



**Outpatient Meal Plan 1: Parent / Young Person Copy**

<b>Breakfast</b>	100ml fruit juice ½ cereal portion with 200ml semi-skimmed milk  100mls water
<b>Morning snack</b>	200ml fruit juice
<b>Lunch</b>	½ sandwich (1 slice of bread, buttered) with filling of cold meat / cheese / tuna / houmous / egg  1 yoghurt (125g pot – not low fat varieties)  200mls water
<b>Afternoon snack</b>	Snack from list + drink
<b>Dinner</b>	½ portion main meal ½ portion potatoes / rice / pasta ½ portion vegetables / salad  1 yoghurt (125g pot – not low fat varieties) or 1 portion of dessert  200mls water
<b>Evening snack</b>	200ml semi-skimmed milk (can be made into a hot drink, eg. Hot chocolate)



## Portion Size Guidance

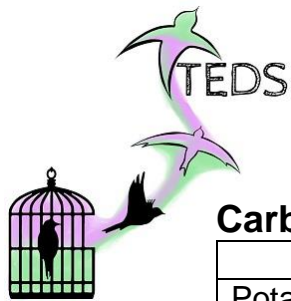
### Cereals

Cereal	½ portion	1 portion
Alpen		½ mug
Branflakes		1 mug full
Coco-pops	½ mug	1 mug full
Cornflakes	½ mug	1 mug full
Crunchy nut cornflakes	½ mug	1 mug full
Frosties	½ mug	1 mug full
Fruit 'n' fibre		1 mug full
Ready Brek	20g (4 heaped dtsp)	40g (7 heaped dtsp)
Rice krispies	½ mug	1 mug full
Shredded Wheat		2 pieces
Weetabix		2 pieces

*Please note the higher fibre breakfast cereals are not suitable for the starter meal plans and meal plan 1*

### Protein portions – for parent's guidance

	½ portion	1 portion
Curry, casseroles	2 heaped tbsp	4 heaped tbsp
Pasta/potato dishes	4 heaped tbsp	8 heaped tbsp
Sandwich fillings e.g. Tuna mayo	1 heaped tbsp	2 heaped tbsp
Sausages (including veggie)	1 sausage	2 sausage
Omelette	1 omelette	1 omelette (2 eggs)
Fish cakes/fish portion	1 fish cake ½ portion fish 1 ½ fish fingers	2 fish cakes 1 portion fish 3 fish fingers
Chicken drumsticks	1	2
Chicken nuggets	3	6
Roast meats	½ thick slice or 1 thinly sliced	1 thick slice
Cheese in sandwich/baked potato filling/with baked beans	1 heaped tbsp	2 heaped tbsp
Baked beans	2 heaped tbsp	4 heaped tbsp



### Carbohydrates – portion guidance for parent's

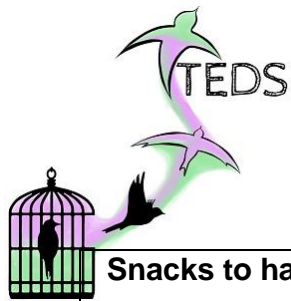
	<b>½ portion</b>	<b>1 portion</b>
Potatoes - boiled	2 potatoes	4 potatoes
Potatoes – mashed	1 scoop	2 scoops
Potatoes – roast	2 potatoes	4 potatoes
Potatoes – chipped/ saute	1 tbsp	2 tbsp
Croquette potatoes	2 croquettes	4 croquette
Jacket potato	½ medium	1 medium
Rice – boiled	2 heaped tbsp	4 heaped tbsp
Pasta - boiled	2 heaped tbsp	4 heaped tbsp

### Vegetables – portion guidance for parents

	<b>½ portion</b>	<b>1 portion</b>
Vegetables	1 heaped tbsp	2 heaped tbsp
Baked beans	1 heaped tbsp	2 heaped tbsp
Salad	2 heaped tbsp	4 heaped tbsp

### Desserts – portion guidance for parents

	<b>½ portion</b>	<b>1 portion</b>
Custard	2 tbsp	4 tbsp
Rice pudding	2 tbsp	4 tbsp
Cream	1 tbsp	2 tbsp
Ice cream	Small scoop	1 scoop



## Nutritious Snacks

Snacks to have with milky coffee or glass of fruit juice	Snacks which don't require extra drinks
<ul style="list-style-type: none"> <li>• 1 slice toast with peanut butter</li> <li>• 1 slice toast with butter + jam/honey/marmite</li> <li>• 1 hot cross bun with jam / honey / margarine</li> <li>• 1 teacake with jam / honey / margarine</li> <li>• 1 English muffin with jam / honey / margarine</li> <li>• 1 fruit scone</li> <li>• 1 croissant</li> <li>• ½ Danish pastry</li> <li>• 2 x crumpets with margarine / jam / marmite</li> <li>• Muller Fruit / Crunch corner</li> <li>• Yoplait Perle du Lait desserts</li> <li>• Cadbury's Twin pot desserts</li> <li>• Galaxy chocolate / caramel desserts</li> <li>• 1 x Rolo dessert</li> <li>• 1 x individual fruit fools</li> <li>• 1 x individual trifles</li> <li>• 1 x Muller rice</li> <li>• 1 x cornetto</li> <li>• 2 slices malt loaf (plain) – from sliced loaf</li> <li>• Cereal (40g) +200ml whole milk</li> <li>• 2 oatcakes with peanut butter</li> <li>• 2 oatcakes with hummous</li> <li>• 2 slices French stick with butter</li> <li>• 1 sausage roll (snack size approx. 65g, not mini)</li> <li>• 1 mini pork pie</li> <li>• Elevenses cereal bar / bake bar</li> <li>• Nature Valley granola bar (x 2 slices)</li> <li>• 35g nuts</li> </ul>	<ul style="list-style-type: none"> <li>• 1 x bagel with jam / honey / margarine</li> <li>• 2 x Mr Kipling cake slices</li> <li>• 1 x individual cheesecake</li> <li>• 1 x snickers (58g)</li> <li>• 50g nuts</li> <li>• 1 x muffin cake (from 4 pack)</li> <li>• Build up milkshake</li> <li>• 2 slices malt loaf, buttered – from sliced loaf</li> <li>• Smoothie – made with 200ml whole milk + 1 banana with 1 x chocolate biscuit or 2 x plain biscuits</li> <li>• Milkshake – made with 200ml whole milk + 15g Nesquick with 1 x chocolate biscuit or 2 x plain biscuits</li> <li>• Hot chocolate – made with 200ml whole milk + regular hot choc powder with 1 x chocolate biscuit or 2 x plain biscuits</li> </ul>