



8 Day Menu Plan for Patient A

DAY 5

Breakfast:

Oat porridge with pureed apples & pears

Packed Lunch:

Fruit

Homemade Roast Ham & lettuce on rye bread

Dinner:

Sticky chicken wings

Baked sweet potato

Steamed asparagus

Snacks:

Rice cakes with eggplant 'caviar'

Dark chocolate covered oat crispies (dark chocolate & cereal sourced from allergy-free factory)

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