



Sample Menu

Check the food lists carefully — eat slowly, chew your food thoroughly

Breakfast	Fruit or fruit juice Porridge or cereal with milk White or fine wholemeal bread or toast Butter or margarine Marmite or Vegemite Jelly, marmalade or honey
Lunch	Blended, puréed or creamed soup Tender lean meat, fish, chicken, egg or cheese Bread, toast or bread roll Butter, spreads or jam Fruit — raw or cooked
Dinner	Soup or tomato juice Tender lean meat, fish, chicken, egg or cheese Choice of vegetables as tolerated Dessert of fruit and ice cream
In between snacks	Crackers and cheese Plain biscuits, plain cake, plain scones or muffins Fruit without pips, seeds or skins