



White bread with butter, seedless jam, jelly marmalade

Tea, coffee, chocolate

Egg, bacon, sausages

Main meals: Strained soup or fruit juices

Meat, cheese, egg, fish

White bread, white pasta, white rice

Potato without skin

Ice cream, jelly or milk pudding

Drinks: Tea, coffee, chocolate, squash, pop

Snacks: Strained soup or fruit juices

Meat, cheese, egg, fish

White bread, white pasta, white rice

Potato without skin

Ice cream, jelly or milk pudding

Plain biscuits and crackers without wholemeal flour, nuts or fruits (eg. Rich tea, Marie, custard cream, cream crackers)

Boiled sweet, toffee, chocolate without any fruit and nuts

Mars bars

