

Fortified milk

can be used to make all milky drinks and can also be used on cereal and in tea & coffee for those residents with a MUST score of 1 or more

	Amount of recipe depending on <u>number of residents</u> requiring a 180ml portion			
	1 portion of 180ml	10 portions of 180ml	12 portions of 180ml	15 portions of 180ml
Full cream milk	175ml	1750ml	2000ml	2600ml
Dried milk powder	15g (1.1/2 heaped dessertspoons)	150g (15 heaped dessertspoons)	180g (18 heaped dessertspoons)	220g (22 heaped dessertspoons)
Double cream	16.5 ml (1 dessertspoon)	165ml (10 dessertspoons)	200ml	250ml

Method for Fortified Milk

1. To make the fortified milk add the milk powder to the full cream milk as shown in the above table
2. Use a whisk to mix and make sure there are no lumps
3. Add double cream
4. Keep refrigerated

Use this milk to make two milky drinks per day eg. hot drinks Horlicks, Hot Chocolate, Ovaltine, cuppa soup

Hot Milky Drink

1. Heat the fortified milk in the microwave and use to make hot drinks such as Ovaltine, Horlicks or Hot Chocolate.
2. It can also be added to cuppa soup for a savoury drink
3. Do not use water to make up these drinks

Nutritional Content per 180ml serving: Fortified milk alone = 220 kcals, 10g protein
Hot choc, Ovaltine, Horlicks, soup or milkshake made with fortified milk = 270 kcals, 12g protein

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Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving, it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

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