

Supplementary File S1 - Focus group schedule guide

- Introduce the facilitator and the assistant.
- Hand out the participant information sheets (PIS) and consent forms (CF).
- Explain the meal tasting session, the purpose of the study and the session will be taped.
 - You were selected because we are seeking some advice and opinions from health professionals
 - There're no right or wrong answers, only differing points of view. So, we would like honest feedback from you.
 - We're tape recording for gathering the most accurate information, so please we'll try to have one person speaking at a time.
 - Before we start, I'd ask you to turn your phones into silent.
 - My role as the facilitator today will be to guide the discussion.
- After participants sign the CF, will hand out and explain how to complete the checklist and start with meal tasting (10-15min).
- The facilitator will initiate the group discussion after everyone completed the checklist.
- Topic 1: Background
 - Health professionals' group
 - Why are you interested in texture-modified foods (TMFs)?
 - What do you consider the current challenges of TMFs?
 - What's your expectation of texture-modified meat (TMM)?
 - Older adults' group:
 - Has anyone tried this type of meal before? If so, where did you get them or how did you prepare them?
 - What's your experience with this type of meal? Do you like it or not? Why?
- Topic 2: Tested meals
 - How do you like the food today? Were you satisfied?
 - Can you tell the main differences between these meals?
 - Are you able to identify the type of meat served?
 - What do you think of the flavour and taste?
 - How about the appearance?
 - What do you think of the texture of the food?
 - Health professionals' group
 - Within samples 1 and 2, which one would you suggest the foodservice to provide for residents on a Soft & Bite-sized diet? Why? What are the problems with the meals?

- Within samples 3-5, which one would you suggest the foodservice to provide for the residents on the Minced & Moist diet? Why? What are the problems with the meals?
- Within samples 6-8 which one would you suggest the foodservice provide for the residents on the Pureed diet? Why? What are the problems with the meals?

Oder adults' group

- Sample 1 and 2 is soft & bite-sized meat what do you expect with soft meals? What are the problems with these meals? (e.g., texture, dryness, appearance, tastes...). Which sample do you like the most? Why?
- Sample 3-5 is minced & moist meat, what do you expect with minced meals? What are the problems with these meals? Which sample do you like the most? Why?
- Sample 6-8 is pureed meat, what do you expect with pureed meals? What are the problems with these meals? Which sample do you like the most? Why?

All

- Of all the things we discussed, what to you is the most important of these meals?
- Say if any of the samples have higher protein content or are better for bowel movement, would that change your choice?
- Show the ingredient lists and cost poster
- Topic 3: Future improvements
 - What would you like to change to improve the quality of these meals?
- Have we missed anything? Is there anything else you would like to discuss about these TMM?