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| **Dates** | **Breakfast** | **Amt** | **Lunch** | **Amt** | **Evening** | **Amt** |
| **Example**5th July 11 | * Toast with butter & jam
* Porridge & double cream & sugar
 | 2 slices½ bowl | * Beef casserole
* Potato - mash
* Rice pud
 | R½ scoop½ bowl | * Soup
* Egg mayonnaise s/w
* Fruit salad
 | All¼ 3 tsp |
| Snacks/ supplements | * Build up shake
* Tea with milk powder &full fat milk & 2sugars
 | R | * Build up soup
* Angel delight
 | 150ml2 tsp | * Yoghurt
* Grated cheese (added to soup)
 | ½ potfull pot |
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| Snacks/ supplements |  |  |  |  |  |  |
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| Snacks/ supplements |  |  |  |  |  |  |
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| Snacks/ supplements |  |  |  |  |  |  |

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| **Dates** | **Breakfast** | **Amt** | **Lunch** | **Amt** | **Evening** | **Amt** |
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| Snacks/ supplements |  |  |  |  |  |  |
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| Snacks/ supplements |  |  |  |  |  |  |
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| Snacks/ supplements |  |  |  |  |  |  |
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| Snacks/ supplements |  |  |  |  |  |  |