

What is the Cost of a Healthy Food Basket in Northern Ireland in 2024?

Final seven day menus for each of the four households in NI



Appendix – Menus

Seven-day menu for the two-parent, 3 children household (pre-school, primary-school and secondary-school age).

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Sunday	<p>Father: porridge oats, milk¹, one slice 50/50 toast, low fat spread, low fat yoghurt, mixed nuts, banana, orange juice.</p> <p>Mother: porridge oats, milk, banana.</p> <p>Preschool: one Weetabix, whole milk², ½ nectarine. Vitamins A, C, and D.</p> <p>Primary: one egg, milk, low fat spread, one slice 50/50 toast, pear. Multivitamin.</p> <p>Secondary: porridge oats, milk, berries.</p> <p>Drinks</p> <p>Adults: coffee, orange juice, diluted squash.</p> <p>Children: orange juice, water, milk.</p>	<p>Father: cereal bar.</p> <p>Mother: apple.</p> <p>Preschool: ½ hot cross bun, low fat spread, grapes.</p> <p>Primary: apple, peanut butter.</p> <p>Secondary: chocolate biscuit.</p> <p>Drinks</p> <p>Adults: coffee, milk, water.</p> <p>Children: diluted squash, water.</p>	<p>Father: chicken sandwich: chicken slices, 2 slices 50/50 bread, crisps.</p> <p>Dessert: low fat yoghurt.</p> <p>Mother: beans on toast: baked beans, 2 slices 50/50 bread, low fat spread.</p> <p>Dessert: 2 satsumas, low fat yoghurt.</p> <p>Preschool: roast chicken, olive oil, potatoes, parsnips, carrots, green beans. Cauliflower cheese: cheese, cauliflower, water, low fat spread, flour, milk, gravy.</p> <p>Dessert: strawberries, ice cream.</p> <p>Primary: roast chicken, olive oil. Mashed potatoes: potato, milk, low fat spread. Carrots, broccoli, peas, gravy.</p> <p>Dessert: strawberries, ice cream.</p> <p>Secondary: roast dinner: beef, olive oil, potatoes, parsnips, carrots, broccoli, peas, beef gravy.</p> <p>Dessert: banana cake.</p> <p>Custard: milk, custard powder.</p> <p>Orange, pear.</p> <p>Drinks</p> <p>Adults: coffee, milk, water.</p> <p>Children: water, diluted squash.</p>	<p>Father: pear.</p> <p>Mother: banana.</p> <p>Preschool: chocolate digestive, banana.</p> <p>Drinks</p> <p>Adults: tea, milk, water, diluted squash.</p> <p>Children: water, diluted squash.</p>	<p>Father: roast dinner: beef, olive oil, potatoes, parsnips, carrots, Brussel sprouts. Stuffing: store-bought. Gravy: beef gravy granules, water. Yorkshire pudding, broccoli, cabbage. Cauliflower cheese: cheese, cauliflower, low fat spread, flour, milk.</p> <p>Dessert: apple crumble: apple, low fat spread, plain flour, sugar, Custard: custard powder, milk, sugar.</p> <p>Mother: roast dinner: without Brussel sprouts and cabbage.</p> <p>Preschool: margherita pizza store-bought, carrot sticks, cherry tomatoes, cucumber, red pepper.</p> <p>Dessert: rice pudding, mango.</p> <p>Primary: baked potato, 1 tin tuna, mayonnaise, lettuce, cucumber, tomato, carrots.</p> <p>Dessert: low fat yoghurt, berries.</p> <p>Secondary: kebabs: beef, rice, red pepper, green pepper, onions, mushrooms, lettuce, tomatoes, spring onion, carrot, celery, cucumber. Dessert: banana.</p> <p>Drinks</p> <p>Adults: one glass wine each, tea, milk, diluted squash, water.</p> <p>Children: diluted squash, water.</p>	<p>Primary: 2 chocolate digestives.</p> <p>Drinks</p> <p>Adults: tea, milk, diluted squash.</p> <p>Children: milk (whole for preschool), hot chocolate powder (primary only), tea (secondary only).</p>

1 – All milk is semi skimmed unless otherwise specified.

2 – Preschool aged children should be given whole milk instead of semi skimmed milk.

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Monday	<p>Father: 3 Weetabix, milk, one slice 50/50 bread, low fat spread, banana, mixed nuts, low fat yoghurt.</p> <p>Mother: 2 Weetabix, milk, banana.</p> <p>Preschool: one Weetabix, whole milk, ½ apple. Vitamins A, C, and D.</p> <p>Primary: 2 Weetabix, milk, banana. Multivitamin.</p> <p>Secondary: 2 Weetabix, milk.</p> <p>Drinks</p> <p>Adults: orange juice, coffee, milk, water.</p> <p>Children: orange juice, water, tea (secondary only), milk.</p>	<p>Father: cereal bar, pear.</p> <p>Mother: pear.</p> <p>Preschool: hummus, cucumber, carrot, red pepper.</p> <p>Primary: grapes, fruit and seed oatcakes.</p> <p>Secondary: cereal bar.</p> <p>Drinks</p> <p>Adults: coffee, diluted squash, water.</p> <p>Children: diluted squash, water.</p>	<p>Father: jacket potato, low fat spread, baked beans, cheese, lettuce, tomato, cucumber, spring onion.</p> <p>Dessert: low sugar jelly pot.</p> <p>Mother: chicken, tortilla wrap, lettuce, tomato, cucumber, mayonnaise, spring onion, grapes.</p> <p>Dessert: low fat yoghurt, dried fruit.</p> <p>Preschool: 2 slices 50/50 bread, low fat spread, ham, lettuce, cherry tomatoes, cucumber, sweetcorn, red pepper.</p> <p>Dessert: banana.</p> <p>Primary: chicken, 2 slices 50/50 bread, low fat spread, carrot, light cream cheese.</p> <p>Dessert: rice pudding, apple, mini loaves.</p> <p>Secondary: chicken, tortilla wrap, lettuce, tomato, cucumber, mayonnaise, spring onion, hummus, carrot sticks, sugar snap peas.</p> <p>Dessert: low fat yoghurt, mango, dried fruit, jumbo raisins, fruit shoot.</p> <p>Drinks</p> <p>Adults: coffee, diluted squash, water.</p> <p>Children: water.</p>	<p>Father: apple.</p> <p>Mother: 2 digestives.</p> <p>Preschool: ½ hot cross bun, light cream cheese, pear.</p> <p>Primary: store-bought salsa, red pepper, celery, cucumber, orange.</p> <p>Secondary: banana, 2 boiled eggs.</p> <p>Drinks</p> <p>Adults: tea, milk, water, diluted squash.</p> <p>Children: water, diluted squash, hot chocolate powder (secondary only).</p>	<p>Father: beef leftovers, bubble and squeak, olive oil, cabbage, broccoli. Mashed potato: potato, low fat spread, milk.</p> <p>Dessert: peaches, crème fraiche, mixed nuts.</p> <p>Mother: tuna pasta bake: pasta, 2 tin tuna, tomato puree, tomatoes, onions, olive oil, herbs, garlic, cheese, red pepper, green pepper, spinach.</p> <p>Preschool: spaghetti bolognese: pasta, passata, minced beef, onion, olive oil, carrots, celery, tinned tomatoes, tomato paste, garlic, mushrooms, pepper to taste, mixed herbs.</p> <p>Dessert: ½ low sugar jelly pot, mango.</p> <p>Primary: spaghetti bolognese: pasta, passata, minced beef, onion, carrots, celery. Tomato sauce jar, tinned tomatoes, garlic, mushrooms, black pepper to taste, mixed herbs, olive oil.</p> <p>Dessert: low sugar jelly pot, kiwi.</p> <p>Secondary: pork chop, apple sauce. Mashed potato: potatoes, milk, butter spread, peas, carrot, beans.</p> <p>Dessert: ice cream.</p> <p>Drinks</p> <p>Adults: diluted squash, water, tea, milk.</p> <p>Children: diluted squash, water.</p>	<p>Primary: hot cross bun, chocolate nut spread.</p> <p>Drinks</p> <p>Adults: tea, milk, water, diluted squash.</p> <p>Children: milk (whole for preschool), hot chocolate powder, milk, water (primary school only), tea, milk (secondary school).</p>

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Tuesday	<p>Father: 2 slices 50/50 bread, low fat spread, 2 boiled eggs, kiwi, low fat yoghurt, mixed nuts.</p> <p>Mother: 2 crumpets toasted, low fat spread, honey, apple.</p> <p>Preschool: 2 slices 50/50 bread, low fat spread, peanut butter, ½ banana. Vitamins A, C, and D.</p> <p>Primary: rice puffs, milk, pear. Multivitamin.</p> <p>Secondary: 2 slices 50/50 bread, low fat spread, jam.</p> <p>Drinks</p> <p>Adults: water, orange juice, coffee.</p> <p>Children: orange juice, diluted squash, water, tea (secondary only).</p>	<p>Father: apple</p> <p>Mother: crisps, hummus.</p> <p>Preschool: one slice fruit loaf toasted, light cream cheese, cherry tomatoes.</p> <p>Primary: strawberries, 2 biscuits.</p> <p>Secondary: 4 rice cakes.</p> <p>Drinks</p> <p>Adults: coffee, diluted squash water.</p> <p>Children: diluted squash, water.</p>	<p>Father: one tin tuna, mayonnaise, 2 slices 50/50 bread, low fat spread, lettuce, tomato, cucumber, spring onion, crisps. Dessert: low fat yoghurt.</p> <p>Mother: ham, 2 slices 50/50 bread, low fat spread, lettuce, tomato, cucumber, mayonnaise, spring onion. Dessert: satsumas.</p> <p>Preschool: 2 slices 50/50 bread, low fat spread, low fat cheese, lettuce, cherry tomatoes, cucumber, sweetcorn, red pepper. Dessert: nectarine.</p> <p>Primary: low fat cheese, 2 slices 50/50 bread, low fat spread, red pepper, light cream cheese and breadsticks. Dessert: low fat yoghurt, satsuma, mini loaf.</p> <p>Secondary: one tin tuna, mayonnaise, 2 slices 50/50 bread, low fat spread, lettuce, crisps, cherry tomatoes, cucumber sticks. Dessert: low fat yoghurt, grapes, dried fruit, dark chocolate chips, fruit shoot.</p> <p>Drinks</p> <p>Adults: diet soft drink, coffee, milk, water.</p> <p>Children: water.</p>	<p>Father: pear.</p> <p>Mother: low fat yoghurt, dried fruit.</p> <p>Preschool: 2 garibaldi biscuits. Ants on a log: celery, peanut butter, raisins.</p> <p>Primary: carrots, cucumber, tomatoes, one slice fruit loaf, jam.</p> <p>Secondary: apple, crackers, low fat cheese.</p> <p>Drinks</p> <p>Adults: tea, diluted squash water.</p> <p>Children: water, diluted squash, hot chocolate powder (secondary only).</p>	<p>Father: store-bought chicken kiev, boiled potatoes, carrots, peas, French beans. Dessert: banana, 2 kiwis.</p> <p>Mother: shepherd's pie: lamb mince, onions, olive oil, stock cube, water, plain flour, bay leaves, herbs, carrots, potatoes, milk, low fat spread, tomato puree, Worcester sauce, broccoli, peas.</p> <p>Preschool: beef casserole: lean stewing beef, red onion, olive oil, spinach, tomatoes, green peppers, red peppers, garlic, ginger, potatoes, flora light, milk, broccoli, carrots, peas. Dessert: banana, custard powder, water.</p> <p>Primary: stir fry chicken: chicken, olive oil, green peppers, red peppers, spring onion, bean sprouts, carrots, courgettes, baby corn, pineapple, vinegar, cornflour, tomato puree, noodles. Dessert: custard, banana, dried fruit.</p> <p>Secondary: chicken breast, store-bought Spanish sauce, spinach, potato wedges, broccoli, carrots, peas. Dessert: pear.</p> <p>Drinks</p> <p>Adults: 2 low alcohol lagers, diluted squash, tea, milk.</p> <p>Children: diluted squash, water.</p>	<p>Primary: fruit and seed oatcakes.</p> <p>Drinks</p> <p>Adults: tea, milk, water.</p> <p>Children: tea, (except preschool), milk (whole for preschool), water.</p>

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Wednesday	<p>Father: 3 Weetabix, milk, one slice 50/50 bread, low fat spread, banana, low fat yoghurt, mixed nuts.</p> <p>Mother: porridge oats, milk, dried fruit, ½ grapefruit.</p> <p>Preschool: porridge oats, whole milk, blue berries, ½ banana. Vitamins A, C, and D.</p> <p>Primary: low fat yoghurt, banana, ½ hot cross bun, jam. Multivitamin.</p> <p>Secondary: porridge oats, milk, banana.</p> <p>Drinks</p> <p>Adults: coffee, orange juice, milk, water.</p> <p>Children: orange juice, water, milk, tea (secondary only).</p>	<p>Father: cereal bar, pear.</p> <p>Mother: apple.</p> <p>Preschool: ½ apple, rice pudding.</p> <p>Primary: apple, raisins.</p> <p>Secondary: chocolate biscuit.</p> <p>Drinks</p> <p>Adults: coffee, diluted squash, water.</p> <p>Children: diluted squash, water.</p>	<p>Father: jacket potato, low fat spread, one tin tuna, mayonnaise, cheese, lettuce, tomato, cucumber, spring onion.</p> <p>Dessert: chocolate biscuit.</p> <p>Mother: 2 eggs, milk, low fat spread, salt to taste, ham, green vegetables, lettuce, tomato, cucumber, mayonnaise, spring onions.</p> <p>Dessert: 2 slices melon.</p> <p>Preschool: tuna pasta: penne pasta, one tin tuna, olive oil, green pepper, red pepper, cherry tomatoes, parsley, garlic cloves, tomato passata, sweet corn.</p> <p>Dessert: low fat yoghurt, satsuma.</p> <p>Primary: chicken wrap: chicken, tortilla wrap lettuce, cucumber, tomato, crisps, light cheese.</p> <p>Dessert: low fat yoghurt, kiwi, dried fruit, dark chocolate chips.</p> <p>Secondary: light cream cheese and jam sandwich: light cream cheese, jam, 2 slices 50/50 bread, low fat spread, hummus, sugar snap peas, cherry tomatoes.</p> <p>Dessert: low fat yoghurt, strawberries, dried fruit, raisins, fruit shoot.</p> <p>Drinks</p> <p>Adults: diluted squash, coffee, milk, water.</p> <p>Children: water.</p>	<p>Father: apple.</p> <p>Mother: banana.</p> <p>Preschool: one egg, cherry tomatoes, ½ pitta.</p> <p>Primary: grapes, 2 cream crackers, light cream cheese.</p> <p>Secondary: pear, digestive biscuit.</p> <p>Drinks</p> <p>Adults: tea, milk, diluted squash, water.</p> <p>Children: diluted squash, water, hot chocolate powder (secondary only).</p>	<p>Father: tuna pasta bake: penne pasta, one tin tuna, pasta tomato sauce, onion, olive oil, herbs, garlic, red pepper, green pepper, mangetout.</p> <p>Dessert: apricots, crème fraiche, mixed nuts.</p> <p>Mother: fajitas: chicken fillet, fajita kit, red pepper, green pepper, olive oil, onion, garlic, lettuce, tomato, cucumber, ½ avocado.</p> <p>Preschool: shepherd's pie: minced lamb, olive oil, onions, low salt stock cube, water, plain flour, bay leaves, herbs, carrots, potatoes, milk, low fat spread, tomato puree, peas, beans.</p> <p>Dessert: mixed berries, ½ low sugar jelly pot.</p> <p>Primary: shepherd's pie: without beans.</p> <p>Dessert: low fat yoghurt.</p> <p>Secondary: shepherd's pie: add Worcester sauce, broccoli.</p> <p>Dessert: tinned peaches.</p> <p>Drinks</p> <p>Adults: 2 low alcohol lagers, diluted squash, water, tea, milk.</p> <p>Children: diluted squash, water.</p>	<p>Primary: 2 oat biscuits.</p> <p>Drinks</p> <p>Adults: tea, milk, diluted squash, water.</p> <p>Children: milk (whole for preschool). hot chocolate powder, (primary only). tea, milk (secondary only).</p>

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Thursday	<p>Father: 2 slices 50/50 bread, low fat spread, low salt baked beans, ½ grapefruit, low fat yoghurt, mixed nuts.</p> <p>Mother: low fat yoghurt, berries, banana.</p> <p>Preschool: Weetabix, whole milk, ½ apple. Vitamins A, C and D.</p> <p>Primary: porridge oats, milk, mixed berries, pear. Multivitamin.</p> <p>Secondary: Pastry</p> <p>Drinks</p> <p>Adults: coffee, milk, diluted squash, orange juice, water.</p> <p>Children: milk, orange juice, water, tea (secondary only).</p>	<p>Father: apple.</p> <p>Mother: crisps, hummus.</p> <p>Preschool: ½ banana, one slice fruit loaf, light cream cheese.</p> <p>Primary: banana, light cheese.</p> <p>Secondary: 4 rice cakes.</p> <p>Drinks</p> <p>Adults: coffee, milk, diluted squash, water.</p> <p>Children: diluted squash, water.</p>	<p>Father: chicken, 2 slices 50/50 bread, low fat spread, lettuce, tomato, cucumber, crisps.</p> <p>Dessert: banana.</p> <p>Mother: store-bought chicken pasta salad.</p> <p>Dessert: satsumas, low fat yoghurt, dried fruit.</p> <p>Preschool: shepherd's pie: minced lamb, olive oil, onions, stock cube, water, plain flour, bay leaves, herbs, carrots, potatoes, milk, low fat spread, tomato puree, peas, beans.</p> <p>Dessert: nectarine, grapes.</p> <p>Primary: tuna sandwich: one tin tuna, mayonnaise, 2 slices 50/50 bread, low fat spread, light cream cheese, breadsticks, carrot.</p> <p>Dessert: low sugar jelly pot, satsuma, lunchbox loaf.</p> <p>Secondary: ham sandwich: ham, 2 slices 50/50 bread, low fat spread, lettuce, tomato, cucumber, crisps, carrot.</p> <p>Dessert: low fat yoghurt, grapes, dried fruit, dark chocolate chips, fruit shoot.</p> <p>Drinks</p> <p>Adults: coffee, diet soft drink, water.</p> <p>Children: water.</p>	<p>Father: pear.</p> <p>Mother: pear.</p> <p>Preschool: hummus, carrot, cucumber, apple.</p> <p>Primary: strawberries, hot cross bun, chocolate nut spread.</p> <p>Secondary: banana, brioche.</p> <p>Drinks</p> <p>Adults: tea, milk, diluted squash, water.</p> <p>Children: diluted squash, milk, water, hot chocolate powder (secondary only).</p>	<p>Father: chicken curry: chicken, olive oil, ½ jar curry sauce, rice, onion, red pepper, green pepper, spinach, mange tout.</p> <p>Dessert: apple.</p> <p>Mother: salmon and vegetables: salmon, potatoes, peas, carrots, green beans, tartar sauce.</p> <p>Dessert: Low fat yoghurt, dried fruit.</p> <p>Preschool: chicken pasta bake: penne pasta, chicken, passata, onions, red pepper, green pepper, leek, spinach, beans, garlic, herbs, olive oil.</p> <p>Dessert: ½ banana, custard.</p> <p>Primary: chicken curry: chicken, onions, olive oil, tinned tomatoes, green peppers.</p> <p>Dessert: banana, custard.</p> <p>Secondary: chicken fajitas: chicken, fajita kit, red pepper, green pepper, olive oil, garlic, lettuce, tomato, cucumber, ½ avocado, sour cream.</p> <p>Dessert: low fat yoghurt.</p> <p>Drinks</p> <p>Adults: wine, diluted squash, tea, milk, water.</p> <p>Children: diluted squash, water.</p>	<p>Primary: chocolate digestive.</p> <p>Drinks</p> <p>Adults: tea, milk, water, diluted squash.</p> <p>Children: milk (whole for preschool), tea (primary and secondary only).</p>

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Friday	<p>Father: 3 Weetabix, milk, one slice 50/50 bread, low fat spread, banana, low fat yoghurt, mixed nuts.</p> <p>Mother: 2 Weetabix, milk, banana.</p> <p>Preschool: toasted oats, whole milk, ½ pear. Vitamins A, C, and D.</p> <p>Primary: rice puffs, milk, banana. Multivitamin.</p> <p>Secondary: 2 Weetabix, milk.</p> <p>Drinks</p> <p>Adults: coffee, milk, orange juice, diluted squash, water.</p> <p>Children: orange juice, water, tea (secondary only).</p>	<p>Father: cereal bar, pear.</p> <p>Mother: pear.</p> <p>Preschool: light cream cheese, breadsticks, cherry tomatoes, carrot sticks.</p> <p>Primary: cucumber, carrot, cherry tomatoes, 2 garibaldi biscuits.</p> <p>Secondary: 2 boiled eggs.</p> <p>Drinks</p> <p>Adults: coffee, milk, diluted squash, water.</p> <p>Children: diluted squash, water.</p>	<p>Father: omelette: 2 eggs, milk, low fat spread, ham, cheese. Salad: lettuce, cucumber, tomatoes, green pepper, spring onion.</p> <p>Dessert: low sugar jelly pot.</p> <p>Mother: jacket potato, low fat spread, one tin tuna, mayonnaise, cheese, lettuce, tomato, cucumber, spring onion, sugar snap peas.</p> <p>Dessert: grapes.</p> <p>Preschool: chicken pasta bake: Penne pasta, chicken, passata, onion, red pepper, green pepper, leek, spinach, green beans, garlic, herbs, olive oil.</p> <p>Dessert: ½ peach.</p> <p>Primary: ham sandwich: Ham, 2 slices 50/50 bread, low fat spread. Ants on log: celery sticks, light cream cheese, raisins.</p> <p>Dessert: low fat rice pudding, satsuma, lunchbox loaf.</p> <p>Secondary: store-bought tuna and sweetcorn pasta, low fat yoghurt, red pepper.</p> <p>Dessert: dried fruits, raisins, fruit shoot.</p> <p>Drinks</p> <p>Adults: coffee, milk, diluted squash, water.</p> <p>Children: water.</p>	<p>Father: apple.</p> <p>Mother: 2 digestives.</p> <p>Preschool: blueberries, low fat yoghurt, one garibaldi biscuit.</p> <p>Primary: apple, red pepper, cucumber, salsa.</p> <p>Secondary: apple, crackers, light cheese.</p> <p>Drinks</p> <p>Adults: tea, milk, diluted squash, water.</p> <p>Children: diluted squash, water.</p>	<p>Father: fish and chips: crumbed cod, chips, peas, carrots, broccoli, peaches.</p> <p>Dessert: crème fraiche, mixed nuts.</p> <p>Mother: chicken curry: chicken, olive oil, curry paste, rice, onion, tinned tomatoes, potatoes, garlic, low fat yoghurt, red pepper, green pepper, spinach, peas, lettuce, carrots, spring onions, tomato, cucumber.</p> <p>Preschool: 2 fish fingers, chips, peas, carrots, green beans.</p> <p>Dessert: ice cream, berries.</p> <p>Primary: chili con carne: beef mince, olive oil, onion, red pepper, tinned tomatoes, tomato puree, kidney beans, long grain rice.</p> <p>Dessert: ice cream, berries.</p> <p>Secondary: salmon, potatoes, peas, carrots, green beans, tartar sauce.</p> <p>Dessert: mousse.</p> <p>Drinks</p> <p>Adults: 2 low alcohol lagers, wine, tea, milk, diluted squash, water.</p> <p>Children: diluted squash, water.</p>	<p>Primary: one slice fruit loaf.</p> <p>Drinks</p> <p>Adults: tea, milk, diluted squash, water.</p> <p>Children: milk (whole for preschool), hot chocolate powder (primary only), tea (secondary only).</p>

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Saturday	<p>Father: 2 eggs, 2 sausages, baked beans, black pudding, olive oil, mushrooms, tomato, one slice 50/50 bread, low fat spread, ½ grapefruit.</p> <p>Mother: one egg, one sausage, bacon, tomato, 2 hash browns, one slice 50/50 bread, low fat spread, baked beans, mushrooms, ½ grapefruit.</p> <p>Preschool: one egg, 2 slices 50/50 bread, low fat spread, ½ peach. Vitamins A, C and D.</p> <p>Primary: one egg, one slice 50/50 bread, low fat spread, baked beans, one sausage, olive oil, tomato. Multivitamin.</p> <p>Secondary: one egg, 2 sausages, baked beans, bacon, 2 hash browns, olive oil, mushrooms, tomato, one slice 50/50 bread, low fat spread.</p> <p>Drinks</p> <p>Adults: coffee, milk, diluted squash, water, orange juice.</p> <p>Children: orange juice, tea (secondary only), milk, water.</p>	<p>Preschool: one egg, mayonnaise, ½ pitta, pear.</p> <p>Primary: watermelon slice. Ants on log: celery, cream cheese, raisins.</p> <p>Secondary: strawberries.</p> <p>Drinks</p> <p>Adults: coffee, milk, diluted squash, water.</p> <p>Children: diluted squash, water.</p>	<p>Preschool: wraps: tortilla wrap, ham, lettuce, cherry tomatoes, cucumber, sweetcorn, red pepper, mayonnaise. Dessert: ½ apple.</p> <p>Primary: chili con carne: beef mince, olive oil, onion, green pepper, tinned tomatoes, kidney beans, long grain rice. Dessert: Low sugar jelly pot, kiwi.</p> <p>Secondary: low salt baked beans, 2 slices 50/50 bread, low fat spread, low fat yoghurt, crisps, lettuce, tomato, cucumber.</p> <p>Drinks</p> <p>Adults: coffee, milk, diluted squash, water.</p> <p>Children: diluted squash, water.</p>	<p>Father: ham, 2 slices 50/50 bread, low fat spread, banana.</p> <p>Mother: hummus, sugar snap peas.</p> <p>Preschool: mango smoothie: mango, whole milk, low fat yoghurt.</p> <p>Primary: grapes, 2 garibaldi biscuits</p> <p>Secondary: pear, 2 digestive biscuits.</p> <p>Drinks</p> <p>Adults: tea, milk, diluted squash, water.</p> <p>Children: diluted squash, water.</p>	<p>Father: beef stew: beef, onion, olive oil, flour, stock cube, water, carrots, pepper to taste, potatoes, low fat spread, milk, peas. Dessert: 2 kiwis.</p> <p>Mother: lasagne: lasagne sheets, beef mince, bacon, onion, celery, carrots, tinned tomatoes, garlic, pepper to taste, marjoram, bay leaf, mushrooms, olive oil, flour, milk, cheese, lettuce, tomato, cucumber, green pepper, carrot, mayonnaise, spring onion. Dessert: low fat yoghurt, dried fruit.</p> <p>Preschool: chicken fajita: chicken fillet, fajita kit, tortilla wrap, green pepper, red pepper, olive oil, onion, garlic, lettuce, tomato, cucumber, ½ avocado, sour cream. Dessert: ½ low sugar jelly pot.</p> <p>Primary: fish and chips: white fish, chips, peas, broccoli, olive oil, carrots. Dessert: low sugar jelly pot.</p> <p>Secondary: lasagne: lasagne sheets, beef mince, bacon, onion, carrots, celery, tinned tomatoes, garlic, pepper, marjoram, bay leaf, mushrooms, olive oil, flour, milk, low fat cheese, lettuce, tomatoes, spring onion, carrot, celery, cucumber, broccoli. Dessert: low sugar jelly pot.</p> <p>Drinks</p> <p>Adults: 2 low alcohol lagers, one glass wine, tea, milk, diluted squash, water.</p> <p>Children: diluted squash, water.</p>	<p>Primary: hot cross bun, low fat spread.</p> <p>Drinks</p> <p>Adults: tea, milk, diluted squash, water.</p> <p>Children: milk (whole for preschool), tea (primary and secondary only), water.</p>

Appendix – Menus

Seven-day menu for one-parent, two-child household (pre-school and primary-school age).

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Sunday	<p>Parent: one pancake, mixed berries, low fat yoghurt.</p> <p>Preschool: one Weetabix, whole milk³, nectarine. Vitamins A, C and D.</p> <p>Primary: one egg, milk⁴, low fat spread, 1 slice 50/50 bread, pear.</p> <p>Drinks</p> <p>Parent: coffee, milk, orange juice, diluted squash, water.</p> <p>Children: orange juice, water.</p>	<p>Parent: 2 digestives</p> <p>Preschool: ½ hot cross bun, low fat spread, grapes.</p> <p>Primary: apple, peanut butter.</p> <p>Drinks</p> <p>Parent: coffee, milk, diluted squash, water.</p> <p>Children: water.</p>	<p>Parent: roast chicken: chicken, roast potatoes, sweet potato, olive oil, gravy, water, Yorkshire pudding, stuffing, water, carrots, parsnips, green beans. Cauliflower cheese: Cheese, cauliflower, low fat spread, flour, milk.</p> <p>Dessert: ice cream.</p> <p>Preschool: roast chicken: without sweet potato, Yorkshire pudding, or stuffing. Cauliflower cheese.</p> <p>Dessert: strawberries, ice cream.</p> <p>Primary: roast chicken, without sweet potato, Yorkshire pudding, or stuffing. Cauliflower cheese.</p> <p>Dessert: strawberries and ice cream.</p> <p>Drinks</p> <p>Parent: wine, diluted squash, water, coffee, milk.</p> <p>Children: diluted squash, water.</p>	<p>Parent: pear</p> <p>Preschool: 2 chocolate digestives, banana</p> <p>Drinks</p> <p>Parent: tea, milk, diluted squash, water.</p> <p>Children: diluted squash, water.</p>	<p>Parent: egg sandwich: one egg, mayonnaise, 2 slices 50/50 bread, low fat spread, lettuce, tomato, cucumber.</p> <p>Preschool: store-bought margherita pizza, carrots, cherry tomatoes, cucumber, red pepper.</p> <p>Dessert: rice pudding, mango.</p> <p>Primary: baked potato, one tin tuna, mayonnaise, lettuce, cucumber, tomatoes, carrots.</p> <p>Dessert: low fat yoghurt, berries.</p> <p>Drinks</p> <p>Parent: diluted squash, water.</p> <p>Children: water, diluted squash.</p>	<p>Primary: 2 chocolate digestives.</p> <p>Drinks</p> <p>Parent: tea, milk, water.</p> <p>Children: water, milk (whole for preschool), hot chocolate powder (primary only).</p>

3 – Preschool aged children should be given whole milk instead of semi skimmed milk.

4 – All milk is semi skimmed unless otherwise specified.

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Monday	<p>Parent: 2 Weetabix, milk.</p> <p>Preschool: one Weetabix, whole milk, apple. Vitamins A, C, and D.</p> <p>Primary: 2 Weetabix, milk, banana. Multivitamin.</p> <p>Drinks</p> <p>Parent: coffee, orange juice, milk, diluted squash, water.</p> <p>Children: water, orange juice.</p>	<p>Parent: hummus, lentil crisps.</p> <p>Preschool: hummus, cucumber, carrot, red pepper.</p> <p>Primary: grapes, fruit and seed oatcakes.</p> <p>Drinks</p> <p>Parent: Coffee, milk, diluted squash, water</p> <p>Children: water.</p>	<p>Parent: chicken salad: chicken, lettuce, tomatoes, cucumber, green pepper, red pepper, celery, carrot, spring onion. Dessert: banana, low fat yoghurt.</p> <p>Preschool: ham sandwich: 2 slices 50/50 bread, low fat spread, ham, lettuce, cherry tomatoes, cucumber, sweetcorn, red pepper. Dessert: ½ banana.</p> <p>Primary: chicken sandwich: chicken, 2 slices 50/50 bread, low fat spread, carrot, light cream cheese. Dessert: low fat rice pudding, apple, mini loaf.</p> <p>Drinks</p> <p>Parent: coffee, milk, diluted squash, water.</p> <p>Children: water.</p>	<p>Parent: 2 digestives.</p> <p>Preschool: ½ hot cross bun, light cream cheese, pear.</p> <p>Primary: salsa, red pepper, celery, cucumber, orange.</p> <p>Drinks</p> <p>Parent: tea, milk, diluted squash, water.</p> <p>Children: diluted squash, water.</p>	<p>Parent: spaghetti bolognese: pasta, minced beef, onion, carrots, celery, tinned tomatoes, tomato paste, bolognese sauce, garlic, bacon, mushrooms, pepper to taste, mixed herbs, olive oil.</p> <p>Preschool: spaghetti bolognese: with passata, without bacon. Dessert: ½ low sugar jelly pot, mango.</p> <p>Primary: spaghetti bolognese: without bacon. Dessert: low sugar jelly pot, kiwi.</p> <p>Drinks</p> <p>Parent: diluted squash, water.</p> <p>Children: water.</p>	<p>Primary: hot cross bun, chocolate nut spread.</p> <p>Drinks</p> <p>Adult: tea, milk, water.</p> <p>Children: milk (whole for preschool), water.</p>

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Tuesday	<p>Parent: 2 slices 50/50 bread, low fat spread, jam.</p> <p>Preschool: one slice 50/50 bread, low fat spread, peanut butter. Vitamins A, C and D.</p> <p>Primary: rice puffs, milk, pear. Multivitamin.</p> <p>Drinks</p> <p>Parent: coffee, orange juice, milk, diluted squash, water.</p> <p>Children: water, orange juice.</p>	<p>Parent: cereal bar.</p> <p>Preschool: one slice fruit loaf, light cream cheese, cherry tomatoes.</p> <p>Primary: strawberries, 2 garibaldi biscuits.</p> <p>Drinks</p> <p>Parent: coffee, milk, diluted squash, water.</p> <p>Children: water.</p>	<p>Parent: store-bought tuna pasta, apple, dark chocolate, dried fruit.</p> <p>Preschool: 2 slices 50/50 bread, low fat spread, light cheese lettuce, cherry tomatoes, cucumber, sweetcorn, red pepper. Dessert: ½ nectarine.</p> <p>Primary: cheese sandwich: light cheese, 2 slices 50/50 bread, low fat spread, red pepper.</p> <p>Dessert: light cream cheese, breadsticks, low fat yoghurt, satsuma, mini loaf.</p> <p>Drinks</p> <p>Parent: coffee, milk, diluted squash, water.</p> <p>Children: water.</p>	<p>Parent: 2 rice cakes, banana.</p> <p>Preschool: garibaldi biscuits, Ants on log: celery, peanut butter, raisins.</p> <p>Primary: carrots, cucumber, cherry tomatoes, one slice fruit loaf, jam.</p> <p>Drinks</p> <p>Parent: tea, milk, diluted squash, water.</p> <p>Children: water, diluted squash.</p>	<p>Parent: beef casserole: lean beef, red onion, olive oil, store-bought casserole sauce, spinach, tomatoes, green pepper, red pepper, garlic, ginger, potatoes, low fat spread, milk, pea, broccoli, carrots. Dessert: grapes.</p> <p>Preschool: beef casserole: without casserole mix. Dessert: banana, custard.</p> <p>Primary: stir fry chicken: chicken, olive oil, green pepper, red pepper, spring onion, bean sprouts, carrots, courgettes, baby corn, pineapple, vinegar, cornflour, tomato puree, noodles. Dessert: banana, custard.</p> <p>Drinks</p> <p>Parent: diluted squash, water.</p> <p>Children: water.</p>	<p>Primary: fruit and seed oatcakes.</p> <p>Drinks</p> <p>Parent: tea, milk.</p> <p>Children: milk (whole for preschool), tea (primary only).</p>

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Wednesday	<p>Parent: low fat yoghurt, banana, berries, nuts.</p> <p>Preschool: porridge oats, whole milk, blueberries, banana. Vitamins A, C and D.</p> <p>Primary: low fat yoghurt, banana, ½ hot cross bun, jam. Multivitamin.</p> <p>Drinks</p> <p>Parent: coffee, orange juice, milk, diluted squash, water.</p> <p>Children: water, orange juice.</p>	<p>Parent: cake.</p> <p>Preschool: apple, rice pudding.</p> <p>Primary: apple, raisins.</p> <p>Drinks</p> <p>Parent: coffee, milk, diluted squash, water.</p> <p>Children: water.</p>	<p>Parent: ham sandwich: ham, 2 slices 50/50 bread, low fat spread, lettuce, tomato, cucumber.</p> <p>Dessert: low fat yoghurt, banana.</p> <p>Preschool: tuna pasta: penne pasta, one tin tuna, olive oil, green pepper, red pepper, cherry tomatoes, parsley, garlic, tomato passata, sweetcorn.</p> <p>Dessert: low fat yoghurt, satsuma.</p> <p>Primary: chicken wrap: chicken, tortilla wrap, lettuce, cucumber, tomatoes, crisps, light cheese.</p> <p>Dessert: kiwi, yogurt, dried fruit, dark chocolate chips.</p> <p>Drinks</p> <p>Parent: coffee, milk, diluted squash, water.</p> <p>Children: water.</p>	<p>Parent: crisps.</p> <p>Preschool: egg, cherry tomatoes, ½ pitta.</p> <p>Primary: grapes, 2 cream crackers, light cream cheese.</p> <p>Drinks</p> <p>Parent: tea, milk, diluted squash, water.</p> <p>Children: water, diluted squash.</p>	<p>Parent: shepherd's pie: lamb mince, onion, stock cube, water, plain flour, bay leaves, herbs carrots, potatoes, milk, low fat spread, tomato puree, Worcester sauce, peas, beans.</p> <p>Preschool: shepherd's pie: without Worcester sauce.</p> <p>Dessert: low fat yoghurt.</p> <p>Primary: shepherd's pie: without Worcester sauce.</p> <p>Dessert: mixed berries, ½ low sugar jelly pot.</p> <p>Drinks</p> <p>Parent: diluted squash, water.</p> <p>Children: water.</p>	<p>Primary: 2 oat biscuits.</p> <p>Drinks</p> <p>Parent: tea, milk.</p> <p>Children: milk (whole for preschool), hot chocolate powder (primary only), water.</p>

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Thursday	<p>Parent: porridge, milk, dried fruit.</p> <p>Preschool: one Weetabix, whole milk, ½ apple. Vitamins A, C and D.</p> <p>Primary: porridge oats, milk, mixed berries, pear. Multivitamin.</p> <p>Drinks</p> <p>Parent: coffee, milk, diluted squash, water.</p> <p>Children: water, orange juice.</p>	<p>Parent: low fat yoghurt.</p> <p>Preschool: ½ banana, one slice fruit loaf, light cream cheese.</p> <p>Primary: banana, light cheese triangle.</p> <p>Drinks</p> <p>Parent: coffee, milk, diluted squash, water.</p> <p>Children: water.</p>	<p>Parent: jacket potato, low fat spread, one tin tuna, mayonnaise, cheese.</p> <p>Dessert: pear.</p> <p>Preschool: shepherd's pie: minced lamb, olive oil, onions, stock cube, plain flour, bay leaves, herbs, carrots, potatoes, milk, low fat spread, tomato puree, peas, beans.</p> <p>Dessert: nectarine, grapes.</p> <p>Primary: tuna sandwich: one tin tuna, mayonnaise, 2 slices 50/50 bread, low fat spread, light cream cheese, breadsticks, carrot.</p> <p>Dessert: low sugar jelly pot, satsuma, lunchbox loaf.</p> <p>Drinks</p> <p>Parent: coffee, milk, diluted squash, water.</p> <p>Children: water.</p>	<p>Parent: nuts, apricots, dark chocolate.</p> <p>Preschool: hummus, carrot, cucumber, ½ apple.</p> <p>Primary: strawberries, hot cross bun, chocolate nut spread.</p> <p>Drinks</p> <p>Parent: tea, milk, diluted squash, water.</p> <p>Children: water, no added sugar strawberry milk flavouring (primary only), milk (primary only).</p>	<p>Parent: chicken pasta bake: penne pasta, chicken, pasta tomato sauce, onions, red pepper, green pepper, leeks, spinach, beans, garlic, herbs, olive oil.</p> <p>Dessert: low fat yoghurt.</p> <p>Preschool: chicken pasta bake: without pasta tomato sauce, with passata.</p> <p>Dessert: ½ banana, custard.</p> <p>Primary: chicken curry: chicken, onion, olive oil, tinned tomatoes, green pepper. Marinade: low fat Greek yoghurt, lemon juice, paprika, turmeric, rice.</p> <p>Dessert: banana, custard.</p> <p>Drinks</p> <p>Parent: wine, diluted squash, water.</p> <p>Children: water, diluted squash.</p>	<p>Primary: 2 chocolate digestives.</p> <p>Drinks</p> <p>Parent: tea, milk, water.</p> <p>Children: milk (whole for preschool), tea (primary only), water.</p>

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Friday	<p>Parent: 2 Weetabix, milk.</p> <p>Preschool: ring shaped cereal, whole milk, ½ pear, Vitamins A, C and D.</p> <p>Primary: rice puff, milk, banana. Multivitamin.</p> <p>Drinks</p> <p>Parent: coffee, orange juice, milk, diluted squash, water.</p> <p>Children: water, orange juice.</p>	<p>Parent: hummus, carrot sticks.</p> <p>Preschool: light cream cheese, bread sticks, cherry tomatoes, carrot sticks.</p> <p>Primary: cucumber, carrot, cherry tomatoes, 2 garibaldi biscuits.</p> <p>Drinks</p> <p>Parent: coffee, milk, diluted squash, water.</p> <p>Children: water.</p>	<p>Parent: Chicken pasta (leftovers): penne pasta, chicken, tomato pasta sauce, red pepper, green pepper, leek, spinach, garlic, herbs. olive oil. Dessert: low fat yoghurt, grapes.</p> <p>Preschool: chicken pasta bake: penne pasta, chicken, passata, onion, red pepper, green pepper, leek, spinach, green beans, garlic, herbs, olive oil. Dessert: ½ peach.</p> <p>Primary: ham sandwich: ham, 2 slices 50/50 bread, low fat spread. Ants on log: celery sticks, light cream cheese, raisins. Dessert: low fat rice pudding, satsuma, lunchbox loaf.</p> <p>Drinks</p> <p>Parent: coffee, milk, diluted squash, water.</p> <p>Children: water.</p>	<p>Parent: lentil crisps, banana.</p> <p>Preschool: blueberries, low fat yoghurt, one garibaldi biscuit.</p> <p>Primary: apple, red pepper, cucumber, store-bought salsa.</p> <p>Drinks</p> <p>Parent: tea, milk, diluted squash, water.</p> <p>Children: water, diluted squash.</p>	<p>Parent: salmon, potatoes, and veg: salmon, potatoes, peas, carrots, green beans, tartar sauce. Dessert: ice cream, strawberries.</p> <p>Preschool: 2 fish fingers, chips, peas, carrots, green beans. Dessert: ice cream, berries.</p> <p>Primary: chili con carne: beef mince, olive oil, onion, green pepper, tinned tomatoes, tomato puree, kidney beans, long grain rice. Dessert: ice cream, berries.</p> <p>Drinks</p> <p>Parent: wine, diluted squash, water.</p> <p>Children: water, diluted squash.</p>	<p>Primary: one slice fruit loaf, jam.</p> <p>Drinks</p> <p>Parent: tea, milk, water.</p> <p>Children: milk (whole for preschool), hot chocolate powder (primary only).</p>

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Saturday	<p>Parent: 2 slices 50/50 bread, jam.</p> <p>Preschool: one egg, 2 slices 50/50 bread, low fat spread, ½ peach. Vitamins A, C and D.</p> <p>Primary: one egg, one slice 50/50 bread, low fat spread, baked beans, one sausage, olive oil, tomato. Multivitamin.</p> <p>Drinks</p> <p>Parent: coffee, milk, diluted squash, water.</p> <p>Children: water, orange juice.</p>	<p>Parent: hummus, bread sticks.</p> <p>Preschool: one egg, mayonnaise, ½ pitta, ½ pear.</p> <p>Primary: watermelon slice. Ants on log: celery, cream cheese, raisins.</p> <p>Drinks</p> <p>Parent: coffee, milk, diluted squash, water.</p> <p>Children: water.</p>	<p>Parent: beans on toast: low sugar baked beans, 2 slices 50/50 bread, low fat spread.</p> <p>Dessert: orange, low fat yoghurt.</p> <p>Preschool: wrap, ham, lettuce, cherry tomatoes, cucumber, sweetcorn, red pepper, mayonnaise.</p> <p>Dessert: apple.</p> <p>Primary: chili con carne: beef mince, olive oil, onion, green pepper, tinned tomatoes, tomato puree, ¼ tin kidney beans, long grain rice.</p> <p>Dessert: low sugar jelly pot, kiwi.</p> <p>Drinks</p> <p>Parent: coffee, milk, diluted squash, water.</p> <p>Children: water, diluted squash.</p>	<p>Parent: nuts, apricot, dark chocolate.</p> <p>Preschool: mango smoothie: mango, whole milk, low fat Greek yoghurt.</p> <p>Primary: grapes, 2 garibaldi biscuits.</p> <p>Drinks</p> <p>Parent: tea, milk, diluted squash, water.</p> <p>Children: water, diluted squash.</p>	<p>Parent: sweet and sour pork stir fry: pork, olive oil, packet sauce, red pepper, green pepper, spring onion, broccoli, carrots, mange tout, rice.</p> <p>Dessert: 2 kiwis, strawberries.</p> <p>Preschool: chicken fajitas: chicken, fajita kit, tortilla wrap, green pepper, red pepper, olive oil, onion, garlic, lettuce, tomato, cucumber, ½ avocado, sour cream.</p> <p>Dessert: ½ low sugar jelly pot, mango.</p> <p>Primary: white fish, homemade chips, olive oil, peas, broccoli, carrots.</p> <p>Dessert: low sugar jelly pot.</p> <p>Drinks</p> <p>Parent: wine, diluted squash, water.</p> <p>Children: water, diluted squash.</p>	<p>Primary: ½ hot cross bun, low fat spread.</p> <p>Drinks</p> <p>Parent: tea, milk.</p> <p>Children: milk (whole for preschool), tea (primary only), water.</p>

Appendix – Menus

Final seven-day menu for family household – two adults and two children, one in pre-school (aged 2-4) and one in primary school (6-11)

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Sunday	<p>Father: porridge oats, milk⁵, one slice 50/50 toasted, low fat spread, low fat yoghurt, mixed nuts, banana.</p> <p>Mother: porridge oats, milk, banana.</p> <p>Preschool: one Weetabix, whole milk⁶, nectarine. Vitamins A, C and D.</p> <p>Primary: egg, milk, low fat spread, one slice 50/50 toast, pear. Multivitamin.</p> <p>Drinks</p> <p>Adults: coffee, orange juice, diluted squash.</p> <p>Children: orange juice, water, milk.</p>	<p>Father: cereal bar.</p> <p>Mother: apple.</p> <p>Preschool: ½ hot cross bun, low fat spread, grapes.</p> <p>Primary: apple, peanut butter.</p> <p>Drinks</p> <p>Adults: coffee, water.</p> <p>Children: diluted squash, water.</p>	<p>Father: chicken sandwich: chicken slices, 2 slices 50/50 bread, crisps.</p> <p>Dessert: low fat yoghurt.</p> <p>Mother: baked beans on toast: baked beans, 2 slices 50/50 bread, low fat spread.</p> <p>Dessert: 2 satsumas, low fat yoghurt.</p> <p>Preschool: roast chicken: chicken, olive oil, potatoes, parsnips, carrots, green beans. Cauliflower cheese: Cheese, cauliflower, water, low fat spread, flour, milk, gravy.</p> <p>Dessert: strawberries, ice cream</p> <p>Primary: roast chicken: chicken, olive oil, potatoes, carrots, broccoli, peas. Mashed potato: Potato, milk, low fat spread. Gravy.</p> <p>Dessert: strawberries, ice cream.</p> <p>Drinks</p> <p>Adults: coffee, water</p> <p>Children: water, diluted squash.</p>	<p>Father: pear.</p> <p>Mother: banana.</p> <p>Preschool: chocolate digestive, banana.</p> <p>Drinks</p> <p>Adults: tea, milk, water, diluted squash.</p> <p>Children: water, diluted squash.</p>	<p>Father: roast dinner: beef, olive oil, potatoes, parsnips, carrots, Brussel sprouts. Stuffing: Store-bought. Gravy: Beef gravy granules, water. Cauliflower cheese: cheese, cauliflower, low fat spread, flour, milk.</p> <p>Dessert: apple crumble: apple, low fat spread, plain flour, sugar, Custard: custard powder, milk, sugar.</p> <p>Mother: roast dinner: without Brussel sprouts.</p> <p>Preschool: store-bought margherita pizza, carrot sticks, cherry tomatoes, cucumber, red pepper.</p> <p>Dessert: rice pudding, mango</p> <p>Primary: baked potato, one tin tuna, mayonnaise. Salad: lettuce, cucumber, tomatoes, carrots.</p> <p>Dessert: low fat yoghurt, berries.</p> <p>Drinks</p> <p>Adults: one glass wine each, tea, milk, diluted squash, water.</p> <p>Children: diluted squash, water.</p>	<p>Primary: 2 chocolate digestives.</p> <p>Drinks</p> <p>Adults: tea, milk, diluted squash.</p> <p>Children: milk (whole for preschool), hot chocolate powder (primary only).</p>

5 – All milk is semi skimmed unless otherwise specified.

6 – Preschool aged children should be given whole milk instead of semi skimmed milk.

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Monday	<p>Father: 3 Weetabix, milk, one slice 50/50 bread, low fat spread, banana, mixed nuts, low fat yoghurt.</p> <p>Mother: 2 Weetabix, milk, banana.</p> <p>Preschool: one Weetabix, whole milk, apple. Vitamins A, C and D.</p> <p>Primary: 2 Weetabix, milk, banana. Multivitamin.</p> <p>Drinks</p> <p>Adults: orange juice, coffee, milk, water.</p> <p>Children: orange juice, water.</p>	<p>Father: cereal bar, pear.</p> <p>Mother: pear.</p> <p>Preschool: hummus, cucumber, carrot, red pepper.</p> <p>Primary: grapes, 2 fruit and seed oatcakes.</p> <p>Drinks</p> <p>Adults: coffee, diluted squash, water.</p> <p>Children: diluted squash, water.</p>	<p>Father: jacket potato, low fat spread, baked beans, cheese, lettuce, tomato, cucumber, spring onion.</p> <p>Dessert: low sugar jelly pot.</p> <p>Mother: chicken, tortilla wrap, lettuce, tomato, cucumber, mayonnaise, spring onion, grapes.</p> <p>Dessert: low fat yoghurt, dried fruit.</p> <p>Preschool: ham sandwich: 2 slices 50/50 bread, low fat spread, one slice ham, lettuce, cherry tomatoes, cucumber, sweetcorn, red pepper.</p> <p>Dessert: banana.</p> <p>Primary: chicken sandwich: chicken, 2 slices 50/50 bread, low fat spread, carrot, light cream cheese.</p> <p>Dessert: rice pudding, apple, mini loaves.</p> <p>Drinks</p> <p>Adults: coffee, diluted squash, water.</p> <p>Children: water.</p>	<p>Father: apple.</p> <p>Mother: 2 digestives.</p> <p>Preschool: ½ hot cross bun, cream cheese, pear.</p> <p>Primary: store-bought salsa, red pepper, celery, cucumber, orange.</p> <p>Drinks</p> <p>Adults: tea, milk, water, diluted squash.</p> <p>Children: water, diluted squash.</p>	<p>Father: Beef leftovers, bubble and squeak, olive oil, cabbage, broccoli. Mashed potato: potato, low fat spread, milk.</p> <p>Dessert: peaches, crème fraiche, mixed nuts.</p> <p>Mother: tuna pasta bake: pasta, 2 tins tuna, tomato puree, tomatoes, onions, olive oil, herbs, garlic, cheese, red pepper, green pepper, spinach.</p> <p>Preschool: spaghetti bolognese: pasta, passata, minced beef, onion, olive oil, carrots, celery, tinned tomatoes, tomato paste, garlic, mushrooms, pepper to taste, mixed herbs.</p> <p>Dessert: ½ low sugar jelly pot, mango.</p> <p>Primary: spaghetti bolognese: without passata.</p> <p>Dessert: low sugar jelly pot, kiwi.</p> <p>Drinks</p> <p>Adults: diluted squash, water, tea, milk.</p> <p>Children: diluted squash, water.</p>	<p>Primary: Hot cross bun, chocolate nut spread.</p> <p>Drinks</p> <p>Adults: tea, milk, water, diluted squash.</p> <p>Children: milk (whole for preschool), hot chocolate powder, milk, water (primary school).</p>

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Tuesday	<p>Father: 2 slices 50/50 bread, low fat spread, 2 boiled eggs, kiwi, low fat yoghurt, mixed nuts.</p> <p>Mother: 2 crumpets toasted, low fat spread, honey, apple.</p> <p>Preschool: 2 slices 50/50 bread, low fat spread, peanut butter, banana. Vitamins A, C and D.</p> <p>Primary: rice puffs, milk, pear. Multivitamin.</p> <p>Drinks</p> <p>Adults: water, orange juice, coffee.</p> <p>Children: orange juice, diluted squash, water.</p>	<p>Father: apple.</p> <p>Mother: crisps, hummus.</p> <p>Preschool: one slice fruit loaf, low fat cream cheese, cherry tomatoes.</p> <p>Primary: strawberries, 2 biscuits.</p> <p>Drinks</p> <p>Adults: coffee, diluted squash water.</p> <p>Children: diluted squash, water.</p>	<p>Father: tuna sandwich: one tin tuna, mayonnaise, 2 slices 50/50 bread, low fat spread, lettuce, tomato, cucumber, spring onion, crisps.</p> <p>Dessert: low fat yoghurt.</p> <p>Mother: ham sandwich: ham, 2 slices 50/50 bread, low fat spread, lettuce, tomato, cucumber, mayonnaise, spring onion.</p> <p>Dessert: satsumas.</p> <p>Preschool: cheese sandwich: 2 slices 50/50 bread, low fat spread, low fat cheese, lettuce, cherry tomatoes, cucumber, sweetcorn, red pepper.</p> <p>Dessert: nectarine.</p> <p>Primary: cheese sandwich: low fat cheese, 2 slices 50/50 bread, low fat spread, red pepper, low fat cream cheese and breadsticks.</p> <p>Dessert: low fat yoghurt, satsuma, mini loaf.</p> <p>Drinks</p> <p>Adults: diet soft drink, coffee, milk, water.</p> <p>Children: water.</p>	<p>Father: pear.</p> <p>Mother: low fat yoghurt, dried fruit.</p> <p>Preschool: 2 garibaldi biscuits. Ants on a log: celery, peanut butter, raisins.</p> <p>Primary: carrots, cucumber, tomatoes, one slice fruit loaf, jam.</p> <p>Drinks</p> <p>Adults: tea, diluted squash, water.</p> <p>Children: water, diluted squash.</p>	<p>Father: chicken kiev: store-bought chicken kiev, potatoes, carrots, peas, French beans.</p> <p>Dessert: banana, 2 kiwis.</p> <p>Mother: sheperd's pie: lamb mince, onions, olive oil, stock cube, water, plain flour, bay leaves, herbs, carrots, potatoes, milk, low fat spread, tomato puree, Worcester sauce, broccoli, peas.</p> <p>Preschool: beef casserole: lean stewing beef, red onion, olive oil, spinach, tomatoes, green peppers, red peppers, garlic, ginger, potatoes, flora light, milk, broccoli, carrots, peas.</p> <p>Dessert: banana, custard powder, water.</p> <p>Primary: Stir fry chicken: chicken, olive oil, green peppers, red peppers, spring onion, bean sprouts, carrots, courgettes, baby corn, pineapple, vinegar, cornflour, tomato puree, noodles.</p> <p>Dessert: no sugar custard, banana, dried fruit.</p> <p>Drinks</p> <p>Adults: 2 low alcohol lagers, diluted squash, tea, milk.</p> <p>Children: diluted squash, water.</p>	<p>Primary: 2 fruit and seed oatcakes.</p> <p>Drinks</p> <p>Adults: tea, milk, water.</p> <p>Children: tea, (primary only), milk (whole for preschool), water.</p>

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Wednesday	<p>Father: 3 Weetabix, milk, one slice 50/50 bread, low fat spread, banana, low fat yoghurt, mixed nuts.</p> <p>Mother: porridge oats, milk, dried fruit, ½ grapefruit.</p> <p>Preschool: porridge oats, whole milk, blueberries, banana. Vitamins A, C and D</p> <p>Primary: Low fat yoghurt, banana, ½ hot cross bun, jam. Multivitamin.</p> <p>Drinks</p> <p>Adults: coffee, orange juice, milk, water.</p> <p>Children: orange juice, water.</p>	<p>Father: cereal bar, pear.</p> <p>Mother: apple.</p> <p>Preschool: apple, rice pudding.</p> <p>Primary: apple, raisins.</p> <p>Drinks</p> <p>Adults: coffee, diluted squash, water.</p> <p>Children: diluted squash, water.</p>	<p>Father: jacket potato, low fat spread, one tin tuna, mayonnaise, cheese, lettuce, tomato, cucumber, spring onion.</p> <p>Dessert: chocolate biscuit.</p> <p>Mother: 2 eggs, milk, low fat spread, salt to taste, ham, green vegetables, lettuce, tomato, cucumber, mayonnaise, spring onions.</p> <p>Dessert: 2 slices melon.</p> <p>Preschool: tuna pasta: penne pasta, one tin tuna, olive oil, green pepper, red pepper, cherry tomatoes, parsley, garlic cloves, tomato passata, sweet corn.</p> <p>Dessert: low fat yoghurt, satsuma.</p> <p>Primary: chicken wrap: chicken, lettuce, cucumber, tomato, crisps, light cheese.</p> <p>Dessert: low fat yoghurt, kiwi, dried fruit, dark chocolate chips.</p> <p>Drinks</p> <p>Adults: diluted squash, coffee, milk, water.</p> <p>Children: water.</p>	<p>Father: apple.</p> <p>Mother: banana.</p> <p>Preschool: egg, cherry tomatoes, ½ pitta.</p> <p>Primary: grapes, 2 cream crackers, low fat cream cheese.</p> <p>Drinks</p> <p>Adults: tea, milk, diluted squash, water.</p> <p>Children: diluted squash, water, hot chocolate powder (secondary only).</p>	<p>Father: tuna pasta bake: penne pasta, one tin tuna, pasta tomato sauce, onion, olive oil, herbs, garlic, red pepper, green pepper, mange tout.</p> <p>Dessert: apricots, crème fraiche, mixed nuts.</p> <p>Mother: fajitas: chicken fillet, fajita kit, red pepper, green pepper, olive oil, onion, garlic, lettuce, tomato, cucumber, ½ avocado.</p> <p>Preschool: shepherd's pie: minced lamb, olive oil, onions, low salt stock cube, water, plain flour, bay leaves, herbs, carrots, potatoes, milk, low fat spread, tomato puree, peas, beans.</p> <p>Dessert: mixed berries, ½ low sugar jelly pot.</p> <p>Primary: shepherd's pie: without beans.</p> <p>Dessert: Low fat yoghurt.</p> <p>Drinks</p> <p>Adults: 2 low alcohol lagers, diluted squash, water, tea, milk.</p> <p>Children: diluted squash, water.</p>	<p>Primary: 2 oat biscuits.</p> <p>Drinks</p> <p>Adults: tea, milk, diluted squash, water.</p> <p>Children: milk (whole for preschool). hot chocolate powder (primary).</p>

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Thursday	<p>Father: 2 x slices 50/50 bread, low fat spread, low salt baked beans, ½ grapefruit, low fat yoghurt, mixed nuts.</p> <p>Mother: low fat yoghurt, berries, banana.</p> <p>Preschool: Weetabix, whole milk, apple. Vitamins A, C and D.</p> <p>Primary: porridge oats, milk, mixed berries, pear. Multivitamin.</p> <p>Drinks</p> <p>Adults: coffee, milk, diluted squash, orange juice, water.</p> <p>Children: orange juice, water.</p>	<p>Father: apple.</p> <p>Mother: crisps, hummus.</p> <p>Preschool: ½ banana, one slice fruit loaf, light cream cheese.</p> <p>Primary: banana, light cheese.</p> <p>Drinks</p> <p>Adults: coffee, milk, diluted squash, water.</p> <p>Children: diluted squash, water.</p>	<p>Father: chicken, 2 slices 50/50 bread, low fat spread, lettuce, tomato, cucumber, crisps.</p> <p>Dessert: banana.</p> <p>Mother: store-bought chicken pasta salad.</p> <p>Dessert: satsumas, low fat yoghurt, dried fruit.</p> <p>Preschool: shepherd's pie: minced lamb, olive oil, onions, stock cube, water, plain flour, bay leaves, herbs, carrots, potatoes, milk, low fat spread, tomato puree, peas, beans.</p> <p>Dessert: nectarine, grapes.</p> <p>Primary: tuna sandwich: one tin tuna, mayonnaise, 2 slices 50/50 bread, low fat spread, light cream cheese, breadsticks, carrot.</p> <p>Dessert: low sugar jelly pot, satsuma, lunchbox loaf.</p> <p>Drinks</p> <p>Adults: coffee, diet soft drink, water.</p> <p>Children: water.</p>	<p>Father: pear.</p> <p>Mother: pear.</p> <p>Preschool: hummus, carrot, cucumber, apple.</p> <p>Primary: strawberries, hot cross bun, chocolate nut spread.</p> <p>Drinks</p> <p>Adults: tea, milk, diluted squash, water.</p> <p>Children: diluted squash, water.</p>	<p>Father: chicken curry: chicken, olive oil, jar curry sauce, rice, onion, red pepper, green pepper, spinach, mange tout.</p> <p>Dessert: apple.</p> <p>Mother: salmon and vegetables: salmon, potatoes, peas, carrots, green beans, tartar sauce.</p> <p>Dessert: low fat yoghurt, dried fruit.</p> <p>Preschool: chicken pasta bake: penne pasta, chicken, passata, onions, red pepper, green pepper, leek, spinach, beans, garlic, herbs, olive oil.</p> <p>Dessert: ½ banana, custard.</p> <p>Primary: chicken curry: chicken, onions, olive oil, tinned tomatoes, green peppers.</p> <p>Dessert: banana, custard.</p> <p>Drinks</p> <p>Adults: wine, diluted squash, tea, milk, water.</p> <p>Children: diluted squash, water.</p>	<p>Primary: chocolate digestive.</p> <p>Drinks</p> <p>Adults: tea, milk, water, diluted squash.</p> <p>Children: milk (whole for preschool), tea (primary only).</p>

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Friday	<p>Father: 3 Weetabix, milk, one slice 50/50 bread, low fat spread, banana, low fat yoghurt, mixed nuts.</p> <p>Mother: 2 Weetabix, milk, banana.</p> <p>Preschool: toasted oats, whole milk, pear. Vitamins A, C and D.</p> <p>Primary: rice puffs, milk, banana. Multivitamin.</p> <p>Drinks</p> <p>Adults: coffee, milk, orange juice, diluted squash, water.</p> <p>Children: orange juice, water.</p>	<p>Father: cereal bar, pear.</p> <p>Mother: pear.</p> <p>Preschool: light cream cheese, cherry tomatoes, carrot sticks.</p> <p>Primary: cucumber, carrot, cherry tomatoes, 2 garibaldi biscuits.</p> <p>Drinks</p> <p>Adults: coffee, milk, diluted squash, water.</p> <p>Children: diluted squash, water.</p>	<p>Father: omelette: 2 eggs, milk, low fat spread, ham, cheese. Salad: lettuce, cucumber, tomatoes, green pepper, spring onion.</p> <p>Dessert: low sugar jelly pot</p> <p>Mother: jacket potato, low fat spread, one tin tuna, mayonnaise, cheese, lettuce, tomato, cucumber, spring onion, sugar snap peas.</p> <p>Dessert: grapes.</p> <p>Preschool: chicken pasta bake: penne pasta, chicken, passata, onion, red pepper, green pepper, leek, spinach, green beans, garlic, herbs, olive oil.</p> <p>Dessert: ½ peach.</p> <p>Primary: ham sandwich: ham, 2 slices 50/50 bread, low fat spread. Ants on log: celery sticks, low fat cream cheese, raisins.</p> <p>Dessert: low fat rice pudding, satsuma, lunchbox loaf.</p> <p>Drinks</p> <p>Adults: coffee, milk, diluted squash, water.</p> <p>Children: water.</p>	<p>Father: apple.</p> <p>Mother: 2 digestives.</p> <p>Preschool: blueberries, low fat yoghurt, one garibaldi biscuit.</p> <p>Primary: apple, red pepper, cucumber, salsa.</p> <p>Drinks</p> <p>Adults: tea, milk, diluted squash, water.</p> <p>Children: diluted squash, water.</p>	<p>Father: fish and chips: crumbed cod, chips, peas, carrots, broccoli, peaches.</p> <p>Dessert: crème fraiche, mixed nuts.</p> <p>Mother: chicken curry: chicken, olive oil, curry paste, rice, onion, tinned tomatoes, potatoes, garlic, low fat yoghurt, red pepper, green pepper, spinach, peas, lettuce, carrots, spring onions, tomato, cucumber.</p> <p>Preschool: 2 fish fingers, chips, peas, carrots, green beans.</p> <p>Dessert: ice cream, berries.</p> <p>Primary: chili con carne: beef mince, olive oil, onion, red pepper, tinned tomatoes, tomato puree, kidney beans, long grain rice.</p> <p>Dessert: ice cream, berries.</p> <p>Drinks</p> <p>Adults: 2 low alcohol lagers, wine, tea, milk, diluted squash, water.</p> <p>Children: diluted squash, water.</p>	<p>Primary: one slice fruit loaf.</p> <p>Drinks</p> <p>Adults: tea, milk, diluted squash, water.</p> <p>Children: milk (whole for preschool), hot chocolate powder (primary only).</p>

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Saturday	<p>Father: 2 eggs, 2 sausages, baked beans, black pudding, olive oil, mushrooms, tomato, one slice 50/50 bread, low fat spread, ½ grapefruit.</p> <p>Mother: one egg, one sausage, bacon, tomato, 2 hash browns, one slice 50/50 bread, low fat spread, baked beans, mushrooms, ½ grapefruit.</p> <p>Preschool: one egg, 2 slices 50/50 bread, low fat spread, ½ peach. Vitamins A, C and D.</p> <p>Primary: one egg, one slice 50/50 bread, low fat spread, baked beans, one sausage, olive oil, tomato. Multivitamin.</p> <p>Drinks</p> <p>Adults: coffee, milk, diluted squash, water, orange juice.</p> <p>Children: orange juice, water.</p>	<p>Preschool: one egg, mayonnaise, ½ pitta, pear.</p> <p>Primary: watermelon slice, Ants on log: celery, cream cheese, raisins.</p> <p>Drinks</p> <p>Adults: coffee, milk, diluted squash, water.</p> <p>Children: diluted squash, water.</p>	<p>Preschool: wraps: tortilla wrap, ham, lettuce, cherry tomatoes, cucumber, sweetcorn, red pepper, mayonnaise.</p> <p>Dessert: ½ apple.</p> <p>Primary: chili con carne: beef mince, olive oil, onion, green pepper, tinned tomatoes, kidney beans, long grain rice.</p> <p>Dessert: low sugar jelly pot, kiwi.</p> <p>Drinks</p> <p>Adults: coffee, milk, diluted squash, water.</p> <p>Children: diluted squash, water.</p>	<p>Father: ham, 2 slices 50/50 bread, low fat spread, banana.</p> <p>Mother: hummus, sugar snap peas.</p> <p>Preschool: mango smoothie: mango, whole milk, low fat yoghurt.</p> <p>Primary: grapes, 2 garibaldi biscuits.</p> <p>Drinks</p> <p>Adults: tea, milk, diluted squash, water.</p> <p>Children: diluted squash, water.</p>	<p>Preschool: chicken fajita: chicken fillet, fajita kit, tortilla wrap, green pepper, red pepper, olive oil, onion, garlic, lettuce, tomato, cucumber, ½ avocado, sour cream.</p> <p>Dessert: ½ low sugar jelly pot.</p> <p>Primary: fish and chips: white fish, chips, peas, broccoli, olive oil, carrots.</p> <p>Dessert: low sugar jelly pot.</p> <p>Father: beef stew: beef, onion, olive oil, flour, stock cube, water, carrots, pepper to taste, potatoes, low fat spread, milk, peas.</p> <p>Dessert: 2 kiwis.</p> <p>Mother: lasagne: lasagne sheets, beef mince, bacon, onion, celery, carrots, tinned tomatoes, garlic, pepper to taste, marjoram, bay leaf, mushrooms, olive oil, flour, milk, cheese, lettuce, tomato, cucumber, green pepper, carrot, mayonnaise, spring onion.</p> <p>Dessert: low fat yoghurt, dried fruit.</p> <p>Drinks</p> <p>Adults: 2 low alcohol lagers, one glass wine, tea, milk, diluted squash, water.</p> <p>Children: diluted squash, water.</p>	<p>Primary: hot cross bun, low fat spread.</p> <p>Drinks</p> <p>Adults: tea, milk, diluted squash, water.</p> <p>Children: milk (whole for preschool), tea (primary only), water.</p>

Appendix – Menus

Final seven-day menu for pensioner household – older female living alone

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Sunday	Fry: egg, sausage, bacon, black pudding, tomato. ½ Grapefruit. Coffee, milk ⁷ , water.	Coffee, milk, water. Chocolate digestive. Diluted squash.	Sunday roast: roast chicken, roast potato, carrots, parsnips, chicken gravy, peas, and sweetcorn, Yorkshire pudding. Coffee, milk, water. Diluted squash.	Tea, milk. Chocolate digestive. Diluted squash.	Chicken sandwich: one breast chicken, one slice bacon, 2 slices 50/50 bread, low fat spread, mixed salad leaves, tomato, cucumber. One glass wine, water.	Tea, milk, water. Diluted squash.
Monday	2 Weetabix, milk. Banana, low fat yoghurt. Coffee, milk, water.	Coffee, milk, water. Chocolate digestive. Diluted squash.	Tin of chunky chicken and vegetable soup. Wholemeal bread roll, low fat spread. Apple. Coffee, milk, water.	Tea, milk. Chocolate digestive. Diluted squash.	Shepherd's pie: lean lamb mince, onion, vegetable stock cube, flour, bay leaves, herbs, carrots, parsnips, potatoes, milk, low fat spread, tomato puree, beans, broccoli, One glass wine, water.	Tea, milk, water. Diluted squash.
Tuesday	2 slices 50/50 bread, low fat spread. Low fat yoghurt, apple. Coffee, milk, water.	Coffee, milk, water. Chocolate digestive. Diluted squash.	One egg, mayonnaise, 2 slices 50/50 bread, low fat spread, salad leaves, tomato, cucumber. Banana, bag of crisps. Coffee, milk, water. Diluted squash.	Tea, milk. Plain scone, low fat spread, jam. Diluted squash.	Fish pie: Fish pie mix, parsley, potatoes, salt or pepper to taste, low fat spread, flour, milk, peas, carrots, spinach, water. One glass wine, water.	Tea, milk, water. Diluted squash.

7 – All milk is semi skimmed unless otherwise specified.

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Wednesday	Overnight oats, banana. Coffee, milk, water.	Coffee, milk, water Chocolate digestive. Diluted squash.	Tuna sandwich: one tin, mayonnaise, sweetcorn, low fat spread, 2 slices 50/50 bread, mixed salad leaves, tomato, cucumber. Pear, low fat yoghurt Coffee, milk, water. Diluted squash.	Tea, milk. Fruit cake: wholemeal or plain flour, sugar, ½ egg, low fat spread, baking powder, mixed dried fruit, mixed spice, milk. Diluted squash.	Bolognese: minced beef, onion, carrots, celery, tinned tomatoes, tomato puree, one jar bolognese sauce, garlic, ½ bacon rasher, pepper, mixed herbs, olive oil, spaghetti. Salad: mixed salad leaves, spring onion, tomato, cucumber, pepper. One glass wine.	Tea, milk, water.
Thursday	2 Weetabix, milk. Low fat yoghurt, banana. Coffee, milk, water.	Coffee, milk, water. Chocolate digestive. Diluted squash.	Cheese toast: low fat cheese, 50/50 bread toasted, low fat spread, mixed salad leaves, tomato, cucumber. Mango, low fat yoghurt. Coffee, milk, water. Diluted squash.	Tea, milk. Chocolate digestive. Diluted squash.	Salmon fillet, olive oil Parsley sauce: plain flour, milk, low fat spread, parsley. Milk, potatoes, low fat spread, peas, carrots, spinach, water. One glass wine.	Tea, milk, water.
Friday	2 slices 50/50 bread, low fat spread, 2 scrambled eggs, button mushrooms. Pear. Coffee, milk, water.	Coffee, milk, water. Chocolate digestive. Diluted squash.	Tortilla wrap, mixed salad leaves, tomato, cucumber, spring onion, red pepper, green pepper, mayonnaise. Packet of crisps, banana. Coffee, milk, water. Diluted Squash.	Tea, milk. Plain scone, low fat spread, jam. Diluted squash.	Chicken curry: one fillet chicken, olive oil, jar curry sauce, rice, onion, red pepper, green pepper, spinach, beans. One glass wine.	Tea, milk, water. Diluted squash.
Saturday	2 Weetabix, milk. Apple. Coffee, milk, water.	Coffee, milk, water. Digestive. Diluted squash.	Omega 3 fish fingers, malt vinegar, salad leaves, tomato, cucumber, 2 slices 50/50 bread, low fat spread. Low fat yoghurt, banana. Coffee, milk, water.	Tea, milk. Fruit cake: wholemeal or plain flour, sugar, ½ egg, low fat spread, baking powder, mixed dried fruit, mixed spice, milk. Diluted squash.	Beef stew: beef, onion, olive oil, flour, beef stock cube, water, carrots, salt and pepper to taste. Dumplings: flour, low fat suet, baking powder, water. Peas, carrots, broccoli. One glass wine.	Tea, milk, water. Diluted squash.

