice vegetarianism, eating largely plant-based foods – fruit, vegetables and pulses – and avoid all meat, poultry and seafood.
- Eggs are not usually eaten, but cakes or biscuits containing eggs are mostly considered acceptable.
- An increasing number of Hindus residing in the UK, particularly men, eat meat such as mutton, lamb, chicken and fish. However, the cow is considered sacred and consumption of beef is rare.

JEWISH FAITH*

- Observant Jews never eat pork and pork products, and will only consume kosher meat, i.e. meats from ruminant animals with split hooves and that chew the cud (e.g. beef, lamb, mutton or goat), or poultry (chicken, duck, turkey and goose) that has been slaughtered according to religious guidelines.
- Only fish with scales and fins are eaten (not shellfish or eels).

- Dietary practice requires the separation of meat and milk products which must not be served at the same meal or cooked together.
- For Jewish service users who keep kosher, it is often advisable to purchase specially prepared and sealed kosher meals from a certified supplier to avoid complications. A food guide listing all foods certified as kosher is available from the London Beth Din: kosher.org.uk

SIKH FAITH*

- Some Sikhs are vegetarians, and may avoid all meat, fish and eggs.
- Other Sikhs may eat meat but will not eat meat slaughtered according to the guidelines of other religions (halal or kosher) and some do not eat beef or pork.
- Observant Sikhs will not consume alcohol.

*Text reproduced with permission from qcs.co.uk/meeting-service-users-religious-dietary-needs

Vegetarianism is particularly important in the Hindu, Buddhist, Rastafarian and Jain faiths. It's always good practice to provide a vegetarian option at mealtimes.

BUDDHIST FAITH

Buddhists try to do no harm (or as little harm as possible) to animals and show loving kindness to all beings. There are no set dietary laws and a great deal of diversity. Not all Buddhists are vegetarian, but many are. Many

Buddhists practice vegetarianism on the basis of 'do not harm' and/or reincarnation principles. Some are vegan. Other groups, often from China or Vietnam, will not eat onion, garlic or leek ('pungent spices'), and Tibetans will rarely eat fish and often avoid chicken.

JAIN FAITH

Jains are strict vegetarians. Jains believe that animals and plants, as well as human beings contain living souls. Each of these souls is considered of equal value and should be treated with respect and compassion.

RASTAFARI FAITH

Rastafarians eat a diet containing lots of fruit and vegetables and refrain from eating meat.

SEVENTH-DAY ADVENTIST FAITH

Seventh-day Adventists believe in following a healthy lifestyle and promote a well-balanced vegetarian diet including consumption of legumes, wholegrains, nuts and fruits and vegetables:

adventist.org/en/vitality/health

VEGETARIAN AND VEGAN

An estimated 350,000 people aged over 65 in the UK are vegetarian and vegan, and this number is rising. Of these, over 7,000 already live in UK care homes.

The main reasons why someone may choose to be a vegetarian or vegan are animal welfare, the environment, health or religious, spiritual and moral

beliefs. There are also many older people who choose to reduce their meat consumption for health reasons, or because they struggle to eat meat. Observationally, chewing teeth can also become worn after many years of use, making it difficult for the older adult to chew foods well enough to swallow without harm. There are perceptions that cutting down on meat may also save them money.

VEGETARIAN DISHES MUST NOT CONTAIN:

- Animal flesh (meat, fish or shellfish)
- Meat, fish, or bone stock, or stock cubes containing same
- Animal carcass fats (including suet, lard or dripping)
- Gelatine, gelatine-based jelly, or aspic (jelly made from meat stock)
- Products with ingredients derived from slaughterhouse e.g. animal rennet in cheeses such as Parmesan
- Battery or intensively produced eggs should be avoided wherever possible. Please consult individual residents regarding their opinion about egg

VEGAN DISHES MUST NOT CONTAIN:

- Dairy products including cheese, milk, butter, cream, yoghurt and whey
- Eggs
- Products with ingredients derived from eggs or dairy, e.g. albumen, casein, ghee, lactose or whey
- Honey
- Shellac

While this may sound a little restrictive, there are still plenty of foods that vegetarians and vegans can eat. Most recipes can easily be adapted. You can find vegan alternatives for most products such as milk, butter, cream and cheese in most supermarkets and wholesalers supplying the care sector. Some vegetarian and vegan service users may enjoy 'mock meat' products while others may not.

All service users can enjoy vegan, and often vegetarian food – and you may find that replacing meat protein with vegetables and grains can reduce your overall menu costs. The vegan diet is the most universally acceptable. If you hosted a party with a representative from each of the world's religions and cultures, you could be fairly sure of not offending any dietary codes by offering vegan food. So why not feed everyone a vegan meal once in a while? It's genuinely healthy; you'll add to variety; and you'll be well within budget.

If service users are no longer able to communicate clearly, it is important to take advice from relatives or friends and to try to respect principles held in healthier times without over-riding the residents' right of choice. See pages 14 to 16 for a fuller discussion of this topic.

Below our roving chef Maggie shares her top 10 vegan products:

- 1 **Yeast flakes** are a good source of vitamin B12 – just make sure you buy the fortified version. They have a savoury taste, similar to cheese, and can be used as a topping for pasta, soup or added to popcorn or mashed potato.
- 2 **Henderson's Relish** is the vegan version of Worcestershire sauce – Henderson's contains no fish! It has a rich umami flavour and works well to add deep flavours.
- 3 **Alpro soy yoghurt** is readily available at most supermarkets, from plain through to fruit and now even 'protein', which is similar to thick set Greek yoghurt.
- 4 **Silken tofu** is a versatile ingredient that has been used in Eastern cooking for many years. It has a bland jelly-like consistency that can be used to replace eggs in baking and in other dishes such as mousse and cheesecake. Adding a few herbs and spices can create 'tofu scramble', a dish similar to scrambled eggs. Can be found in most large supermarkets, online and in Eastern food shops.
- 5 **Bournville chocolate*** has been a UK favourite for many years, and is currently made to a vegan recipe.
- 6 **Bird's custard powder** contains no eggs. Simply add a non-dairy milk such as oat or soya to create vegan-friendly custard.
- 7 **Jus-Rol pastry** has a range of products that use vegetable fat instead of butter. Their shortcrust, puff and filo pastry, as well as their vol au vents, cinnamon swirls, croissants and pizza bases are currently vegan. Just check the packaging because their all butter pastry does contain real butter. They also do a range of gluten-free pastry.
- 8 **Bisto original gravy** – another UK favourite doesn't contain any meat. Their original gravy powder and onion gravy granules are vegetarian and vegan.
- 9 **Vitalite** is a non-dairy spread made using sunflower oil and added B vitamins. It is 75% lower in saturated fat than regular butter and works well as a spread and in baking.
- 10 **Cadbury's hot chocolate*** is made to a vegan recipe, so making it up using regular non-dairy milks can mean it is vegan friendly.

* May contain traces of milk.

Loss of capacity and requests for 'unusual' foods

WHAT DOES DEMENTIA MEAN FOR PEOPLE ON SPECIAL DIETS, AND THOSE WHO CATER FOR THEM?

The decision to be vegetarian or vegan often reflects deeply-held ethical, environmental, or religious convictions. But Vegetarian for Life is currently only aware of two fully vegetarian care homes in the UK, offering Indian/Gujarati food.

This means that people with vegetarian or vegan philosophical beliefs are likely to be a minority group in your care. They are already found in at least one in every five UK care homes, according to Vegetarian for Life's 2019 survey.

DAIRY-FREE VS VEGAN

An important note about the difference between vegan and dairy-free diets. Someone with a milk allergy would need to avoid all foods containing dairy, including those made in a factory producing dairy-containing products. Many vegans, on the other hand, would eat products made to a vegan recipe in a factory also producing dairy-containing products. Therefore, many vegans do eat dairy-free products labelled 'may contain traces of milk'.

Some years ago an older woman, who had been a dedicated animal rights campaigner, entered care after developing dementia. While in care, she was given food containing meat products – a practice considered acceptable by staff because she 'wouldn't know any different'. Yet in spite of this she still identified as a vegan. We would hope that something like this wouldn't happen today, but staff can still be daunted by the challenges of catering for vegetarians and vegans.

Recently, care providers have highlighted instances where a vegetarian/vegan with dementia has demanded meat, or tried to take it from someone's plate.

In such circumstances, those who care for them are faced with a difficult ethical dilemma.

Why might this be happening?

A STEP BACK: IS YOUR VEGETARIAN OR VEGAN SERVICE USER DEFINITELY ASKING FOR MEAT?

It seems unlikely that a service user with dementia or cognitive loss will have reconsidered their philosophical beliefs while in care.

In addition to communication difficulties, people with dementia can experience specific issues around recognising food types, as well as sensory changes (including taste). It

may be that someone desires the food that they see others eating, not realising that it is meat, or something that would otherwise go against their dietary beliefs or make them ill.

A wealth of alternatives to meat and dairy are now available, and these alternatives are commonly eaten by vegans and vegetarians in their own homes. In the comfort of familiar surroundings where food preferences are known, the shorthand of 'sausage', rather than 'vegan sausage', or 'pie' rather than 'vegetarian pie' is in common use. A person with vegetarian or vegan philosophical beliefs is highly unlikely to be imagining meat when they eat these products – meat is usually now seen as a 'non-food'. But they may simply enjoy the convenience of products that are shaped to easily fit inside a sandwich. So in a mixed environment, when meat sausages are on the table, it is easy to see how mistakes in choice could be made.

HOW MIGHT THIS BE AVOIDED?

Vegetarian for Life recently launched a Memory Care Pledge that will be taken by care homes up and down the UK.

This is to help ensure that vegetarians or vegans who have capacity issues, or cognitive losses, will be offered a choice of meals, drinks and snacks that uphold their ethical beliefs.

You can sign-up and request up-to-date best practice guidance and training by visiting our website:

vegetarianforlife.org.uk/pages/pledge or by calling the charity on 0161 257 0887.

HOW MIGHT THIS BE MANAGED?

People with dementia and their carers have the right to be able to enjoy human rights and fundamental freedoms in every part of their daily lives, and wherever they are. This includes full respect for their dignity, beliefs, and individual circumstances. Personal profiles such as the 'This is me' document (Alzheimer's Society) help staff to know and understand a person's wishes. Please also see the suggestions on page 16.

There is a challenge, however, if a person's current wishes come into conflict with their previously held convictions – e.g. they are now 'requesting' meat.

For an older person whose convictions will have been at the core of their identity for many years, a move away from their vegetarian/vegan beliefs may further undermine a sense of identity already threatened by cognitive impairment.

Many people would be reluctant to compromise religious beliefs or allergies. You would expect care providers to think twice before offering a bacon roll to a Rabbi with dementia, or regular toast to someone living with coeliac disease, even if a refusal causes distress. A long-standing vegetarian or vegan's beliefs should be similarly respected.

There is legal protection for this, too (see page 8). Preventing or limiting the life choices of vegans – or anyone on a special diet – through indirect discrimination could be seen as acting unlawfully.

Furthermore, a vegetarian or vegan who has not consumed meat or fish – or, in the case of a vegan, dairy products – for perhaps 50 years or more, may well find such foods hard to digest.

CASE STUDY: LEARNING FROM ADVANCED CARE DECISIONS

A key ethical problem is what happens if someone with dementia makes a decision that contradicts their previous wishes?

Consider the case of a 75-year-old woman with Alzheimer’s, Mrs F. When Mrs F started to lose capacity, she changed her mind about issues that had once been extremely important to her. Her husband wanted to respect her previous wishes, and so reminded Mrs F about what she had wanted when she had full capacity. Her carers wanted to respect her current wishes, and did not remind Mrs F about her previous wishes.

Is reminding someone with dementia about decisions they made when they had full capacity coercive, or helpful? Should care workers respect the decisions an individual made before they lost capacity; or should they uphold the decisions a person makes since living with dementia? This is a big debate with no clear answer, and it is a debate that will continue to grow as dementia figures rise in the UK.

For vegetarians and vegans, this is a pressing issue. Many people want to avoid eating meat or animal products at all costs for the remainder of their lives – but right now, there is no guarantee that these wishes will be

Our suggested good practice is to consider providing foods that look similar but that allow vegetarians/vegans to eat in accordance with their beliefs without feeling excluded. Vegetarian or vegan meat alternatives (‘mock meats’) are an obvious example.

respected in the case of dementia. For those who are adamant that they want their previous, full-capacity decisions to be respected, there may be some useful lessons:

- 1 It is important to have the conversation about one’s future wishes. This conversation should be had with witnesses, with all implicated parties, and if possible, everyone should agree to support the decision. If a vegan or vegetarian has had these important conversations ahead of time, then people will remember this conviction and should take it into account.
- 2 Advanced care planning – no matter how many contingencies we plan for, we cannot foresee them all. Words, whether written or oral, are subject to varying interpretations. Still, written, audio, or video documentation of Mrs F’s wishes might have proved helpful. They might have proved helpful in fortifying Mr F’s resolve, in convincing her caretakers of what her wishes were, and perhaps they might even have proved helpful in

- reminding Mrs F of what her wishes were and the reasons for them.
- 3 Language used should be carefully crafted, e.g. “In the future, if my decision-making capacity is questionable and I appear to want meat, please consider providing me with mock meat products in their place”. Although we cannot ignore a person’s current wishes, and an advanced plan cannot be completely ‘fixed’, such a statement could provide family and caretakers with guidance about how to proceed. It could also be that crucial piece of clear information that makes a carer feel assured in their decision to question or deny a resident’s present

demands for meat, and instead try to advocate for them to eat a vegetarian or vegan meal.

Order a free advance-care planning guide from Vegetarian for Life by calling 0161 257 0887.

Final note

Because appetite may lesson with age, potentially leading to weight loss, it can be helpful to enrich the calorie content of food. This guidance can be used in conjunction with other fortification advice, and is intended to illustrate the energy and protein content of plant-based fortification agents.

FORTIFICATION AGENTS FOR SPECIAL DIETS

Food	Measure	Energy (kcal)	Protein (g)
Soya protein powder (soya)	30g	116	27
Pea protein powder	30g	107	23
Gram (chickpea) flour	30g	106	7
Peanut butter (peanut)	25g	152	6
Almond nut butter (nuts)	25g	163	6
Cashew nut butter (nuts)	25g	165	5
Higher protein soya yoghurt (soya)	125g	89	8
Soya yoghurt (soya)	125g	63	5
Creamed coconut	15g	105	1
Vegan mayonnaise (mustard)	15g	66	0
Cream cheese alternative (may contain soya)	20g	48	0
Syrup	15g	45	0
Vegetable oil	Teaspoon	25	0
Dairy-free spread (may contain soya)	5g	25	0
Soya cream (soya)	15g	23	0
Oat cream (oats)	15ml	22	0.1

Recipes








We have attempted to label the 14 major allergens in the recipes that follow, though ingredients will of course vary, depending on the exact brands that you use to make a recipe.

All of the recipes featured can be made using vegan ingredients that satisfy most other religious and philosophical beliefs.

As a safeguard, you can if you wish make these dishes using ingredients that are approved by the Vegan Society or Vegetarian Society. Products displaying these societies' logos will be free from meat products – and from all animal products, in the case of the Vegan Society. However, they may contain alcohol, because alcohol* is permissible for vegetarians and vegans. There is a possibility that alcohol may be part of a flavouring, flavour enhancer, or processing aid. This alcohol might not be declared on the ingredients list – making it unsuitable for a halal diet.

While every care has been taken to ensure that the recipes featured in this guide can be made suitable for a vegan or other featured special diet at the time of going to press, we recommend that you satisfy yourself that the dishes will meet the dietary requirements of the service user that you are catering for.


KEY TO SYMBOLS USED



-  Can be egg-free
-  Can be gluten-free
-  Can be halal
-  Can be milk-free
-  Can be mustard-free
-  Can be oat-free
-  Can be soya-free
-  Can be wheat-free
-  Contains celery
-  Contains gluten
-  Contains milk
-  Contains mustard
-  Contains nuts
-  Contains oats
-  Contains sesame
-  Contains soya
-  May contain crustaceans
-  Not halal

*Some alcoholic drinks may not be suitable for vegetarians or vegans because of the filtering process prior to bottling.

Spicy courgette and pea fritters

SERVES 4

 Make this gluten-free by using gram flour and gluten-free baking powder.

- 2 medium courgettes, grated
- 100g plain flour  ( or gram flour)
- 1 tsp gluten-free baking powder
- 1 small onion, finely chopped
- 50g frozen peas, defrosted
- 2 cloves of garlic, finely chopped
- Salt to taste
- 1 green chilli, chopped
- Handful coriander, chopped
- 1 tsp chilli powder
- 1 tsp garam masala
- 1 tsp cumin seeds
- Oil for cooking

1 Grate the courgette and sprinkle with salt and leave for as long as you can. Place it in a colander in the sink, squeezing out any excess water.

2 In a bowl mix together the flour and baking powder.

3 Add the grated courgette, onion, peas, garlic, salt, chilli, coriander, chilli powder, garam masala and cumin seeds.

4 Squeeze and mix everything together. If it's a little dry add a touch of water.

5 Heat 2 tablespoons oil in a non-stick frying pan.

6 Take a large spoonful and place in the hot pan. Gently press to flatten (it will be sticky) and shallow fry fritters. Reduce the heat if it gets too hot.

7 Cook on the first side until golden then flip and cook the other side.

Reproduced with kind permission from Hari Ghotra harighotra.co.uk



Falafel burger with tomato salsa

SERVES 4

This burger is really satisfying – plus the chickpeas pack a fibre and protein punch.

- 2 tbsp olive oil
- 1 onion, peeled and diced
- 1 carrot, peeled and grated
- 4 garlic cloves, crushed
- 1 tsp lemon juice
- 1 tsp ground cumin
- 1 tsp ground coriander
- Salt and pepper to taste
- 1 can chickpeas, drained
- 50g gram (chickpea) flour
- 3 tbsp fresh coriander, chopped
- 3 tomatoes, chopped
- ½ red chilli, deseeded and chopped (optional)
- Brown seeded gluten-free burger buns or use egg-free regular burger buns
- 1 gem lettuce

1 Heat 1 tablespoon of the oil on a medium heat in a small frying pan. Add ¾ of the diced onion (reserving the other ¼ for the salsa) and fry for 3–4 minutes without browning the onion. Add the grated carrots and ¾ of the garlic (again reserving the rest with the saved onion for the salsa) and cook together for a further 5 minutes.

2 Remove from the heat and add the lemon juice, cumin, and ground coriander. Season

with salt and pepper.

3 Blend the drained chickpeas so they are chopped finely, then add them to the onion mix with the chickpea flour and 2 tbsp of the fresh coriander. Mix together so it's all combined, and then divide and shape into four equal patties. Refrigerate until needed.

4 To make the salsa, add the chopped tomatoes into the onion and garlic reserved earlier. Add the remaining 1 tbsp fresh coriander (and chilli if using) and combine.

5 Pan-fry the falafel burgers in a tablespoon of oil for 3–4 minutes each side or until cooked through.

6 Serve in a toasted brown seeded bun, with fresh lettuce and the tomato salsa.

This recipe goes perfectly with polenta chips. Find the recipe online at coeliac.org.uk/polentachips

Reproduced with kind permission from Coeliac UK coeliac.org.uk



Szechuan black-eyed pea salad

SERVES 4–6

This salad tastes great wrapped in tortillas or served over baby spinach that's been sautéed in a small amount of olive oil.

- 2 (400g/14oz) cans black-eyed peas, rinsed and drained
- 1 medium green bell pepper, chopped (1 cup)
- ½ cup red onion, chopped
- 1 jalapeno pepper, seeded and finely minced (2 tbsp)
- 1 garlic clove, minced (1 tsp)
- 1 avocado, cubed (1 cup)
- 2 tbsp lemon juice
- ¼ cup olive oil
- 3 tbsp red wine vinegar
- 1 tbsp Szechuan sauce
- 2 tsp sugar

1 Toss together black-eyed peas, bell pepper, onion, jalapeno pepper, and garlic in large bowl.

2 Toss avocado with lemon juice in a separate bowl.

3 Then add the avocado to the black-eyed pea mixture.

4 Whisk together oil, vinegar, Szechuan sauce, and sugar in bowl used for avocado.

5 Toss black-eyed pea mixture with Szechuan sauce dressing.


Original recipe submitted by Laura McAllister. Reproduced with kind permission from International Vegetarian Union ivu.org




Photo © Jewish Vegetarian Society

Vegetarian 'chicken' in chilli and black bean sauce





SERVES 2

 Can be gluten-free. For a list of gluten- and soya-free meat alternatives, check out our list at: vegetarianforlife.org.uk/pages/meat-alternatives



For the marinade:

- 1 tbsp rice wine (e.g. sake) 
- 1 tsp cornflour

For the 'chicken':

- 250g/8oz (approx.) seitan , tofu  or meat-free 'chicken' (e.g. VegiDeli 'Chicken Style Pieces'  ) cut into bite-sized cubes

For the sauce:

- 1 tbsp light soy sauce 
- ½ teaspoon sesame oil 
- a generous sprinkle white pepper
- 2 tbsp sugar
- 4 tbsp water
- 2 tsp cornflour

Other ingredients:

- 2 tbsp fermented black beans (douchi)
- 2½ tbsp sunflower oil
- 1-inch (2.5 cm) piece fresh ginger, peeled and cut into small pieces
- 2–3 cloves garlic, finely minced
- ½ small green pepper, deseeded and cut into largish pieces
- ½ small red pepper, deseeded and cut into largish pieces
- 2 red finger-length chilis, deseeded and cut into thin rounds
- 1 small onion, cut into largish pieces (or a handful of spring onions, chopped into large pieces)
- Salt, to taste

1 Marinate the 'chicken' with the rice wine and cornflour. Refrigerate for 20 minutes.

2 Prepare the black beans: soak them for 15 minutes, rinse and drain, then squash with the back of a spoon to form a rough paste.

3 Mix all the ingredients for the sauce in a small bowl. Set aside.

4 Heat ½ tablespoon of the oil in a wok or skillet over high heat. Add the 'chicken' and stir-fry until the pieces turn golden (approx. 2–3 minutes). Dish out and set aside.

5 Heat the remaining 2 tablespoons oil in a wok over a high heat. Add the garlic and ginger and stir fry until they turn light brown.

6 Stir in the fermented black beans, peppers, onion and red chilli. Stir fry for about 1–2 minutes.

7 Return the 'chicken' to the wok, stir and blend well with the other ingredients, about 1 minute.

8 Add the sauce and stir until the 'chicken' is cooked through – approx. 5 minutes. Add salt to taste.

9 Transfer to a serving dish then dish up into bowls on top of steamed rice.

Reproduced with kind permission from Jewish Vegetarian Society jvs.org.uk



Asparagus, potato & broccoli quiche

SERVES 6

Can be made gluten-free by using Jus-Rol™ gluten-free pastry and gluten-free vegetable stock such as Marigold vegetable bouillon.

- 1 packet shortcrust vegan pastry (e.g. Jus-Rol™ (or gluten-free vegan pastry))
- 120g chickpea flour (this cannot be substituted for any other kind of flour)
- 600ml hot vegetable stock (f g n n)
- 3 heaped tbsp nutritional yeast
- 1 tsp dried oregano
- ½ tsp dried basil
- ½ teaspoon turmeric
- ½ tsp black salt (Kala Namak). Optional, but will give the mixture a taste of egg
- 5 jersey royal potatoes, steamed or boiled until just cooked, and sliced into small pieces
- 4 broccoli florets, steamed or boiled until cooked, and cut into quarters
- 10 spears asparagus, uncooked
- 1 large tomato, sliced
- Vegan cheese for topping, e.g. Sheese Mature Cheddar Style (optional)

1 Preheat oven to 180°C/350°F/gas mark 4.

2 Grease and line a 20cm/8-inch quiche pan.

3 Roll out pastry to 0.5cm thickness and line quiche pan.

4 Blind bake for 15 minutes. Remove and set aside for later.

5 In a bowl combine the chickpea flour and half the stock. Whisk together well and set aside.

6 In a wide-bottomed saucepan, add the remaining stock, nutritional yeast, spices and black salt then bring to the boil. The mixture should begin to thicken quite quickly. When boiling, slowly add the chickpea mixture and stir continuously for 2–3 minutes.

7 Remove from the heat. Add vegetables apart from asparagus to the mixture and combine well.

8 Pour into the prepared pastry case. Top with asparagus spears and sliced tomato in a spiked flower shape. Add optional vegan cheese at this point.

9 Bake in the oven for 30–40 minutes or until cooked. If cooking too quickly place foil on top until cooked through completely.





Battered tofu & nori seaweed 'fish' & chips

SERVES 2

Can be made Halal by replacing the lager with sparkling water.

For the chips:

- 4 medium sized potatoes such as Maris Piper or Arran Victory
- A good glug of olive oil
- 1 tbsp rice flour
- Good sprinkle of sea salt

For the batter:

- 1 cup plain flour
- 1 cup rice flour
- 1 tsp gluten-free baking powder
- 1 tsp turmeric
- 1 pinch sea salt
- ½ cup lager or use sparkling water)
- 1½ cups sparkling water

For the 'fish':

- 1 block tofu (390g)
- 2 Nori sheets (may have been harvested in an area where shrimps are present)
- Squeeze of lemon juice
- 1 litre rapeseed or vegetable oil

For the chips:

- 1 Peel and cut the potatoes into chip-sized pieces.
- 2 Run cold water over them for a couple of minutes to try and get rid of some of the starch.

3 Bring a pan of salted water to boil then put the chips in. Boil until they almost fall apart.

4 Drain and pat dry, then cool before putting in the fridge until cold.

5 Preheat the oven to 180°C/350°F/gas mark 4. Scatter the chips evenly on a baking tray, sprinkling the flour, olive oil, sea salt and mix over the top.

6 Bake for 20 minutes, or until golden and crispy.

For the battered 'fish':

1 Mix the dry ingredients together in a mixing bowl. Add the lager and sparkling water, and mix to form a batter.

2 Cut the tofu into 10x5cm pieces with a thickness of 1.5cm. Squeeze as much water as you can out of the tofu using a couple of tea towels to wrap it in and press down.

3 Cut Nori sheets to fit one side of each piece of tofu. Attach with a squeeze of lemon juice.

4 Heat oil in a deep pan. It is ready when you drop a small amount of batter into it, and it floats back to the top.

5 Submerge the tofu pieces into the batter until covered, and lower into the hot oil.

6 Fry for 30–40 seconds until golden and crispy. Remove and drain on absorbent paper to remove excess oil.

7 Serve with the chips, mushy peas and ketchup.

Stewed beans with sadza

SERVES 2 AS A FULL MEAL OR 4 AS A SIDE

Sadza is a cornmeal porridge that is a dietary staple for Zimbabweans. It's known by different names in different parts of Africa such as ugali, mieliepap, nshima or sima.

- 300g pinto beans
- 2 onions, chopped
- ½ tsp curry powder
- Salt and pepper to taste
- 2 fresh chillies, finely chopped
- ½ can tinned tomatoes
- 3 mixed peppers, diced
- 4 spring onions, sliced
- 200g mealie meal (sadza)
- Water

1 Wash and sort the beans, discarding any shrivelled or broken ones.

2 Soak the beans for 8–12 hours or overnight in cold water three times their volume.

3 Once soaked, drain and rinse the beans and place in a large saucepan. Add cold water to come an inch above the level of the beans

4 Bring to the boil and boil rapidly for 10 minutes. Lower the heat and simmer for 60–90 minutes until the beans are tender. Use a ladle to remove any foam when the beans are boiling

5 In a large frying pan, sauté the onions. Next add the curry powder, black pepper and chillies. Add the tinned tomatoes and mix well. Bring

the mixture to the boil then let it simmer for 30 minutes.

6 Finally add the diced peppers, spring onions and the cooked beans to the mixture. Cook for another 10 minutes and serve with the sadza.

To make the sadza:

1 Put 200g mealie meal in a medium pot. Add enough water to cover.

2 Place saucepan over a medium heat, stir continuously and add more water if required.

3 As the mixture heats up, the texture changes from rough to smooth. Continue to add water to loosen the mixture. It should start to look like porridge. If it's too thin add more mealie meal.

4 Allow the mixture to simmer on a medium heat for 5 more minutes. Gradually add more mealie meal until it resembles mash potato. Be careful not to make it too thick as it will become too hard.

5 Once the sadza reaches the desired texture and is well mixed, turn the heat off and let it sit for a few minutes before serving.

Reproduced from the Flavours of Africa Cookbook produced by Manchester Public Health Development Service





Jollof rice

SERVES 4–6

You could add vegetables to the jollof rice to make it more colourful – such as peas, sweetcorn or finely chopped peppers. Simply add them when the rice is almost cooked.

- 60ml vegetable oil
- 1 tin of chopped tomatoes
- 1 large red pepper, chopped
- 2 medium sized onions, finely chopped
- 450g American long grain rice
- ¼ tsp thyme
- ½ tsp curry powder
- ¼ tsp chilli powder
- 1½ tbsp tomato purée
- Salt to taste

- 1 Add the oil to a large saucepan and heat for a few minutes
- 2 Meanwhile, blend a tin of tomatoes together with the chopped pepper and the onions. Once blended, add to the pan.
- 3 Next add the thyme, curry powder, chilli powder, tomato purée and salt to the pan and cook for approx. 5 minutes.
- 4 Add the washed rice and 670ml of boiling water
- 5 Allow the rice to boil for 6–8 minutes, then cover the pan and cook on a low heat until the rice is tender and the water has been absorbed.

Reproduced from the Flavours of Africa Cookbook produced by Manchester Public Health Development Service

Yellow moong daal & spinach curry

SERVES 4

Can be gluten-, milk- and mustard-free.

- 4 cups chopped spinach leaves
- 200g yellow moong daal
- 2 tbsp sunflower oil
- 2 tbsp ginger paste
- 2 tbsp garlic paste
- 1 tsp chopped green chillies
- 1 tbsp lemon juice
- 1 tbsp coriander powder
- 1 tsp turmeric powder
- 1 tsp red chilli powder
- 1 tsp mustard seeds (use cumin seeds if allergic to mustard)
- Salt to taste
- 1 tsp chopped tomato and an onion ring for garnishing (optional)

- 1 Soak the yellow moong daal in a bowl of hot water for 15 minutes.
- 2 Heat oil in a pan and add mustard seeds, garlic, ginger, chopped chilli and turmeric powder. Sauté until golden brown.
- 3 Rinse the yellow moong daal and add to the pan.
- 4 Add two cups of water to the pan and leave on a medium heat for 5 minutes.
- 5 After 5 minutes, add the chopped spinach to the pan and leave on a medium heat for 5 minutes
- 6 When the spinach is cooked, add salt to taste, coriander powder, red chilli powder and lemon juice.
- 7 Serve hot with naan/roti or basmati rice.

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To serve:

- Naan bread (optional)
- Roti (optional)
- Basmati rice (optional)





Moong masoor di dhal – Red lentil & split mung lentil dhal

SERVES 6

Can be milk-free.

- 100g split red lentils, washed
- 100g split mung beans, washed
- 900ml water
- 1 tsp salt

Masala

- 1 tbsp ghee , butter (or oil)
- 1 tsp cumin seeds
- 1 bay leaf
- 1 small onion, chopped
- 1 garlic clove, chopped
- 2 tomatoes, finely chopped
- 1 tsp ginger, grated
- 1 tsp turmeric
- 1 chilli, finely chopped
- 1 tsp garam masala
- 1 or 2 whole red chillis to garnish
- Handful of coriander, chopped

1 Place the red lentils in a pan with the salt, cover with the water and bring to the boil.

2 Remove the froth and add the split mung beans.

3 Reduce the heat and put the lid on the pan. Leave to simmer for 15 minutes.

4 Check the lentils are cooked by carefully squeezing them between your fingers (caution: the water will be very hot, so allow to cool slightly first). Once soft remove from the heat.



5 In a frying pan heat the oil or butter.

6 Using a fork pierce the red chillies and add to the pan with a bay leaf and the cumin seeds. When the seeds sizzle, remove the chilli and set to one side for your garnish.

7 Add the onion and garlic and fry until lightly browned.

8 Reduce the heat and add the tomatoes, ginger, turmeric, and the chopped chilli. Gently let the ingredients cook down to make a thick, dry paste (10 minutes).

9 Add a ladle full of the cooked lentils (dhal) to the masala paste in the frying pan and stir together, then empty all the contents back into the pan with the lentils and stir.

10 It should have the consistency of a thick soup but if it's too thick just add a little boiling water and remove from the heat.

11 Stir in the garam masala, coriander and top with the whole chillies to serve

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Sholay saag – Kale & chickpea curry

SERVES 4

- 1–2 tbsp rapeseed oil
- ½ tsp mustard seeds
- 1 tsp cumin seeds
- 1 large onion, diced
- 4 garlic cloves, crushed
- 4 plum tomatoes or 200g plum tomatoes
- 800g/2 tins chickpeas, drained and rinsed
- 1 tsp salt, or to taste
- 1 heaped tsp coriander seeds, crushed
- 1 green chilli, chopped
- 1 tsp red chilli powder
- 1 tsp turmeric
- 200g kale, chopped
- 1 green chilli, sliced for garnish

To serve:

- Poori (optional)
- Plain yoghurt (or soya yoghurt)

1 Heat the oil in a lidded pan over a medium heat and when it's hot add the mustard seeds and then the cumin seeds.

2 Stir for a minute until you can smell the aroma of the cumin seeds and the mustard seeds stop sizzling, then add the diced onions.

3 Fry the onions for 15 minutes until they start to brown, then add the garlic. Fry together for 4 minutes before adding the tomatoes. Stir and leave to cook for a few minutes. Add a little water if required.

4 Add the tomatoes, crushed coriander, green chilli, chilli powder, turmeric and salt and leave to cook on a gentle heat until the tomatoes start to break down and create a thick masala sauce (about 10 minutes).

5 Turn the heat up to thicken the sauce a little if required.

6 Add the chickpeas and stir to coat them with the masala. Add a splash of water and let them simmer for 5 minutes.

7 Add the chopped kale, a handful at a time, stirring in between. Leave this to cook for 5 minutes until kale is soft and tender. Top with the sliced chilli and serve with poori with some fresh plain yoghurt.

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Banana pancakes with fruit

SERVES 2

Fluffy banana pancakes, easy to whisk up for a sweet treat after dinner, a weekend breakfast or great for Pancake Day!

- Can be milk-free
- Can be egg-free/vegan

- 1 banana
- 125g gluten-free self-raising flour
- 1 egg (or use egg replacer)
- 150ml milk (or use a dairy-free/vegan alternative)
- Oil
- 160g frozen fruit

- 1 Mash the banana with the back of a fork, until it resembles a purée.
- 2 Add boiling water to the frozen fruit.
- 3 Put the flour into a large bowl and make a well in the middle.
- 4 Beat in the egg (if using) and add the milk to make a smooth batter.
- 5 Add in the mashed banana and whisk until smooth.
- 6 On a medium heat, heat a little oil in a non-stick frying pan, enough to cover the bottom.
- 7 Pour the batter into the bottom of the frying pan to make 8–10cm circles.
- 8 When bubbles start to appear on the surface, flip the pancake and cook for 3 more minutes.
- 9 Repeat until the batter is used up.
- 10 Drain the fruit and serve with the pancakes.

Reproduced with kind permission from Coeliac UK coeliac.org.uk



Apple and blackberry rice pudding

SERVES 4

There are many varieties of dairy-free milks including soya, oat, coconut, rice, and almond milk. When choosing a dairy-free milk, consider allergens such as soya or nuts, as well as individual preference, when selecting the best choice of milk to use for an individual service user.

- 60g pudding rice
- 200ml apple juice
- 400ml alternative to milk
- ¼ tsp ground cinnamon
- 1 tbsp honey (not for vegans) or maple syrup
- 2 dessert apples
- 100g blackberries or any other berry
- Additional 1 tsp honey or maple syrup (optional, if blackberries are not sweet)

- 1 Wash the rice and then place in a heavy-based pan with the apple juice. Bring to the boil and simmer with the lid off.
- 2 Add the dairy-free milk, cinnamon and honey (or maple syrup). Bring back up to the boil and simmer with the lid off for 30 minutes, stirring occasionally (more often in the last 5 minutes) until thickened. (You may need to add a couple of spoonfuls of water if it is too thick.)



Photo © Pure Family Food

- 3 While the rice is cooking, peel, core and slice the apples. Add to a pan with the blackberries and honey (or maple syrup, if using). Cover and simmer for 10 minutes, until the apples 'fluff' up. Keep covered until required. You can blend the topping at this point to make it smooth.
- 4 To assemble, spoon a quarter of the rice pudding into a small dish and top with the apple and blackberry mixture. Serve hot or cold.
- 5 If you are not eating this straight away, cool and chill rice quickly and eat within 24 hours of cooking.

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Fruity tea loaf

MAKES 10 SLICES

Can be gluten-free

- 150ml tea – black tea, or your favourite herbal tea
- 150g unsulphured dried prunes, chopped to the size of the raisins
- 75g unsulphured dried dates, chopped to the size of the raisins
- 75g unsulphured dried apricots, chopped to the size of the raisins
- 75g unsulphured raisins
- 1 tsp gluten-free baking powder
- 125ml dairy-free milk (note as page 35)
- 110g vegetable oil
- 1 banana – ripe works best here
- 350g self-raising flour (gluten-free if required) OR spelt flour with gluten-free baking powder according to packet instructions
- 2 tbsp orange marmalade, or any variety. Ginger would also work well

1 Preheat the oven to 160°C fan/180°C/gas mark 4. Line and grease a 2lb or 900g loaf tin.

2 Add the pre-prepared tea to a saucepan with the dried fruits and bring to a low simmer. Simmer for 1 minute, then turn off the heat and add the teaspoon of baking powder. It will fizz as you stir it in.

3 Blend the banana, dairy-free milk and oil together, and add to the pan. Stir in the flour and marmalade.

4 Pour into the tin, and bake for 50 minutes, or until a skewer comes out clean.

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Raw chocolate truffles

MAKES 15–20

You can whip these up in under 10 minutes and make them your own by adding your favourite flavour – coffee/coconut/lime/chilli... or whatever you fancy.

- 15 large unsulphured medjool dates, pitted
- 110g raw nuts – of your choice (may contain sesame seeds and peanuts and other nuts)
- 2 tbsp extra virgin coconut oil, at room temperature
- 4 tbsp cacao (raw cocoa) powder
- 1 tbsp water
- 1 tsp ground cinnamon

1 Mix all the ingredients in a food processor for about 1 minute or until a ball is formed. Place the mixture in the fridge for 15 minutes.

2 Next, use your hands to form 15–20 small, bitesize round truffles. Roll the truffles in anything you like: cocoa powder, finely chopped almonds, shredded coconut, cacao, chia seeds, goji berries. Place in the fridge for 20 minutes before serving.

3 You can make these without a food processor. Simply use a fork to mash the dates on a plate until they are smooth. Incorporate the remaining ingredients and knead by hand until everything is well combined. Place in the fridge and follow the steps above.

Reproduced with kind permission from Jewish Vegetarian Society jvs.org.uk



Useful resources

PUBLICATIONS

Food Allergy Survival Guide
by Vesanto Melina (Author), Joanne Stepaniak
Book Publishing Company, 2004
Presents a thorough discussion of the major food allergies and how to deal with them in a positive, affirming way. Readers will learn about testing for allergies, safety measures for life-threatening conditions, hidden allergens, shopping and kitchen basics, and a host of resources for continued enjoyment of life with allergies. Features over 100 recipes by 'uncheese' specialist, Jo Stepaniak.

Vegetarian Cooking Without: All Recipes Free from Added Gluten, Sugar, Yeast, Dairy Products, Meat, Fish and Saturated Fat
by Barbara Cousins
Thorsons, 2000
Contains recipes that are well balanced and delicious but without the use of ingredients such as gluten, dairy produce, sugar, yeast and saturated fats.

Healthy Diet and Lifestyle for ethnic minority older people, June 2015
Produced by the Older People Services Development Project
Available from:
equalityscotland.com/assets/Healthy_Diet_and_Lifestyle/English.pdf
(Accessed April 2019)

WEBSITES

AllergyWise, Anaphylaxis Campaign's free and accredited online e-learning courses
allergywise@anaphylaxis.org.uk
allergywise.org.uk

asian-recipe.com
Source of Asian recipes from various countries.

harighotra.co.uk
A collection of Indian recipes including starters, sides, mains and sweet dishes.

International Vegetarian Union
ivu.org/vegan-recipes-around-the-world.html
Vegan recipes from around the world, with over 3,000 – so far – in English, and lots more in other languages.



ORGANISATIONS

Allergy UK
01322 619 898
info@allergyuk.org
allergyuk.org

Anaphylaxis UK
01252 546 100
info@anaphylaxis.org.uk
anaphylaxis.org.uk

Coeliac UK, the national charity for people who need to live gluten free
0333 332 2033
catering@coeliac.org.uk
coeliac.org.uk

The Interfaith Network for the UK
020 7730 0410
ifnet@interfaith.org.uk
interfaith.org.uk

Jewish Vegetarian Society
020 8455 0692
info@jvs.org.uk
jvs.org.uk

Muslim Food Board UK
0116 273 8228
info@halalce.com
tmfb.net/home

Pure Family Food
katie@purefamilyfood.com
purefamilyfood.com



Vegetarian for Life (VfL) is the leading authority on diet and healthy living advice for older vegans and vegetarians. VfL offers training and support for care caterers.

Vegetarian for Life recently launched a Memory Care Pledge that will be taken by care homes throughout the UK. This is to help ensure that vegetarians or vegans who have capacity issues, or cognitive losses, will be offered a choice of meals, drinks and snacks that uphold their ethical beliefs. For more information please get in touch.

We hope this guide has provided a good overview of various special diets. If you would like to find out more, we can provide a half-day equality, diversity and inclusivity training in house for your care setting. The training covers in more detail what a 'special' diet is, the 14 allergens, the law around protected beliefs, where to find alternative products such as gluten- and dairy-free and a practical

cookery demonstration using some of our favourite 'free-from' products. If you'd like to find out more, please contact us.

While every care has been taken to ensure that the recipes featured in this guide can be made suitable for a vegan or other featured special diet at the time of going to press, we recommend that you satisfy yourself that the dishes will meet the dietary requirements of the service user that you are catering for.

