Dish allergen check · the 14 allergens

Fill in one sheet per menu cycle. For every dish, tick each allergen it contains, using your recipe and the labels on the products you actually use. If a supplier or brand changes, check the dish again.

Menu / week: _____ **Checked by:** _____ **Date:** _____

Dish	Celery	Cereals with gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Tree nuts	Peanuts	Sesame	Soya	Sulphites	Notes / may contain

Cereals with gluten: wheat (including spelt and Khorasan), rye, barley and oats. **Tree nuts:** almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios and macadamias. **Sulphites:** sulphur dioxide and sulphites above 10 mg/kg or 10 mg/litre. **Molluscs** include mussels, squid and oysters; **crustaceans** include prawns, crab and lobster.

A record-keeping aid only. Follow your own food safety management system and the Food Standards Agency's allergen guidance.

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Resident dietary needs · allergies, textures and diets

Keep one up-to-date copy in the kitchen and one with the care team. Update it on admission, after any speech and language therapy (SLT) review, and whenever a resident's needs change.

Unit / floor: _____ **Updated by:** _____ **Date:** _____

Room	Resident	Allergies / intolerances	IDDSI food level	IDDSI drink level	Diet (e.g. diabetic, vegetarian, halal)	Likes, dislikes, other notes	Reviewed

IDDSI food levels: 3 Liquidised · 4 Puréed · 5 Minced & moist · 6 Soft & bite-sized · 7 Easy to chew / Regular

IDDSI drink levels: 0 Thin · 1 Slightly thick · 2 Mildly thick · 3 Moderately thick · 4 Extremely thick

Texture levels must come from the resident's SLT or clinical assessment. Never change a level without it.

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Plate check before service · one sheet per meal

Before each plate leaves the kitchen, check it against the resident's needs on the dietary needs sheet. Tick all three boxes, then initial.

Meal: _____ **Date:** _____ **Cook on shift:** _____

Room	Resident	Dish served	Texture correct ✓	Allergens clear ✓	Diet correct ✓	Initials

Tired of filling these in by hand? Platewell keeps each resident's allergies, textures and diets, greys out dishes they can't have, and prints a labelled plate for every resident. Try a demo care home, no sign-up needed: **app.platewell.co.uk/?demo**

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