

Nutrition & Hydration Week 2026

16th-22nd March 2026

RECIPE PACK



This year's Nutrition and Hydration week will take place from the 16TH to the 22ND of March. The week is designed to highlight the importance of adequate hydration and nutrition and how to support patients in achieving this.

The Global Tea Party is a highlight of Nutrition and Hydration Week. Support people with dysphagia to safely enjoy shared moments, with dysphagia-appropriate tea-party recipes.



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Celebration Cake



16th-22nd March 2026

IDDSI 4, 5, 6



Allergens: contains **milk**, wheat (**gluten**),
sponge cake may contain **egg**.
Always check the ingredients list of each product used.

Ingredients

-  550ml dissolved **jelly**, using water or prosecco
-  40g **vanilla sponge or cup cake** (no nuts or chocolate pieces)
-  225g **strawberries**, washed and stalks removed
-  50g **granulated sugar**
-  300ml **double cream**, cold
-  2 teaspoons **vanilla essence**
-  40g **icing sugar**
-  40g **Milky Bar**, finely grated



Use gluten-free cake



Dairy recipe



Use vegetarian jelly

Instructions



Dissolve jelly in approximately 550ml of water or prosecco as per the packet instructions, cool slightly.



Crumble the vanilla sponge into the bottom of a sundae dish or bowl, using one dish per person.



Pour the jelly mix to just cover the sponge. Place in the fridge until set - about 1 hour.



Make a strawberry coulis by adding strawberries into a saucepan with the granulated sugar. Cook on medium heat for 10 minutes.



Blend until smooth, and then pass through a sieve.



Return to the pan and cook slowly until reduced by half and the sauce thickens to coat a spoon - approximately 10 minutes.



Once the jelly has set, pour a thin layer of strawberry coulis over the top and cool while you whip the topping.



Add the double cream, vanilla, icing sugar and Milky Bar into a bowl and whisk until fairly stiff – approximately 5 minutes.



Pipe or spoon onto your desserts and serve.



Perfect to celebrate Nutrition and Hydration Week's Global Tea Party

For more delicious recipe ideas, [click here](#).

Black Forest Gateau











16th-22nd March 2026

IDDSI 4, 5, 6



Allergens: contains **milk**, wheat (**gluten**), chocolate sponge may contain **egg**.
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Ingredients

-  20g cooked **chocolate sponge**
-  20g **cherry pie filling** (passed through a fine sieve)
-  20g **de-stoned cherries**
-  10g **granulated sugar**
-  60ml **double cream**
-  2 drops of **vanilla essence**
-  10g **icing sugar** (sieved)
-  4g **cocoa powder** (sieved)



Dairy recipe

Instructions



Finely crumble the sponge in the bottom of a sundae dish.



Place the de-stoned cherries in a saucepan with the granulated sugar and bring to a gentle simmer for 5 minutes until they have melted down into a thin purée consistency. Pass through a sieve to remove any remaining skins and lumps. Consistency should be smooth like a thin purée.



Pour the cherry mix over the sponge and allow to soak into the sponge.



Layer the cherry pie filling on top of the soaked sponge then chill.



Pour the cream into a bowl with the sieved icing sugar, vanilla and cocoa and whisk until it forms soft peaks or a buttercream consistency.



Pipe or spoon the chocolate cream mixture onto the top of the cherry pie filling.



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Rhubarb & Ginger Fool



16th-22nd March 2026

IDDSI 4, 5, 6



Allergens: **milk**. Custard powder may contain wheat (**gluten**) and/or **egg**.
Always check the ingredients list of each product used.

Ingredients

-  400g tinned **rhubarb**, drained
-  550ml **whole milk**
-  4 tablespoons **custard powder**
-  30g **granulated** or **caster sugar**
-  1 inch **fresh ginger**, peeled



Dairy recipe

Instructions



Blend the rhubarb until smooth and spoon evenly into the bottom of the glasses, or a bowl works just as well.



Place 1 tablespoon of the milk in a cup and add the custard powder to form a paste, mix well to ensure no lumps.



Heat the remainder of the milk in a saucepan on a medium heat.



Once the milk is nearly boiling, add the dissolved custard paste and whisk.



Cook gently for 10 minutes then add the sugar, stirring until dissolved.



Take the custard off the heat and allow to cool slightly before grating in the ginger – stir well.



Pour the custard on top of the rhubarb and place in the fridge until set.



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