

常見問題 FAQ

1. 盛饌是甚麼？與一般糊餐有甚麼分別？

What is Graceful Meal? How is it different from other pureed diets?

盛饌是預煮的家居軟餐，由聖雅各福群會營養師及廚師研製而成，讓有吞嚥困難或體弱人士可享受色、香、味、營俱全，而且方便、安全的餐膳。盛饌賣相美觀而且造型別緻，只須簡單解凍和加熱即可食用，每餐一肉一菜，便能提供足夠的蛋白質及纖維，讓使用者重拾進食樂趣和尊嚴，同時輕省照顧者的備餐時間和壓力。

Graceful Meal is a pre-cooked soft diet for household use with graceful appearance, luscious taste, abundant nutrition, safety and convenience. It is specially designed and developed by dietitians and chefs at St. James' Settlement for frail individuals with swallowing difficulties. Graceful Meal is prepared in delicate shapes, and can be consumed after simple thawing and heating process. One serving of meat plus one serving of vegetables at each meal provide sufficient amount of protein and fiber. Graceful Meal serves to restore the enjoyment and dignity of eating, and also to ease the meal preparation time and stress of the carers.

2. 甚麼人士適合進食盛饌？

Whom is Graceful Meal suitable for?

盛饌特別適合有吞嚥或咀嚼困難，或正進食全糊餐、碎餐的人士食用。4歲以下幼童不宜食用。有個別飲食控制的人士，建議先諮詢註冊營養師。

Graceful Meal is specially designed for individuals with swallowing or masticating difficulties; or individuals currently using pureed or minced diet. It is not suitable for children under 4 years. For individuals with special dietary needs, please seek advice from a Registered Dietitian.

3. 甚麼人士適合進食盛饌？

Whom is Graceful Meal suitable for?

每一餐建議進食盛饌一款菜及一款肉，再自行配搭糊飯或杰粥食用，以吸收足夠且均衡的營養。

It is recommended that one serving of meat and one serving of vegetables to be used at each meal. Serve with soft rice or congee for the best balance of nutrition.

4. 盛饌是如何製造的？

How is Graceful Meal produced?

盛饌由優質的肉類及蔬菜以傳統口味如上湯、薑汁等烹調後，以攪拌機攪拌，再倒模、封口，隨即急凍冷藏。生產過程絕對安全、衛生。

Graceful Meal is made with high quality meats and vegetables. It is cooked with traditional flavors such as broth and ginger, then blend to smooth texture, and put to freeze in a sealed mold. The entire production is handled in a safe and hygienic environment.

5. 盛饌的營養價值如何？

What is the nutritional value of Graceful Meal?

每款盛饌肉類提供100至130千卡，最少14克蛋白質，約2至9克脂肪，150至240毫克鈉質（另隨每款肉類附送的醬汁一杯，可增加餐膳中的熱量和脂肪）。每款盛饌菜類提供40至50千卡，約1克脂肪，170至270毫克鈉質，及最少4克膳食纖維，其中1.5克為水溶性纖維。

Each serving of Graceful Meal meat provides 100-130kcal, no less than 14g of protein, 2-9g of fat, and 150-240mg sodium (the complimentary sauce that comes with each serving of meat may add extra energy and fat to the meal). Each serving of Graceful Meal vegetables provides 40-50kcal, 1g of fat, 170-270mg sodium, and no less than 4g of dietary fiber, within which is 1.5g soluble fiber.

6. 盛饌可儲存多久？可否使用微波爐翻熱盛饌？

What is the shelf life of Graceful Meal? Can it be heated by microwave?

盛饌可於冰箱內（攝氏-18°C或以下）儲存6個月以保持最佳質素。因使用微波傳熱並不平均，而且會揮發食物中的水分，令表面變乾，故此不建議使用微波爐翻熱。

Graceful Meal can be kept with the best quality for 6 months in a freezer under -18°C. Microwave yields uneven heating effect, and may cause moisture to evaporate from food, resulting in a dry surface, therefore microwave heating is not recommended.