

Menu 1 High Zinc

Breakfast

	Weight (g)
Apple juice	150
Tomatoes	50
Fried mushrooms	50
Bacon grilled (est. 3 cooked slices)	75
White bread, toasted (2 Slices)	60

Lunch

Quiche, Lorraine (mini individual size)	40
Salad, green	130
Turkey slice	150
Whole milk yogurt, fruit	150
1 Digestive biscuits, chocolate	18

Evening Meal

Chilli con carne (no kidney beans to be added)	370
White rice, easy cook, boiled	160
Crumble, apple	80
Custard, canned	150

Evening snack

Corned beef	50
Spread	5
White bread, toasted (1 slice)	30
Menu 1 milk allowance (semi-skimmed)	250

Menu 2 High Zinc

Breakfast

	Weight (g)
White bread toasted	30
Scrambled eggs (3)	180
Fat spread (35-40% fat), polyunsaturated	10
Tomato ketchup	10
Grapes, average	100

Lunch

Tortillas, made with wheat flour	50
Sliced roast beef	160
Lettuce, Iceberg, raw	20
Tomatoes, raw	40
Mayonnaise	12
Peppers, capsicum, red, raw	30
Vegetable soup	400
Yoghurt full fat	125
Bananas	100

Evening Meal

Chicken pie, individual, chilled/frozen, baked	120
Oven chips, frozen, baked	120
Carrots, old, boiled in unsalted water	80
Rice pudding, canned	250
Menu 2 milk allowance (Semi-skimmed)	200

Menu 3 High Zinc

Breakfast

Weight (g)

Orange juice, unsweetened	240
White bread toasted (2 Slices)	60
Fat spread (35-40% fat), polyunsaturated	10
Ham (1 Packet can snack throughtout day)	150

Lunch

Reduced Fat mayonnaise	17
Relish, burger/chilli/tomato	30
Hamburger buns	85
Beefburgers, low fat, chilled/frozen, grilled	150
Tomatoes, raw	60
Lettuce, Iceberg, raw	30
Fruit cocktail, canned in juice	170
3 Brazil nuts	10

Evening Meal

Cottage/Shepherds pie	500
Carrots, old, boiled in unsalted water	80
Broccoli, green, frozen, boiled in unsalted water	120
Ice cream, dairy, vanilla	100
Menu 3 Milk allowance (semi-skimmed)	300

Menu 4 High Zinc

Weight (g)

Breakfast

2 Grilled Pork sausages	70
1 white roll	65
Tomato ketchup	15
Fat spread (35-40% fat), polyunsaturated	10
Apple juice, unsweetened	100

Lunch

2 slices white bread	66
Turkey slices	175
Whole milk yoghurt	120
Fat spread (35-40% fat), polyunsaturated	10
Sliced tomatoes	70

Evening Meal

Beef curry	230
Cooked red pepper	150
White rice, easy cook, boiled	150
Peaches in syrup	120
Custard, canned	120

Evening snack

4 Cream crackers	28
Edam cheese	80

Menu 4 milk allowance (semi-skimmed)	250
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Menu 5 High Zinc

	Weight (g)
Breakfast	
Crunchy Nut cornflakes	30
Jam	9
Fat spread 35-40%	16
White bread toasted (1 slice)	30
Pineapple juice, unsweetened	120
Lunch	
1 Pitta bread, white	65
Lettuce, Iceberg, raw	25
Cucumber, raw	20
Tomatoes, raw	30
Mayonnaise, retail, reduced calorie	40
Pork slices	110
Whole milk yogurt, fruit	125
Grapes	80
Corn snacks	30
Milk Chocolate	54
Evening Meal	
Beef, stewing steak, frozen, stewed, lean	230
Carrots, young, boiled in salted water	65
Onions, boiled in unsalted water	70
Cauliflower cheese	165
Old potatoes, boiled in salted water	110
Stock cubes, beef	5
Drinking chocolate, made with semi-skim milk	200
Menu 5 milk allowance (semi-skimmed)	150

Menu 6 High Zinc	Weight (g)
Breakfast	
2 boiled eggs	100
1 slice White bread toasted	30
Fat spread (35-40% fat), polyunsaturated	8
Orange juice, unsweetened	150
Rice Krispies	30
Lunch	
Edam cheese	70
Sliced tomatoes	30
Spring onions	15
Iceberg lettuce	30
Mayonnaise, retail, reduced calorie	24
1 tin Tuna, canned in brine, drained	175
Baked potato or 3 slices white bread	190/90
Pears, canned in juice	150
Evening Meal	
Lasagne, chilled/frozen, reheated	400
Broccoli, green, boiled in unsalted water	140
Evening Snack	
Fat spread (35-40% fat), polyunsaturated	8
Salami	50
White bread, French stick	40
1 Chocolate digestives	18
Menu 6 milk allowance (semi-skimmed)	300

Menu 7 High Zinc

	Weight (g)
Breakfast	
Fat spread (35-40% fat), polyunsaturated	10
1 Slice White bread toasted	30
Corned beef	100
Orange juice concentrate, unsweetened	100
Snack	
Croissants	60
Jam, fruit with edible seeds	10
Bananas	100
Lunch	
1 tin Herring or Mackerel canned in tomato sauce	125
1 White soft roll	65
Fat spread (35-40% fat), polyunsaturated	10
Lettuce, Iceberg, raw	35
Cucumber, raw	30
Coleslaw reduced fat	100
Chocolate digestive biscuit	18
Apples, eating, average, raw	100
Evening Meal	
New Zealand lamb, leg, whole, frozen, roasted, lean	220
Gravy granules, made up	100
Cabbage, Savoy, boiled in salted water	100
New potatoes, in skins, boiled in salted water	150
Ice-cream	100
Menu 7 milk allowance (semi-skimmed)	200

Menu 8 High Zinc

	Weight (g)
Breakfast	
White bread	30
Ham slices	90
Fat spread (35-40% fat), polyunsaturated	10
Cornflakes	30
Apple juice concentrate, unsweetened	100
Lunch	
Eggs, chicken, boiled (2)	100
Mayonnaise, retail, reduced calorie	35
Cream of chicken soup	400
Fat spread (35-40% fat), polyunsaturated	10
White soft rolls	50
Whole milk yogurt, fruit	120
Oranges	100
Snack	
Pumpkin seeds	20
Evening Meal	
Pork, loin steaks, fried, lean	200
Cauliflower, boiled in salted water	110
Asparagus, boiled, weighed as served	80
Oven chips, frozen, baked	130
Cheese sauce mix, made with semi-skim milk	110
Digestive biscuits, chocolate	18
Menu 8 milk allowance (semi-skimmed)	200

Menu 9 High Zinc	Weight (g)
Breakfast	
White bread, sliced (2 Slices)	60
Fat spread (35-40% fat), polyunsaturated	18
Rice Krispies	35
Kiwi fruit	60
Lunch	
White bread, French stick	110
Fat spread (35-40% fat), polyunsaturated	12
Relish chilli/tom	35
Onions, fried in corn oil	40
Sliced roast beef or grilled rump steak	140/160
Apples, eating, average, raw	100
Milkshake syrup, conc., made up with semi-skimmed	200
Evening Meal	
Lamb, neck fillet, strips, stir-fried, lean	220
Broccoli, green, boiled in unsalted water	50
Peppers, capsicum, green, boiled in salted water	50
Peppers, capsicum, red, boiled in salted water	50
Onions, fried in corn oil	50
Chilli sauce	75
Noodles, egg, boiled	200
Pineapple, canned in juice	85
Evening Snack	
Potato crisps (1 small packet)	25
Menu 9 milk allowance (semi-skimmed)	100