

# What is the cost of a healthy food basket in Ireland in 2020?

Final seven day menus for each of the six households in Ireland



## Appendix – Sample Menus



### Sample seven-day menu for a two-parent, two-child (pre-school and primary school age) household

Day	Breakfast	Morning snack	Lunch	Afternoon snack	Dinner	Evening Snack
<b>Monday</b>	7 weetabix with 4 x portion of sultanas and 200ml of milk 7 slices of bread, toasted with small portion of low-fat spread and marmalade 4 x 200ml glass orange juice 2 x cup of tea/coffee and 35ml of milk	4 x strawberry yoghurt (125g pot) 2 x cup of tea/coffee with 35ml of milk	4 x 2 slices of brown wholemeal bread with slices of ham and small portion of low-fat spread 2 x 200ml glass of diluted orange 2 x cup of tea/coffee and 35ml of milk	4 x medium size apple 2 x 200ml glass of diluted orange 2 x cup of tea/coffee with 35ml of milk	4 x chicken curry with rice and salad (includes portion of chicken fillet, curry sauce with onions, portion of salad with tomato, portion of lettuce, cucumber and mixed peppers) 4 x 200ml glass of milk	4 x small bar of chocolate 2 x 200ml glass of milk 2 x cup of tea with 35ml of milk
<b>Tuesday</b>	4 x 30gr bowl of rice krispies with 4 x 200ml of milk 7 slices of brown wholemeal bread, toasted with small portion of low-fat spread 4 x 200ml glass of orange juice 2 x cup of tea with 35ml of milk	4 x medium size banana 2 x cup of tea/coffee with 35ml of milk	2 x 2 slices of white bread 2 x 2 slices of brown wholemeal bread with slice of cheese and turkey and small portion of low-fat spread 2 x 2 slices of white bread with slice of cheese, slice of turkey, portion of lettuce and small portion of low fat mayonnaise 2 x 200ml glass of diluted orange	4 x 2 plain biscuits and medium size orange 2 x 200ml glass of diluted orange 2 x cup of tea/coffee with 35ml of milk	4 x beef stew with portion of carrots, portion of onions, portion of broccoli and 6 medium size boiled potatoes 4 x 200ml glass of milk	4 x small scone with small portion of low-fat spread and jam 2 x 200ml of warm milk with coco 2 x cup of tea with 35ml of milk

<b>Wednesday</b>	4 x 30gr bowl of rice krispies with 4 x 200ml of milk 7 slices of bread, toasted with small portion of low-fat spread 4 x 200ml glass of orange juice 2 x cup of tea/coffee with 35ml of milk	4 x low fat yoghurt (125g pot) 2 x cup of tea/coffee with 35ml of milk	4 x 2 slices of brown wholemeal bread with portion of tuna, portion of sweetcorn and small portion of low-fat spread 2 x 200ml glass of diluted orange 2 x cup of tea/coffee with 35ml of milk	4 x medium orange 2 x 200ml glass of diluted orange 2 x cup of tea/coffee with 35ml of milk	4 x medium pork chop, 6 medium size baked potatoes, portion of turnip and cauliflower with small portion of gravy 4 x 200ml glass of milk	4 x plain biscuits 4 x medium size pear 2 x 200ml glass of milk 2 x cup of tea with 35ml of milk
<b>Thursday</b>	7 weetabix with 4 x portion of sultanas and 200ml of milk 7 slices of wholemeal bread, toasted with small portion of low-fat spread and marmalade 4 x 200ml glass orange juice 2 x cup of tea and 35ml of milk	4 x strawberry yoghurt (125g pot) 2 x cup of tea/coffee with 35ml of milk	4x 2 slices of white bread with portion of tinned salmon, portion of lettuce and small portion of mayonnaise 2 x 200ml glass of diluted orange 2 x cup of tea/coffee with 35ml of milk	4 x medium size apple 2 x 200ml glass of diluted orange 2 x cup of tea/coffee with 35ml of milk	4 x chicken fillet, 6 medium size baked potatoes, portion of frozen peas and portion of carrots 4 x 200ml glass of milk	4 x small bar of chocolate 2 x 200ml glass of milk 2 x cup of tea with 35ml of milk
<b>Friday</b>	4 x 30gr bowl of rice krispies with 4 x 200ml of milk 7 slices of bread, toasted with small portion of low-fat spread and jam 4 x 200ml glass of orange juice 2 x cup of tea with 35ml of milk	4 x medium size banana 2 x cup of tea/coffee and 35ml of milk	4 x 2 slices of brown wholemeal bread with slice of ham, portion of tomato, portion of cheese and small portion of low-fat spread 2 x 200ml glass of diluted orange 2 x cup of tea/coffee with 35ml of milk	4 x packet of crisps (Friday treat) 2 x 200ml glass of diluted orange 2 x cup of tea/coffee with 35ml of milk	2 x portion of frozen cod (adults) 2 x 2 fish fingers (children) 4 x portion of beans and portion of oven chips 4 x 200ml glass of milk	4 x plain biscuit 4 x medium size pear 2 x 200ml of warm milk with coco 2 x cup of tea with 35ml of milk
<b>Saturday</b>	4 x 30gr bowl of rice krispies with 4 x 200ml of milk 7 slices of brown wholemeal bread, toasted with small portion of low-fat spread 4 x 200ml glass of orange juice 2 x cup of tea with 35ml of milk	4 x medium orange 2 x cup of tea/coffee with 35ml of milk	4 x 2 potato waffles and portion of scrambled eggs 4 x low fat yoghurt 2 x 200ml glass of diluted orange 2 x cup of tea/coffee with 35ml of milk	4 x medium size apple 2 x 200ml glass of orange juice 2 x cup of tea/coffee with 35ml of milk	4 x Spaghetti Bolognese and salad (portion of pasta, portion of mince meat, portion of bolognese sauce including chopped tomatoes, onions, peppers and mushrooms and salad with portion of lettuce and cucumber 4 x 200ml glass of milk	4 x 2 plain biscuits 4 packs crisps (weekend treat) 2 x 200ml of warm milk with coco 2 x cup of tea with 35ml of milk

<b>Sunday</b>	4 x fried/boiled egg, 2 grilled sausages and 2 grilled rashers 7 slices of bread, toasted with small portion of low-fat spread 4 x 200ml glass of orange juice 2 x cup of tea with 35ml of milk		4 x portion of roast ham/pork/chicken with medium sized potatoes, portion of cabbage, portion of carrots and parsnips and gravy 4 x portion of ice cream and jelly 4 x 200ml glass of diluted orange 2 x cup of tea/coffee with 35ml of milk		4 x portion of noodles and slice of bread with small portion of low-fat spread 4 x slice of apple tart/fruit cake 4 x 200ml glass of milk	4 x medium size piece of fruit 2 x 200ml glass of milk 2 x cup of tea with 35ml of milk
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## Sample seven-day menu for a two-parent, two-child (primary and secondary school age) household

Day	Breakfast	Morning snack	Lunch	Afternoon snack	Dinner	Evening Snack
<b>Monday</b>	7 weetabix (2 for each adult, 2 for 15 yr old boy, 1 for 10 yr old girl) with 4 x portions of dried apricots and 200ml of milk 7 slices of bread, toasted with small portion of low-fat spread and marmalade (2 wholemeal per adult, 2 white for 15 yr old, 1 for 10 yr old) 4 x 200ml glass orange juice 2 x cup of tea and 35ml of milk	4 x medium size bananas 2 x cup of tea/coffee with 35ml of milk	4 x 2 slices of brown wholemeal bread (2 per household member) with slice of ham and small portion of low-fat spread 4 x strawberry yoghurts (125g pot) 2 x 200ml glass of diluted orange 2 x cup of tea/coffee and 35ml of milk	4 x medium size apples Portion of beans and 1 slice of white bread, toasted with small portion of low-fat spread (15 yr old). 2 x glass of milk/juice/water 2 x cup of tea/coffee with 35ml of milk	4 x chicken curry with rice and salad (includes portion of chicken fillet, curry sauce with onions, portion of salad with tomato, portion of lettuce, cucumber and mixed peppers) 4 x 200ml glass of milk	4 x small bars of chocolate 30 gr bowl of cornflakes with 200ml of milk (15 year old) 2 x glass of milk/juice 2 x cup of tea with 35ml of milk
<b>Tuesday</b>	4 x 30gr bowl of rice krispies with 4 x 200ml of milk 7 slices of brown wholemeal bread, toasted with small portion of low-fat spread (2 per adult, 2 per for 15 yr old, 1 for 10 yr old) 4 x 200ml glass of orange juice 2 x cup of tea with 35ml of milk	4 x medium size pears 2 x cup of tea/coffee with 35ml of milk	4 x 2 slices of brown wholemeal bread (2 per household member) with cheese, turkey, portion of coleslaw and small portion of low-fat spread 2 x 200ml glass of diluted orange 2 x cup of tea/coffee and 35ml of milk	4 x 2 plain biscuits portion of noodles (15 year old) 4 x medium size orange 2 x 200ml glass of diluted orange 2 x cup of tea/coffee with 35ml of milk	4 x beef stew with portion of carrots, portion of onions, portion of broccoli and 7 medium size boiled potatoes (two each for parents and 15 yr old, 1 for 10 yr old) 4 x 200ml glass of milk	4 x white scones with small portion of low-fat spread and jam 2 slices of white bread, toasted with slice of ham and small portion of low-fat spread (15 year old) 2 x 200ml of warm milk with coco 2 x cup of tea with 35ml of milk
<b>Wednesday</b>	2 x 30gr bowl of rice krispies with 2 x 200ml of milk 2 x 30gr bowl of cornflakes with 2 x 200ml of milk 7 slices of bread, toasted with small portion of low-fat spread and marmalade (2 brown per adult, 2 white for 15 yr old, 1 white for 10 yr old) 4 x 200ml glass of orange juice 2 x cup of tea with 35ml of milk	4 x bananas 2 x cup of tea with 35ml of milk	4 x 2 slices of brown wholemeal bread with cheese, turkey, 2 slices of tomato and and small portion of low-fat spread 4 x yoghurts (125g pot) 2 x 200ml glass of diluted orange 2 x cup of tea/coffee with 35ml of milk	4 x medium oranges 2 slices of white bread, toasted with slice of cheese and small portion of low-fat spread (15 year old) 2 x 200ml glass of diluted orange 2 x cup of tea/coffee with 35ml of milk	4 x medium pork chops, 7 medium size baked potatoes (2 for each adult, 2 for 15 yr old boy, 1 for 10 yr old girl), portion of turnip and cauliflower with small portion of gravy 4 x 200ml glass of milk	4 x 2 plain biscuits 30 gr bowl of cornflakes with 200 ml of milk (15 year old) 2 x 200ml glass of milk 2 x cup of tea with 35ml of milk

<b>Thursday</b>	7 weetabix (2 for each adult, 2 for 15 yr old boy, 1 for 10 year old girl) with 4 x portion of dried apricot and 200ml of milk 7 slices of brown wholemeal bread, toasted with small portion of low-fat spread and marmalade (2 per adult, 2 for 15 yr old, 1 for 10 yr old) 4 x 200ml glass orange juice 2 x cup of tea with 35ml of milk	4 x low fat strawberry yoghurts (125g pot) 2 x cup of tea/coffee with 35ml of milk	8 slices of bread with portion of tinned salmon, portion of lettuce and coleslaw and small portion of mayonnaise (2 brown per adult, 2 white per child) 2 x 200ml glass of diluted orange 2 x cup of tea/coffee with 35ml of milk	4 x medium size apples 4 x bowls of homemade soup (includes turnip, cauliflower, carrot and potato) 4 x brown bread roll with small portion of low-fat spread 2 x 200ml glass of diluted orange 2 x cup of tea/coffee with 35ml of milk	4 x chicken fillets, 7 medium size baked potatoes (2 for each adult, 2 for 15 year old boy, 1 for 10 yr old girl), portion of frozen peas and portion of carrots 4 x 200ml glass of milk	4 x small bar of chocolate portion of noodles and slice of brown wholemeal toasted bread with small portion of low-fat spread (15year old) 2 x 200ml glass of milk 2 x cup of tea with 35ml of milk
<b>Friday</b>	4 x 30gr bowl of rice krispies with 4 x 200ml of milk 7 slices of bread, toasted with small portion of low-fat spread and jam (2 brown per adult, 2 white for 15 yr old, 1 for 10 yr old) 4 x 200ml glass of orange juice 2 x cup of tea with 35ml of milk	4 x medium size bananas 2 x cup of tea/coffee and 35ml of milk	3 x 2 slices of brown wholemeal bread with portion of tuna, sweetcorn and small portion of low-fat spread 1 x white bread roll with portion of warm chicken, mayonnaise, sweetcorn and mixed peppers (15year old) 2 x 200ml glass of diluted orange 2 x cup of tea/coffee with 35ml of milk	4 x packet of crisps (Friday treat) 2 cream crackers with slice of cheese (15 year old) 2 x 200ml glass of diluted orange 2 x cup of tea/coffee with 35ml of milk	3 x portion of frozen cod (adults and teenager) 2 fish fingers (10 year old) 4 x portion of beans and portion of oven chips 4 x 200ml glass of milk	4 x 2 plain biscuits 30 gr bowl of cornflakes with 200 ml of mil (15 year old) 2 x 200ml of warm milk with coco 2 x cup of tea with 35ml of milk
<b>Saturday</b>	7 weetabix (2 for each adult, 2 for 15 yr old boy, 1 for 10 yr old girl) with 4 x portion of dried apricots and 200ml and 200ml of milk 7 slices of brown wholemeal bread, toasted with small portion of low-fat spread and marmalade (2 per adult, 2 for 15 yr old, 1 for 10 yr old) 4 x 200ml glass orange juice 2 x cup of tea with 35ml of milk	4 x medium size apples. 2 x tea/coffee with 35ml milk 2 x 200ml of glass of milk.	4 x 2 potato waffles and portion of scrambled eggs 2 x 200ml glass of diluted orange 2 x cup of tea/coffee with 35ml of milk	4 x low fat strawberry yoghurts 2 x cream crackers and slice of cheese (15 year old) 2 x 200ml glass of orange juice 2 x cup of tea/coffee with 35ml of milk	4 x Spaghetti Bolognese and salad (portion of pasta, portion of mince meat, portion of bolognese sauce including chopped tomatoes, onions, peppers and mushrooms 4 x 200ml glass of milk	2x 2 plain biscuits (adults) 2 x small bar of chocolate (children) 4 packs crisps (weekend treat) 2 x 200ml of warm milk with coco 2 x cup of tea with 35ml of milk

**Sunday**

4 x fried/boiled egg, 2 grilled sausages and 2 grilled rashers  
7 slices of bread, toasted with small portion of low-fat spread and jam (2 brown per adult, 2 white for 15 yr old, 1 for 10 yr old)  
4 x 200ml glass of orange juice  
2 x cup of tea with 35ml of milk

4 x portion of roast ham/pork/chicken with  
7 medium sized boiled potatoes (2 for each adult, 2 for 15 yr old boy, 1 for 10 year old girl), portion of cabbage, portion of carrots and parsnips and gravy  
4 x portion of ice cream and jelly  
4 x 200ml glass of diluted orange  
2 x cup of tea/coffee with 35ml of milk

4 x 2 slices of brown wholemeal bread, slice of ham and small portion of low-fat spread  
4 x slice of sponge cake  
4 x 200ml glass of milk

4 x medium size oranges  
4 x 2 plain biscuits  
1 portion of spaghetti hoops and slice of white bread, toasted with small portion of low-fat spread (for 15 yr old)  
2 x 200ml glass of milk/juice  
2 x cup of tea with 35ml of milk



## Sample seven-day menu for a one-parent, two-child (pre-school and primary school age) household

Day	Breakfast	Morning snack	Lunch	Afternoon snack	Dinner	Evening Snack
<b>Monday</b>	4 weetabix (2 for adult 1 for girl and 1 for boy) with 3 x portion of sultanas with 200ml of milk 4 slices of bread (2 wholemeal for adult, 1 white for girl, 1 white for boy) toasted with small portion of low-fat spread and jam 3 x 200ml glass orange juice 1 cup of tea with 35ml of milk	3 x medium size bananas (125g pot) 1x cup of tea and 35ml of milk	3 x 2 slices of brown wholemeal bread with slices of corn beef and small portion of low-fat spread 3 x strawberry yoghurts (125g pot) 2 x 200ml glass of diluted orange juice 1 cup of tea with 35ml of milk	3 x medium size pears 2 x 200ml glass of diluted orange 1 cup of tea with 35ml of milk	3 x pork chop, 4 medium size boiled potato (2 for adult, 1 for each child) and portion of broccoli and carrots 3 x 200ml glass of milk	3 x small bar of chocolate 2 x 200ml glass of milk 1 cup of tea with 35ml of milk
<b>Tuesday</b>	4 weetabix (2 for adult, 1 for girl 1 for boy) with 3 x portion of sultanas with 200ml of milk 4 slices of wholemeal bread (2 for adult, 1 for girl, 1 for boy), toasted with small portion of low-fat spread and jam 3 x 200ml glass orange juice 1 cup of tea with 35ml of milk	3 x medium size apples 1 cup of tea with 35ml of milk	2 x 2 slices of white bread for children 2 slices of brown wholemeal bread for adult with sweetcorn and tuna, small portion of low fat mayonnaise 3 x strawberry yoghurts (125g pot) 2 x 200ml glass of diluted orange juice 1 cup of tea and 35ml of milk	3 x 2 cream crackers, 2 slices of cheese with small portion of low-fat spread biscuits and 2 x 200ml glass of diluted orange 1 cup of tea with 35ml of milk	3 x portion of chicken casserole with carrots and onions and portion of broccoli and portion of rice 3 x 200ml glass of milk	3 x 2 plain biscuits 2 x 200ml of milk 1 cup of tea with 35ml of milk
<b>Wednesday</b>	3 x 30gr bowl of rice krispies with 200ml of milk 4 slices of wholemeal bread, toasted with small portion of low-fat spread (2 for adult, 1 for girl, 1 for boy) 3 x 200ml glass of orange juice 1 x cup of tea with 35ml of milk	3 x medium size bananas 1 x cup of tea with 35ml of milk	3 x ham and salad brown bread roll (1 slice of ham, portion of tomato portion of lettuce with portion of low-fat spread) 2 x 200ml glass of diluted orange 1 cup of tea with 35ml of milk	3 x medium oranges 3 x bowls of homemade soup (includes turnip, carrot, cauliflower and potato) 2 x 200ml glass of diluted orange 1 cup of tea with 35ml of milk	3 x chicken fillet, 4 medium size baked potatoes (2 for adult, 1 for each child), portion of turnip with small portion of gravy 3 x 200ml glass of milk	3 x 2 cream crackers with small portion of jam 2 x 200ml glass of milk 1 cup of tea with 35ml of milk



<b>Thursday</b>	3 x 30gr bowl of rice krispies with 200ml of milk 4 slices of bread toasted with small portion of low-fat spread an (2 wholemeal for adult 1 white for girl, 1 white for boy) 2 x 200ml glass orange juice 1 cup of tea with 35ml of milk	3 x medium size oranges 1 cup of tea with 35ml of milk	3 x 2 slices of wholemeal bread with portion of tinned salmon, portion of tomato, portion of cheese and small portion of low-fat spread 2 x 200ml glass of diluted orange 3 x low fat yoghurts, 1 cup of tea with 35ml of milk	3 x medium pears 2 x 200ml glass of diluted orange 1 cup of tea with 35ml of milk	3 x beef stew with carrots, onion, portion of cauliflower and 4 medium size potatoes (2 for adult, 1 for each child) 3 x 200ml glass of milk	3 x 2 plain biscuits 2 x 200ml of warm milk with hot chocolate 1 cup of tea with 35ml of milk
<b>Friday</b>	4 weetabix (2 for adult, 1 for girl 1 for boy) with 3 x portion of sultanas with 200ml of milk 4 slices of wholemeal bread (2 for adult, 1 for girl, 1 for boy) toasted with small portion of low-fat spread and jam 3 x 200ml glass orange juice & 1 cup of tea with milk	3 x medium size bananas 1 cup of tea with 35ml of milk	1 x 2 slices of brown wholemeal bread (adult) 2 x 2 slices of white (for each child) with slice of cornbeef and small portion of low-fat spread 3 x low fat yoghurt (125 g pot) 2 x 200ml glass of diluted orange 1 cup of tea with 35ml of milk	3 x medium size apples and packet of crisps (Friday treat) 2 x 200ml glass of diluted orange 1 cup of tea with 35ml of milk	1 x portion of frozen cod (adult) 2 x 2 fish fingers portion of peas (2 each for children) and portion of oven chips 3 x 200ml glass of milk	3 x 2 cream crackers with small portion of low-fat spread 3 x medium size pears 2 x 200ml glass of milk 1 cup of tea with 35ml of milk
<b>Saturday</b>	4 weetabix (2 for adult, 1 for girl 1 for boy) with 3 x portion of sultanas with 200ml of milk 4 slices of wholemeal bread (2 for adult, 1 for girl and 1 for boy), toasted with small portion of low-fat spread and jam 3 x 200ml glass orange juice 1 cup of tea with 35ml of milk	3 x medium size oranges 1 cup of tea with 35ml of milk 2 x glass 200ml glass of milk	6 slices of bread toasted (2 brown for adult, 2 white for both girl and boy) portion of scrambled eggs, portion of beans, portion of scrambled eggs with small portion of low-fat spread 2 x 200ml glass of diluted orange 1 cup of tea with 35ml of milk	3 x low fat strawberry yoghurts (125g pot) 2 x 200ml glass of orange juice 1 cup of tea with 35ml of milk	3 x Spaghetti Bolognese and salad (portion of pasta, portion of mince meat, portion of bolognese sauce including chopped tomatoes, onions, peppers and mushrooms and salad with portion of lettuce and cucumber 3 x 200ml glass of milk	3 x small bar of chocolate 2 x 200ml of warm milk with hot chocolate 1 cup of tea with 35ml of milk

**Sunday**

3 x fried/boiled egg, 3 grilled sausages and 3 grilled rashers, 4 slices of bread, toasted with small portion of low-fat spread and (2 wholemeal for adult 1 white for girl, 1 white for boy)  
3x 200ml glass of orange juice  
1 cup of tea with 35ml of milk

3 x portion of roast ham/chicken with, portion of cabbage with 4 medium sized potatoes (2 for adult, 1 for each child) and small portion of gravy  
3 x portion of ice cream and jelly  
3x 200ml glass of diluted orange  
1 cup of tea/coffee with 35ml of milk

3 x portion of tuna and sweetcorn on a brown bread roll  
3x slice of apple tart/fruit cake  
3 x 200ml glass of milk

3 x medium size apples  
2 x 200ml glass of milk  
1 cup of tea with 35ml of milk



## Sample seven-day menu for a single adult male household

Day	Breakfast	Morning snack	Lunch	Afternoon snack	Dinner	Evening Snack
<b>Monday</b>	30g bowl of cornflakes with 200ml of milk 2 slices of brown wholemeal bread, toasted with small portion of low-fat spread and marmalade 200ml glass of orange juice Cup of tea with 35ml of milk	2 plain biscuits Medium size banana Cup of tea with 35ml of milk	2 slices of brown wholemeal bread with portion of tinned salmon, cheese and tomato and small portion of low-fat spread Medium size apple Packet of crisps Cup of tea with 35ml of milk		Portion of Spaghetti Bolognese (portion of pasta, portion of mince meat, portion of Bolognese sauce including chopped tomatoes, onions, peppers and mushrooms) (remainder to be frozen) 200ml glass of milk	Low fat strawberry yoghurt (125g pot) Cup of tea with 35ml of milk
<b>Tuesday</b>	2 x weetabix with portion of sultanas and 200ml of milk 2 slices of brown wholemeal bread, toasted with small portion of low-fat spread and jam 200ml glass of orange juice Cup of tea with 35ml of milk	Low fat strawberry yogurt Medium size pear Cup of tea with 35ml of milk	Brown bread roll with portion tuna & sweetcorn with mayonnaise small portion of low-fat spread Medium size banana Cup of tea with 35ml of milk		2 pork chops, 2 medium size baked potatoes, portion of carrots, portion of broccoli with gravy 200ml glass diluted orange juice	Medium size bar of chocolate (Mars) Cup of tea with 35ml of milk
<b>Wednesday</b>	30g bowl of cornflakes with 200ml of milk 2 slices of brown wholemeal bread, toasted with small portion of low-fat spread and marmalade 200ml glass of orange juice Cup of tea with 35ml of milk	2 cream crackers with portion of cheese and small portion of low-fat spread Medium size orange Cup of tea with 35ml of milk	2 slices of brown wholemeal bread with portion of ham, portion of lettuce, tomato and coleslaw and small portion of low-fat spread Portion of noodles Cup of tea with 35ml of milk		Portion of chicken curry with rice (includes portion of chicken fillet and curry sauce with onions, mixed peppers and portion of rice) 200ml glass of milk	2 x plain biscuits Medium size kiwi Cup of tea with 35ml of milk

<b>Thursday</b>	30g bowl of cornflakes with 200ml of milk 2 slices of brown wholemeal bread, toasted with small portion of low-fat spread and marmalade 200ml glass of orange juice Cup of tea with 35ml of milk	Low fat strawberry yogurt Medium size kiwi Cup of tea with 35ml of milk	2 slices of brown wholemeal bread with portion of ham, portion of lettuce, tomato and coleslaw and small portion of low-fat spread Portion of noodles Cup of tea with 35ml of milk		Portion of beef stew (includes onions, carrots, mushrooms) with 2 medium size boiled potatoes and portion of frozen mixed veg 200ml glass diluted orange juice	2 x plain biscuits Medium size apple Cup of tea with 35ml of milk
<b>Friday</b>	30g bowl of cornflakes with 200ml of milk 2 slices of brown wholemeal bread, toasted with small portion of low-fat spread and marmalade 200ml glass of orange juice Cup of tea with 35ml of milk	2 cream crackers with portion of cheese and small portion of low-fat spread Medium size pear Cup of tea with 35ml of milk	White bread roll with portion of warm chicken, lettuce, sweetcorn and mayonnaise and small portion of low-fat spread Medium size banana Packet of crisps 500ml bottle of 7up		Portion of frozen cod, portion of peas and oven chips 200ml glass of milk	Low fat strawberry yoghurt (125g pot) 2 plain biscuits Cup of tea with 35ml of milk
<b>Saturday</b>	2 x weetabix with portion of sultanas and 200ml of milk 2 slices of brown wholemeal bread, toasted with small portion of low-fat spread and jam 200ml glass of orange juice Cup of tea with 35ml of milk	Low fat strawberry yoghurt (125g pot) Medium size orange Cup of tea/coffee with 35ml of milk	2 pork chops, 2 medium size boiled potatoes, portion of carrots and broccoli with gravy 200ml glass milk	Medium size bar of chocolate (Mars) Cup of tea with 35ml of milk	Chinese Takeaway – portion of sweet and sour pork (includes portion of pork with sweet and sour sauce, portion of mixed peppers, carrots and onions) Portion of boiled rice, 2 vegetable spring rolls, portion of prawn crackers, Can of coke	
<b>Sunday</b>	Boiled/fried egg, 2 grilled sausages and 2 grilled rashers 2 slices of white bread, toasted with small portion of low-fat spread 200ml glass of orange juice Cup of tea with 35ml of milk	Medium size banana Cup of tea with 35ml of milk	Portion of roast beef, medium size roast potato, medium size boiled potato, portion of peas, cabbage and carrots with gravy Portion of ice cream and jelly Cup of tea with 35ml of milk		Portion of noodles 2 slices of brown wholemeal bread with small portion of low-fat spread Cup of tea with 35ml of milk	2 plain biscuits Medium size apple Cup of tea with 35ml of milk



## Sample seven-day menu for a pensioner couple household

Day	Breakfast	Morning snack	Lunch	Afternoon snack	Dinner	Evening Snack
<b>Monday</b>	2 x 30g bowl of porridge with portion of dried apricot and 200ml of warm milk 2 x 2 slices of brown wholemeal bread, toasted with small portion of low-fat spread and marmalade 2 x 200ml glass of orange juice 2 x cup of tea with 35ml of milk	2 x medium sized bananas 2 x cup of tea/coffee with 35ml of milk	2 x 2 slices of brown wholemeal bread with slice of ham, and small portion of low-fat spread 2 x low-fat strawberry yoghurt 2 x cup of tea with 35ml of milk	2 x 2 plain biscuits 2 x cup of tea/coffee with 35ml of milk	2 x portion of roast chicken breast, 3 medium size boiled potato (2 x for male), portion of peas, cabbage and carrots with gravy (left over from Sunday dinner) 2 x 200ml glass of water	2 x white scones with small portion of low-fat spread 2 x cup of tea/coffee with 35ml of milk
<b>Tuesday</b>	2 x 30gr bowl of bran flakes with 200ml of milk 2 x 2 slices of brown wholemeal bread, toasted with small portion of low-fat spread 2 x 200ml glass of orange juice 2 x cup of tea with 35ml of milk	2 x 2 plain biscuits 2 x cup of tea/coffee with 35ml of milk	2 x bowls of homemade soup (includes turnip, cauliflower, carrot and potato) 2 x brown bread rolls with portion of tinned salmon and small portion of low-fat spread 2 x cup of tea/coffee with 35ml of milk	2 x medium size oranges 2 x cup of tea/coffee with 35ml of milk	2 x portion of stew with carrots and onions, portion of broccoli and 3 medium size boiled potatoes (2 x for male) 2 x 200ml glass of water	2 x low fat yoghurts (125g pot) 2 x cup of tea with 35ml of milk
<b>Wednesday</b>	2 x 30g bowl of porridge with portion of dried apricot and 200ml of warm milk 2 x 2 slices of brown wholemeal bread, toasted with small portion of low-fat spread and marmalade 2 x 200ml glass of orange juice 2 x cup of tea with 35ml of milk	2 x 2 cream crackers with small portion of low-fat spread 2 x cup tea/coffee with 35ml of milk	2 x 2 slices of brown wholemeal bread with portion of tuna and sweetcorn and small portion of low-fat spread 2 x cup of tea with 35ml of milk	2 x medium size banana 2 x cup of tea/coffee with 35ml of milk	2 x portion of stew with carrots and onions, portion of broccoli and medium size boiled potatoes (2 x for male) left over from Tuesday) 2 x 200ml glass of water	2 x portions of apple custard 2 x cup of tea with 35ml of milk

<b>Thursday</b>	2 x 30gr bowl of bran flakes with 200ml of milk 2 x 2 slices of brown wholemeal bread, toasted with small portion of low-fat spread 2 x 200ml glass of orange juice 2 x cup of tea with 35ml of milk	2 x 2 plain biscuits 2 x cup of tea/coffee with 35ml of milk	2 x portion of scrambled egg, portion of tomato 2 x 2 slices of brown wholemeal bread toasted with small portion of low-fat spread 2 x 2 cup of tea with 35ml of milk	2 x medium size oranges 2 x cup of tea/coffee with 35ml of milk	2 x pork chops, 3 medium size baked potatoes, (2 x for male) portion of turnips and cauliflower with gravy 2 x 200ml glass of water	2 x low fat yoghurts (125g pot) 2 x cup of tea with 35ml of milk
<b>Friday</b>	2 x 30g bowl of porridge with portion of dried apricot and 200ml of warm milk 2 x 2 slices of brown wholemeal bread, toasted with small portion of low-fat spread and marmalade 2 x 200ml glass of orange juice 2 x cup of tea with 35ml of milk	2 x white scones with small portion of low-fat spread 2 x cup of tea/coffee with 35ml of milk	2 x bowls of homemade soup (includes turnip, cauliflower, carrot and potato) 2 x brown bread roll with slice of ham and cheese and small portion of low-fat spread 2 x medium size banana 2 x cup of tea/coffee with 35ml of milk	2 x medium size apples 2 x cup of tea/coffee with 35ml of milk	2x portion of frozen cod, portion of peas and oven chips 2 x 200ml glass of water	2 x low fat yoghurts (125g pot) 2 x cup of tea with 35ml of milk
<b>Saturday</b>	2 x 30gr bowl of bran flakes with 200ml of milk 2 x 2 slices of brown wholemeal bread, toasted with small portion of low-fat spread 2 x 200ml glass of orange juice 2 x cup of tea with 35ml of milk	2 x bowl of mixed banana, apple and orange 2 x cup of tea/coffee with 35ml of milk	2 x portion of baked beans and 2 slices of brown wholemeal bread, toasted with small portion of low-fat spread 2 x 200ml glass of milk	2 x low-fat yoghurt (125g pot) 2 x cup of tea with 35ml of milk	2 x boiled/fried eggs, 2 grilled sausages and 2 grilled rashers, portion of tomato, mushroom and onion 2 x 1 Slice of brown wholemeal bread with small portion of low-fat spread 2 x 200ml glass of water	2 x 1 slice of cake (raspberry swiss roll) 2 x cup of tea with 35ml of milk
<b>Sunday</b>	2 x poached egg 2 x 2 slices of brown wholemeal bread, toasted with small portion of low-fat spread. 2 x 200ml glass of orange juice 2 x cup of tea with 35ml of milk	2 x medium size bananas 2 x cup of tea/coffee with 35ml of milk	2 x portion of roast chicken, 1 roast potato, 1 boiled potato, portion of cabbage and carrots and gravy 2 x portion of ice cream and jelly 2 x cup of tea/coffee with 35ml of milk		2 x 2 slices of brown wholemeal bread with portion of cold roast chicken and small portion of low-fat spread 2 medium size apples 2 x slice of cake (raspberry swiss roll) 2 x cup of tea/coffee with 35ml of milk	2 x 2 plain biscuits 2 x cup of tea with 35ml of milk



## Sample seven-day menu for a female pensioner living alone household

Day	Breakfast	Morning snack	Lunch	Afternoon snack	Dinner	Evening Snack
<b>Monday</b>	2 x 30g bowl of porridge with portion of dried apricot and 200ml of warm milk 2 x 2 slices of brown wholemeal bread, toasted with small portion of low-fat spread and marmalade 2 x 200ml glass of orange juice 2 x cup of tea with 35ml of milk	2 x medium sized bananas 2 x cup of tea/coffee with 35ml of milk	2 x 2 slices of brown wholemeal bread with slice of ham, and small portion of low-fat spread 2 x low-fat strawberry yoghurt 2 x cup of tea with 35ml of milk	2 x 2 plain biscuits 2 x cup of tea/coffee with 35ml of milk	2 x portion of roast chicken breast, 3 medium size boiled potato (2 x for male), portion of peas, cabbage and carrots with gravy (left over from Sunday dinner) 2 x 200ml glass of water	2 x white scones with small portion of low-fat spread 2 x cup of tea/coffee with 35ml of milk
<b>Tuesday</b>	2 x 30gr bowl of bran flakes with 200ml of milk 2 x 2 slices of brown wholemeal bread, toasted with small portion of low-fat spread 2 x 200ml glass of orange juice 2 x cup of tea with 35ml of milk	2 x 2 plain biscuits 2 x cup of tea/coffee with 35ml of milk	2 x bowls of homemade soup (includes turnip, cauliflower, carrot and potato) 2 x brown bread rolls with portion of tinned salmon and small portion of low-fat spread 2 x cup of tea/coffee with 35ml of milk	2 x medium size oranges 2 x cup of tea/coffee with 35ml of milk	2 x portion of stew with carrots and onions, portion of broccoli and 3 medium size boiled potatoes (2 x for male) 2 x 200ml glass of water	2 x low fat yoghurts (125g pot) 2 x cup of tea with 35ml of milk
<b>Wednesday</b>	2 x 30g bowl of porridge with portion of dried apricot and 200ml of warm milk 2 x 2 slices of brown wholemeal bread, toasted with small portion of low-fat spread and marmalade 2 x 200ml glass of orange juice 2 x cup of tea with 35ml of milk	2 x 2 cream crackers with small portion of low-fat spread 2 x cup tea/coffee with 35ml of milk	2 x 2 slices of brown wholemeal bread with portion of tuna and sweetcorn and small portion of low-fat spread 2 x cup of tea with 35ml of milk	2 x medium size banana 2 x cup of tea/coffee with 35ml of milk	2 x portion of stew with carrots and onions, portion of broccoli and medium size boiled potatoes (2 x for male) left over from Tuesday) 2 x 200ml glass of water	2 x portions of apple custard 2 x cup of tea with 35ml of milk
<b>Thursday</b>	30gr bowl of bran flakes with 200ml of milk 2 slices of brown wholemeal bread, toasted with small portion of low-fat spread. 200ml glass of cranberry juice Cup of tea with 35ml of milk	2 plain biscuits Medium size pear Cup of tea/coffee with 35ml of milk	Portion of scrambled egg, portion of tomato 2 slices of white bread with small portion of low-fat spread 200ml glass of milk	Medium size orange Cup of tea/coffee with 35ml of milk	Pork chop, 1 medium size baked potato, portion of turnip and cauliflower with gravy 200ml glass of water	Low fat yoghurt (125g pot) Cup of tea with 35ml of milk

<b>Friday</b>	30g bowl of porridge with portion of dried apricot and 200ml of warm milk 2 slices of brown wholemeal bread, toasted with small portion of low-fat spread and marmalade 200ml glass of cranberry juice Cup of tea with 35ml of milk	White scone with small portion of low-fat spread Cup of tea/coffee with 35ml of milk	Brown bread roll with slice of ham and cheese, portion of lettuce, cucumber and tomato and small portion of low-fat spread Medium size banana 200ml glass of milk	Medium size apple Cup of tea/coffee with 35ml of milk	Portion of frozen cod Portion of peas and oven chips 200ml glass of milk	Low fat yoghurt (125g pot) Cup of tea with 35ml of milk
<b>Saturday</b>	30gr bowl of bran flakes with 200ml of milk 2 slices of brown wholemeal bread, toasted with small portion of low-fat spread. 200ml glass of cranberry juice Cup of tea with 35ml of milk	Bowl of mixed banana, apple and orange Cup of tea/coffee with 35ml of milk	Portion of baked beans and 2 slices of brown wholemeal bread, toasted with small portion of low-fat spread 200ml glass of milk	Low fat yoghurt (125g pot) Cup of tea with 35ml of milk	Boil/fried egg, 2 grilled sausages and 2 grilled rashers, portion of tomato, mushroom and onion 1 Slice of brown wholemeal bread with small portion of low-fat spread 200ml glass of water	Slice of cake (sponge) Cup of tea with 35ml of milk
<b>Sunday</b>	Poached egg 2 slices of brown wholemeal bread, toasted with small portion of low-fat spread. 200ml glass of cranberry juice Cup of tea with 35ml of milk	Medium size banana Cup of tea/coffee with 35ml of milk	Portion of roast chicken breast, 1 roast potato, 1 boiled potato, portion of cabbage and carrots and gravy Portion of ice cream and jelly Cup of tea/coffee with 35ml of milk		2 slices of brown wholemeal bread with portion of cold roast chicken and small portion of low-fat spread 1 medium size apple 1 slice of cake (sponge cake) Cup of tea/coffee with 35ml of milk	2 plain biscuits Cup of tea with 35ml of milk.