

What is the cost of a healthy food basket in Northern Ireland in 2022?

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



Appendix – Menus



Seven-day menu for the two-parent, two-child (primary-school and secondary-school age) household

Day	Breakfast	Morning snack	Lunch	Afternoon snack	Dinner	Evening Snack
Sunday	<p>All: omelette (7 eggs), wholemeal toast (2 slices each) & banana</p> <p>Drinks</p> <p>Adults: tea & water</p> <p>Children: milk & water</p>	<p>All: peanuts</p> <p>Drinks</p> <p>Adults: coffee & water</p> <p>Children: water</p>	<p>Sunday dinner</p> <p>All: roast pork (joint), gravy, potatoes, carrots, broccoli & ice-cream with fresh-fruit salad</p> <p>Drinks</p> <p>All: diluted cordial</p>		<p>Sunday evening meal</p> <p>All: toastie (ham (1 slice), cheese & tomato on 2 slices wholemeal bread) & small cake (carrot cake)</p> <p>Drinks</p> <p>Adults: coffee</p> <p>Secondary-school child: milk</p> <p>Primary-school child: water</p>	<p>All: Rich Tea biscuits (Male adult & secondary-school child: 2; female adult & primary-school child: 1)</p> <p>Drinks</p> <p>Adults: tea</p> <p>Children: milk</p>
Monday	<p>All: Weetabix (Adults & Primary-school child: 2 biscuits; Secondary-school child: 3 biscuits) & banana</p> <p>Drinks</p> <p>Adults: tea & water</p> <p>Children: water</p>	<p>Primary-school child: grapes (Child's portion)</p> <p>Secondary-school child: school snack (apple)</p> <p>Adults: 2 rice cakes</p> <p>Drinks</p> <p>Adults: coffee & water</p> <p>Secondary-school child: water</p> <p>Primary-school child: school milk</p>	<p>Children: school lunch (Primary-school child: fish fingers, potatoes, peas & yoghurt; Secondary-school child: wedges, chicken burger, salad & yoghurt)</p> <p>Adults: Adult's portion of homemade vegetable soup (onions, potato, carrots, celery, leeks, 1 chicken stock cube, soup mix), bap with a sandwich filling (ham & cheese) & yoghurt</p> <p>Drinks</p> <p>Adults: tea & water</p> <p>Children: water</p>	<p>Children: leftover homemade soup (1 Child's portion, 1 Adolescent's portion) with a bap</p> <p>Drinks</p> <p>Adults: coffee & water</p> <p>Children: water</p>	<p>All: spaghetti bolognese (1½ lb mincemeat, garlic, onions, tinned tomatoes, tomato puree, 1 stock cube, spaghetti) & 1 garlic bread baguette</p> <p>Drinks</p> <p>All: milk & water</p>	<p>All: 1 slice wholemeal toast with low-fat spread (LFS)</p> <p>Drinks</p> <p>Adults: tea & water</p> <p>Children: water</p>

<p>Tuesday</p>	<p>All: 3 Adult's portions and 1 Child's portion of porridge with raisins Drinks Adults: tea & orange juice Children: orange juice</p>	<p>Adults: banana Primary-school child: banana Secondary-school child: school snack (2 mandarin oranges) Drinks Adults: coffee & water Secondary-school child: water Primary-school child: school milk</p>	<p>Children: school lunch (Primary-school child: sausages, sweetcorn, potatoes, & custard with cake; Secondary-school child: baked potato, beans, cheese, coleslaw, salad & frozen yoghurt) Adults: baked potato with cheese & beans, & apple Drinks Adults: coffee & water Children: water</p>	<p>Primary-school child: cheese & 2 crackers Secondary-school child: cheese on toast (1 slice) & grapes Adults: grapes Drinks Adults: coffee & water Children: water</p>	<p>All: stew (1½ lb stew steak, potatoes, carrots, turnips, onions, 1 stock cube) Male adult & secondary-school child: 1 slice wholemeal bread All: yoghurt Drinks Adults & primary-school child: water Secondary-school child: milk</p>	<p>All: cornflakes Drinks Adults: tea Children: water</p>
<p>Wednesday</p>	<p>All: pancakes (Adults & Primary-school child: 2; Secondary-school child: 3) with marmalade & LFS, & banana Drinks Adults: tea Children: water</p>	<p>Adults: cheese & 4 crackers Secondary-school child: school snack (apple) Primary-school child: pear Drinks Adults: coffee & water Secondary-school child: water Primary-school child: school milk</p>	<p>All: tuna salad sandwich (2 tins of tuna, lettuce, onion, mayo on 2 slices wholemeal bread) & yoghurt Children: clementine Drinks Adults: tea & water Children: water</p>	<p>Primary-school child: 1 Rich Tea biscuit Secondary-school child: 4 crackers & cheese Drinks Adults: coffee & water Children: water</p>	<p>All: pasta bake (pasta, 4 chicken fillets, ham (4 slices), corn, peas, broccoli, peppers, onions, homemade white sauce (plain flour, milk), salad (lettuce, tomatoes, cucumber) & cheese on top) Drinks Adults: milk Children: water</p>	<p>All: Weetabix (Female adult & primary-school child: 2 biscuits; Male adult & secondary-school child: 3 biscuits) Drinks Adults: tea & water Children: water</p>
<p>Thursday</p>	<p>All: bagel with LFS & jam, 3 Adult's portions & 1 Child's portion of grapes Drinks Adults: tea Secondary-school child: milk Primary-school child: water</p>	<p>Adults: yoghurt Secondary-school child: school snack (banana) Primary-school child: banana Drinks Adults: coffee & water Secondary-school child: water Primary-school child: school milk</p>	<p>All: chicken salad wrap (lettuce, tomato, onion, light mayo, pre packed chicken chunks x 1 packet) & pear Children: yoghurt Drinks Adults: tea & water Children: water</p>	<p>Primary-school child: clementine Secondary-school child: cornflakes & peanuts Adults: peanuts Drinks Adults: coffee & water Children: water</p>	<p>All: shepherd's pie (onions, carrots, peas, gravy, 1½ lb of diced lamb, potatoes, grated cheese) & salad (lettuce, tomatoes, onion) Drinks All: milk</p>	<p>All: toast with LFS (Adults & primary-school child: 1 slice; Secondary-school child: 2 slices) Drinks Adults: tea & water Children: hot chocolate (made with milk)</p>

Friday	<p>All: 3 Adult's portions & 1 Child's portion of porridge & pear</p> <p>Drinks</p> <p>Adults: tea</p> <p>Children: water</p>	<p>Adults: scone (jam & LFS)</p> <p>Primary-school child: apple</p> <p>Secondary-school child: school snack (sausage roll)</p> <p>Drinks</p> <p>Adults: coffee</p> <p>Secondary-school child: water</p> <p>Primary-school child: school milk</p>	<p>Children: school lunch (Secondary-school child: chicken goujons, salad, mashed potato & yoghurt; Primary-school child: beef burger, salad, potato wedges & frozen yoghurt)</p> <p>Adults: ham sandwich (LFS, ham (2 slices), cheese & tomato, on 2 slices of wholemeal bread) & yoghurt</p> <p>Drink</p> <p>Adults: tea</p> <p>Children: water</p>	<p>Adults: apple, biscuit (Male Kitkat, Female chocolate digestive)</p> <p>Secondary-school child: banana, Kitkat</p> <p>Primary-school child: Kitkat</p> <p>Drinks</p> <p>Adults: coffee & water</p> <p>Children: water</p>	<p>All: cod (4 fillets), chips, mushy peas, vinegar</p> <p>Drinks</p> <p>Adults & secondary-school child: milk</p> <p>Primary-school child: water</p>	<p>All: chocolate digestives 2 each</p> <p>Drinks</p> <p>Adults: tea</p> <p>Female Adult: half a bottle of white wine</p> <p>Male Adult: 3 bottles of lager</p> <p>Children: water</p>
Saturday	<p>Brunch (Breakfast, snack and lunch)</p> <p>All: fry/grill (toast (Adults & Sec: 2 slices; Pri: 1 slice), bacon rasher grilled, sausage grilled (Adult and Sec: 2; Pri: 1 sausage, no bacon rasher), 1 egg fried, beans, tomato grilled, mushrooms fried)</p> <p>Drinks</p> <p>Adults: coffee, water & orange juice</p> <p>Children: water & orange juice</p>			<p>All: apple & clementine</p> <p>Drinks</p> <p>Adults: tea & water</p> <p>Children: water</p>	<p>All: chicken curry (rice, chicken (4 fillets), mushrooms, peppers, peas, curry powder)</p> <p>Drinks</p> <p>Adults: water</p> <p>Children: milk</p>	<p>All: baked crisps & Milky Way (funsize)</p> <p>Drinks</p> <p>Adults: tea</p> <p>Female Adult: half a bottle of white wine</p> <p>Male Adult: 3 lagers</p> <p>Children: diluted cordial</p>



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

Day	Breakfast	Morning snack	Lunch	Afternoon snack	Dinner	Evening Snack
Sunday	<p>All: scrambled eggs (4) & beans, wholemeal toast (Adult & Primary-school child: 2 slices; Pre-school child: 1 slice) with low-fat spread (LFS)</p> <p>Drinks Adult: tea & water Children: water</p>	<p>All: rice cake (Adult & Primary-school child: 2; Pre-school child: 1) with cheese low-fat spread</p> <p>Drinks Adult: coffee & water Children: milk</p>	<p>Sunday dinner</p> <p>All: roast chicken (fillet), homemade stuffing (sausages (2), 1 egg, breadcrumbs (3 slices), mixed herbs, onion) gravy, potatoes, carrots, broccoli & ice cream with jelly</p> <p>Drinks All: diluted cordial</p>		<p>Sunday evening meal</p> <p>Adult & Primary-school child: toastie (ham (1 slice), cheese & tomato on 2 slices wholemeal bread)</p> <p>Pre-school child: half toastie</p> <p>All: small cake & fruit salad</p> <p>Drinks Adult: tea & milk Children: water</p>	<p>All: 1 Rich Tea biscuit</p> <p>Drinks Adult: tea Children: milk</p>
Monday	<p>All: porridge (1 Adult's & 2 Children's portions) & banana</p> <p>Drinks Adult: tea & water Children: water</p>	<p>Adult & Primary-school child: grapes (1 Adult's & 1 Child's portion)</p> <p>Adult: peanuts Pre-school child: school snack (grapes)</p> <p>Drinks Adult: coffee & water Children: school milk</p>	<p>Primary-school child: school lunch (fish fingers, peas, potato & yoghurt)</p> <p>Adult: ham sandwich (ham (1 slice) & tomato, 2 slices wholemeal bread, LFS) & yoghurt</p> <p>Pre-school child: half sandwich & yoghurt</p> <p>Drinks Adult: tea & water Children: water</p>	<p>Children: pineapple slice (2 Children's portions), 1 slice wholemeal toast, LFS</p> <p>Adult: apple</p> <p>Drinks Adult: coffee & water Primary-school child: water Pre-school child: milk</p>	<p>All: spaghetti bolognese (1lb mincemeat, garlic, onions, tinned tomatoes, tomato puree, 1 stock cube, spaghetti) & 1 garlic bread slice each</p> <p>Drinks All: water</p>	<p>All: cornflakes</p> <p>Drinks Adult: tea & water Children: water</p>
Tuesday	<p>All: Weetabix (Adult and Primary-school child: 2 biscuits; Pre-school child: 1 biscuit) with pineapple slice (2 Children's portion and 1 Adult's portion)</p> <p>Drinks All: water Adult: tea</p>	<p>Adult & Primary-school child: pear</p> <p>Pre-school child: school snack (pear)</p> <p>Drinks Adult: coffee Children: school milk</p>	<p>Adult & Primary-school child: sandwich (2 slices wholemeal bread, ham (1 slice), cheese, tomato, LFS) & yoghurt, banana</p> <p>Pre-school child: half sandwich & yoghurt</p> <p>Drinks Adult: tea & water Children: water</p>	<p>All: unsalted peanuts</p> <p>Drinks Adult: coffee & water Children: water</p>	<p>All: stew (1lb stewing steak, potatoes, carrots, turnips, onions, brown sauce, 1 stock cube)</p> <p>Adult: 2 slices wholemeal bread</p> <p>Drinks All: water</p>	<p>All: 1 Rich Tea biscuit</p> <p>Drinks Adult: tea & water Children: hot chocolate (made with milk)</p>

Wednesday	<p>All: toast (Adult & Primary-school child: 2 slices with peanut butter; Pre-school child: 1 slice with jam) & grapes</p> <p>Drinks</p> <p>Adult: tea & water</p> <p>Primary-school child: water</p> <p>Pre-school child: milk</p>	<p>Adult & Primary-school child: banana</p> <p>Pre-school child: school snack (banana)</p> <p>Drinks</p> <p>Children: school milk</p> <p>Adult: coffee</p>	<p>Primary-school child: school lunch (sausages, sweetcorn, potatoes & fruit salad)</p> <p>Adult & Pre-school child: tuna pasta salad (1 tin tuna, peppers, pasta, mushroom, light mayo)</p> <p>Adult: Go-Ahead bar & pear</p> <p>Pre-school child: rice cake</p> <p>Drinks</p> <p>Adult: tea</p> <p>Children: water</p>	<p>All: yoghurt</p> <p>Drinks</p> <p>Adult: coffee & water</p> <p>Children: water</p>	<p>All: pork stir fry (pork pieces, 1 stir fry vegetable pack, fresh egg noodles, 1 pack of stir fry sauce)</p> <p>Drinks</p> <p>All: water</p>	<p>All: Weetabix (Adult & Primary-school child: 2 biscuits; Pre: 1 biscuit)</p> <p>Drinks</p> <p>Adult: tea & water</p> <p>Children: water</p>
Thursday	<p>Children: pancakes, LFS (Pre-school child: 1; Primary-school child: 2)</p> <p>Adult: bagel, LFS</p> <p>All: melon (1 Adult's portion, 2 Children's portions)</p> <p>Drinks</p> <p>All: orange juice</p> <p>Adult: tea</p>	<p>Adult & Primary-school child: grapes (1 Adult's & 1 Child's portion)</p> <p>Pre-school child: school snack (grapes)</p> <p>Drinks</p> <p>Adult: coffee & water</p> <p>Children: school milk</p>	<p>Adult & Primaryschool child: chicken salad sandwich (prepacked chicken chunks, lettuce, tomato, onion, light mayo on 2 slices wholemeal bread) & yoghurt</p> <p>Pre-school child: half sandwich & yoghurt</p> <p>Primary-school child: apple</p> <p>Drinks</p> <p>Adult: tea</p> <p>Children: water</p>	<p>Children: cream crackers (2 each) & cheese</p> <p>Adult: 1 Adult's portion melon and peanuts</p> <p>Drinks</p> <p>Adult: coffee & water</p> <p>Children: water</p>	<p>All: chicken curry (rice, chicken (3 fillets), mushrooms, peppers, peas, curry powder, onions) & 1 poppadum each</p> <p>Drinks</p> <p>All: water</p>	<p>All: Weetabix (Adult & Primary-school child: 2 biscuits; Pre-school child: 1 biscuit)</p> <p>Drinks</p> <p>Adult: tea & water</p> <p>Children: water</p>

Friday	<p>All: porridge with raisins (1 Adult's, 2 Children's portions) Drinks Adult: tea & orange juice Children: orange juice</p>	<p>Adult & Primary-school child: banana Pre-school child: school snack (banana) Drinks Adult: coffee Children: school milk</p>	<p>Primary-school child: school lunch (burger, wedges, salad & custard with cake) Adult & Pre-school child: egg salad sandwich (2 eggs, mayo, lettuce, cucumber, onion, 2 slices wholemeal bread, LFS) (Pre-school child: half sandwich) & yoghurt Drinks Adult: tea Children: water</p>	<p>All: 2 muffins (Adult: 1; Pre-school child: half; Primary-school child: half) Drinks Adult: coffee & water Children: milk</p>	<p>All: haddock (2 fillets), boiled potatoes, peas, cauliflower, white sauce (homemade) All: ice-cream Drinks Adult: white wine & milk Children: water</p>	<p>All: popcorn (microwave) x 1 sachet Drinks Adult: tea & water Children: diluted cordial</p>
Saturday	<p>All: 1 boiled egg, wholemeal toast (Adult & Primary-school child: 2 slices; Pre-school child: 1 slice), LFS & banana Drinks Adult: tea Children: water</p>	<p>Children: yoghurt Adult: apple & yoghurt Drinks Adult: coffee All: water</p>	<p>All: homemade vegetable soup (onions, potato, carrots, celery, leeks, chicken stock cube, soup mix), bread roll Primary-school child: pear Drinks All: diluted cordial & water</p>	<p>All: fry/grill (bacon & sausages (1 each), tomatoes, beans, 1 egg (Adult only), mushrooms, toast (Adult & Primary-school child: 2 slices; Pre-school child: 1 slice) Drinks Adult & Primary-school child: milk & water Pre-school child: water</p>	<p>All: baked crisps & Milky Way (fun-size) Drinks Adult: white wine Children: water</p>	



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

Day	Breakfast	Morning snack	Lunch	Afternoon snack	Dinner	Evening Snack
Sunday						
Monday	<p>Weetabix (2 x 2 Weetabix for adults and primary school child, 1 Weetabix for pre-school child) 1 piece of fresh fruit per household member x 4 apples Glass of orange juice for children and adults (150ml) Male adult: wholemeal toast (x 2 slices) with spread Tea with milk for adults</p>	<p>Primary school child: school milk (paid for by parents) and 1 piece of fruit, pear Pre-school child: glass of milk and 1 piece of fruit, pear Adults: cup of coffee with milk and 2 biscuits each</p>	<p>Primary school child: school lunch and water Pre-school child: beans on toast (x 1 slice) and water Adults: beans on wholemeal toast (x 2 slices per adult) and tea/coffee</p>	<p>Children: glass of milk Adults: cup of coffee</p>	<p>All members: spaghetti bolognese (spaghetti, 1lb mince, tinned tomatoes, peppers, mushrooms, onion, carrots and garlic. Grated cheese on top) Water for all household members Banana x 4 after dinner</p>	<p>Children: toast with spread (1 slice for preschool child and 1 slice for primary school child) Male adult: 2 slices of toast with spread Female adult: bowl of cereal (cornflakes) Adults: cup of tea</p>
Tuesday	<p>Brown toast with butter and marmalade (2 slices for adults and primary school child; 1 slice for pre-school child) 1 piece of fresh fruit per household member x 4 oranges Glass of milk Tea with milk for adults</p>	<p>Primary school child: School milk (paid for by parents) and 1 yogurt Pre-school child: glass of milk and 1 small yogurt Adults: cup of tea/ coffee and yogurt each</p>	<p>Primary school child: tuna (tin), mayonnaise and pasta Water Pre-school child: tuna (tin), mayonnaise and pasta and glass of water Adults: tuna (tin), mayonnaise and pasta and cup of tea</p>	<p>Children: cup of hot chocolate Adults: cup of coffee</p>	<p>All members: beef stew (stewing steak) with beef stock, potatoes, onions, carrots, garlic, celery and leeks Glass of water for all household members Pear x 4 after dinner</p>	<p>Children: bowl of cereal (cornflakes) with milk Male adult: bowl of cereal (cornflakes) Adults: cup of tea</p>

Wednesday	<p>Porridge for adults Ready Brek for children 1 piece of fresh fruit per household member x 4 kiwis Glass of orange juice for children (150ml) Tea with milk for the adults</p>	<p>Primary school child: school milk (paid for by parents) cheese and crackers Pre-school child: glass of milk and cheese and crackers Adults: cup of coffee and crackers and cheese</p>	<p>Primary school child: school lunch and water Pre-school child: homemade vegetable soup made with vegetable stock, celery, carrots, onions, potato, leeks and 1 slice of bread. Glass of water Adults: homemade vegetable soup made with vegetable stock, celery, carrots, onions, potato, leeks and 2 slices of bread. Glass of water</p>	<p>Children: glass of milk and 1 banana Adults: cup of coffee and banana</p>	<p>All members: stew same as Tuesday Glass of water for all household members Yogurts x 4</p>	<p>Children: ham & pineapple toastie and glass of milk Male adult: ham & cheese toastie Female adult: bowl of cereal (cornflakes) Adults: cup of tea/ coffee</p>
Thursday	<p>Pancakes x 2 for all members with butter and jam Natural yogurt with fresh fruit, e.g. banana for all household members Glass of orange juice for children and adults (150ml) Tea with milk for adults</p>	<p>Primary school child: school milk (paid for) and 1 apple Pre-school child: 1 slice of toast and glass of milk Adults: coffee and portion of nuts</p>	<p>Primary school child: school lunch and water Pre-school: homemade ham & salad sandwich with lettuce, cucumber, tomato. Piece of fruit, an apple and sugar-free orange squash Adults: homemade ham & salad sandwich with lettuce, cucumber, tomato. Piece of fruit, e.g. apple, and glass of water</p>	<p>Children: cup of homemade vegetable soup left over from Wednesday's lunch Adults: cup of tea</p>	<p>Pork chops (6 small/medium chops for family of four, 2 per adult and 1 per child) with apple sauce, frozen peas, broccoli and potatoes Glass of water for all members 4 x kiwis</p>	<p>Children: bowl of cereal (cornflakes) Male adult: bowl of cereal (cornflakes) Adults: cup of tea</p>

Friday	<p>Brown toast with butter and marmalade (2 slices for adults and primary school child; 1 slice for pre-school child) 1 piece of fresh fruit per household member x 4 oranges Glass of orange juice for children (150ml) Tea with milk for adults</p>	<p>Primary school child: school milk (paid for by parents) and 1 kiwi Pre-school child: 1 kiwi and glass of milk Adults: coffee and Kit Kat each (2 sticks)</p>	<p>Primary school child: egg and salad sandwich with lettuce, cucumber and tomato. Cheese and crackers. Sugar-free orange squash Pre-school child: egg and salad sandwich with lettuce, cucumber and tomato, and glass of sugar-free orange squash Adults: egg and salad sandwich with lettuce, cucumber and tomato, 1 plum and cup of tea</p>	<p>Children: glass of milk and 2-stick Kit Kat each Adults: cup of tea/coffee</p>	<p>Children: 2 fish fingers each with oven chips and mushy peas Adults: piece of frozen white fish (e.g. Donegal Catch), oven chips and mushy peas Glass of sugar-free orange squash for children Water for adults Cheese and crackers for all members Male adult: beer x 2 Female adult: half a bottle wine</p>	<p>Children: yogurt and glass of milk Male adult: bowl of cereal (cornflakes) Adults: cup of tea/coffee</p>
Saturday	<p>Brunch Fry or grill: sausages, bacon, eggs, potato bread, tomatoes, mushrooms, pudding (except children) Brown toast and butter Glass of orange juice for children and adults (150ml) Tea/coffee for adults Children: apple and glass of milk Adults: apple and cup of tea</p>			<p>Children: yogurt and glass of sugar-free orange squash Adults: cup of tea</p>	<p>Beef stir-fry with noodles and garlic, broccoli, onions, peppers, carrots, mushrooms in a black bean sauce Glass of water all household members Male adult: beer x 2 Female adult: half a bottle of wine</p>	<p>Children: glass of milk and a small treat, e.g. crisps Adults: tea and a bag of crisps</p>



Final seven-day menu for pensioner household - pensioner living alone

Day	Breakfast	Morning snack	Lunch	Afternoon snack	Dinner	Evening Snack
Sunday	Scrambled eggs (made with two eggs) with brown toast with butter Cup of tea 1 piece of fruit, apple	Cup of coffee with 2 digestive biscuits	Sunday roast: roast chicken (without skin) and 1 boiled potato, 1 roast potato, carrots, broccoli and gravy Dessert: ice cream and apple tart Half a bottle of wine	Pears canned in juice	Egg and salad sandwich with cucumber, tomato, lettuce and onion Glass of water	Hot chocolate/cocoa and piece of cake
Monday	X 2 Weetabix with semi-skimmed milk 1 piece of fruit, banana Cup of tea	Cup of coffee and 1 piece of fruit, orange	Ham, cheese, cucumber, lettuce and tomato sandwich Glass of water and cup of tea 1 low-fat yogurt	Cup of coffee	Chicken curry (chicken left over from Sunday lunch) and rice with mushrooms, frozen peas, peppers and onion, garlic Glass of water Apple tart and ice cream (left over from Sunday)	Hot chocolate/cocoa
Tuesday	Bowl of porridge 1 piece of fruit, apple Cup of tea	Cup coffee and 2 digestive biscuits	Beans on two slices of toast Glass of water and cup of tea 1 low fat yogurt	Cup of coffee	Pork chops grilled (2 small chops or 1 large chop) with apple sauce (homemade), 2 potatoes (mashed), carrots and cabbage Glass of water	Hot chocolate/cocoa and 2 plain digestive biscuits
Wednesday	X 2 Weetabix with semi-skimmed milk, piece of fruit, ½ grapefruit Cup of tea	Cup of coffee and 1 piece of fruit, banana	Ham & cheese toastie with tomato and lettuce Glass of water and 1 cup of tea 1 low-fat yogurt	Cup of coffee	Beef stew with beef stock, stewing steak, onions, garlic, potatoes, carrots, leeks and celery Glass of water	Hot chocolate/cocoa and 2 plain digestive biscuits

Thursday	1 boiled egg with two slices of toast with 1 piece of fruit, ½ a grapefruit Cup of tea	Cup of coffee with 2 digestive biscuits	Homemade vegetable soup (stock made with the shin bones from the butcher) with carrots, onions, potatoes, mushrooms, leeks, celery, lentils and 1 white crusty bread roll Glass of water and cup of tea	Cup of coffee and an apple	Beef stew as Wednesday Glass of water	Hot chocolate/cocoa and 2 plain digestive biscuits
Friday	Bowl of porridge 1 piece of fruit, banana Cup of tea	Cup of coffee with a bun/pastry	Homemade soup (same as Wednesday) and 1 white crusty bread roll Glass of water and cup of tea	Cup of coffee and an orange	Frozen fish (e.g. cod in batter), oven chips, mushy peas and white sauce Glass of water	Hot chocolate/cocoa and 2 plain digestive biscuits
Saturday	Grill: 2 slices of bacon, 2 sausages, egg, tomato, mushrooms Brown toast with butter Cup of tea	Cup of coffee and 1 piece of fruit, e.g. orange	Tuna and mayonnaise (low fat) salad with lettuce, sweet corn, tomato, cucumber, peppers and onion Glass of water and cup of tea 1 low fat yogurt	Cup of coffee	Spaghetti bolognese (wholemeal spaghetti, mince, onions, garlic, peppers, carrots, mushrooms, tin of tomatoes) Glass of water Half a bottle of wine	Hot chocolate/cocoa and piece of cake