



8 Day Menu Plan for Patient A

DAY 3

Breakfast:

Smoothie (frozen berries, pineapple juice, banana)

Porridge oats (cooked with water), topped with banana & brown sugar

Packed Lunch:

Fruit

English mustard roast beef & tomatoes in 100% rye bread

Dinner:

Meat bolognaise with Rice noodles

Honey-roasted carrots

Snacks:

Pineapple chunks crusted with toasted desiccated coconut

Homemade ham slices wrapped around celery sticks

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