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| **Dates** | **Breakfast** | **Amt** | **Lunch** | **Amt** | **Evening** | **Amt** |
| **Example**  5th July 11 | * Toast with butter & jam * Porridge & double cream & sugar | 2 slices  ½ bowl | * Beef casserole * Potato - mash * Rice pud | R  ½ scoop  ½ bowl | * Soup * Egg mayonnaise s/w * Fruit salad | All  ¼  3 tsp |
| Snacks/ supplements | * Build up shake * Tea with milk powder &full fat milk & 2sugars | R | * Build up soup * Angel delight | 150ml  2 tsp | * Yoghurt * Grated cheese (added to soup) | ½ pot  full pot |
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| Snacks/ supplements |  |  |  |  |  |  |
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| **Dates** | **Breakfast** | **Amt** | **Lunch** | **Amt** | **Evening** | **Amt** |
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