



8 Day Menu Plan for Patient A

DAY 2

Breakfast:

Ackees (can get in tins from ethnic stores) with onions, peppers & bacon
Rice cakes

Packed Lunch:

Fruit
Grilled chicken with roasted red peppers
Red potato salad with scallion and corn

Dinner:

Honey & ginger pork chops
Mashed potatoes with olive oil & mustard
Corn on the cob
Green peas

Snacks:

Maple roasted sweet potatoes
Oven-dried bananas

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