

## Menu 1 Low Zinc

### Breakfast

### **Weight (g)**

*Orange juice	200
* Medium bowl Frosties	35
* Whole Milk	110
* 1 All Butter Croissant	70
* Fruit Spread	30

### Lunch

*Honeydew Melon	200
* 1 Ball of Stem Ginger with Syrup	25
* 1 slice Broccoli Quiche	100
* Green Salad (see recipe)	140
*French Dressing	20
* Potato Salad	70
* 3 Jaffa cakes	36
*Gala, Braeburn, Granny Smith or Cox's Pippin Apple	170

### Dinner

*Chicken and Vegetable Stir-Fry (see recipe)	400
*Raspberries in Jelly	175

### Daily Milk Allowance

*Whole Milk	100
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### Snacks

### **Wt.(g)**

* Very Small Snack Pack Raisins	14
* 1 Bag Potato crisps	25

### Foods with a Trace of Zinc

### **Wt.(g)**

*Squash eg.Apple & Blackcurrant	20
*Carbonated beverage eg.Cola Regular	330
*Tea (with milk from daily allowance)	600

## Menu 2 Low Zinc

<u>Breakfast</u>	<u>Weight (g)</u>
*Pomegranate Juice Drink	250
*Porridge, made with water (see recipe)	190
*Double Cream	20
*1 slice White bread	36
*Butter Spread or *Sunflower Spread	10
*Marmalade	10

### Lunch

*½ Can Country Garden Soup	207
*Chicken, breast, strips, stir-fried	50
*1 Plain Tortilla Wrap	62
*½ Tbs Cheddar Cheese,grated	5
*Guacamole	45
*Iceberg Lettuce	30
*1 Tbs. Fresh Hot Salsa Dip	40

### Dinner

*Honeydew Melon	200
*1 Ball of Stem Ginger with Syrup	25
*1 Fillet Haddock, in crumbs, baked	120
*Crinkle Cut Oven chips, frozen, baked	170
*Coleslaw, with mayonnaise	80
*Iceberg Lettuce	20
*Tomato	35
*Mandarin or Mango Sorbet	120
*Mandarin oranges, canned in syrup	60

### Daily Milk Allowance

*Whole Milk	100
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### Snacks

	<u>Wt.(g)</u>
*1 Small Sultana Oven Scone	42
*Butter Spread or *Sunflower Spread	8
*1 tsp. Jam	10

### Foods with a Trace of Zinc

	<u>Wt.(g)</u>
*Fruit Drink eg.Apple & Raspberry	300
*Gala, Braeburn, Granny Smith or Cox's Pippin Apple	170

### Menu 3 Low Zinc

#### Breakfast

#### **Weight (g)**

*Apple juice	200
*3 Thin Pork sausages, frozen, fried	70
*1 Soft White Roll	60
*Brown sauce	20

#### Lunch

*White Spaghetti, boiled	160
*Pasta sauce, tomato based	125
*Green Salad (see recipe)	40
*Gala, Braeburn, Granny Smith or Cox's Pippin Apple	170

#### Dinner

*Chicken Casserole (see recipe)	310
*Tinned peeled new potatoes, reheated	200
*Green or French Beans, boiled or steamed	70
*Syrup Sponge pudding	100

#### Daily Milk Allowance

*Whole Milk	100
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#### Snacks

#### **Wt.(g)**

*Chocolate Cornflake Cake	30
*Chocolate, milk or plain	65
* 1 Large Kiwi Fruit	140

#### Foods with a Trace of Zinc

#### **Wt.(g)**

*Strawberry Fruit Flakes	20
*Mints	6
*Fruit Drink eg.Apple & Mango	330

## Menu 4 Low Zinc

### Breakfast

### Weight (g)

*Orange juice	200
*2 rashers Bacon rashers, back, grilled	35
*1 Soft White roll	60
*Butter Spread or *Sunflower Spread	10
*Tomato ketchup	20

### Lunch

*Macaroni cheese, canned	400
*1 Tbs.Grated Cheddar Cheese	15
*1 Medium Tomato	85
*Large scoop Icecream	80
*Fresh Strawberries	120
*1 Tbs.Strawberry Dessert Sauce	30

### Dinner

*1 fillet Chicken with Garlic Mushrooms	140
*3 New potatoes/Charlotte Potatoes, boiled	150
*Small Portion Carrots, boiled/steamed	35
*Small Portion Green Beans, boiled/steamed	50

*Blackcurrant or Strawberry Cheesecake	100
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### Daily Milk Allowance

*Whole Milk	100
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### Snacks

*2 Plums	140
*1 average slice Lemon Drizzle Cake	45

### Foods with a Trace of Zinc

*Fruit Drink eg.Apple & Blueberry	275
*Fruit juice drink eg.Volvic Touch of Fruit	500
*Wine Gums	55

## Menu 5 Low Zinc

### Breakfast

### Weight (g)

*Apple juice, unsweetened	200
*Frosties	35
*Whole milk	85
*2 slices White bread	72
*Butter Spread or *Sunflower Spread	15
*Banana (weight without skin)	120

### Lunch

*Wafer Thin Roast Chicken	35
*Hard boiled Egg White	35
*White Roll	60
*Iceberg Lettuce	15
*Tomato	25
*Mayonnaise	20
*Mango Chutney	20
*Butter Spread or *Sunflower Spread	10
*Cadbury Mint Crisp Cake Bar	36

### Dinner

*3 Fish cakes, fried in oil	160
*Sweet Potato Oven Chips	110
*Steam Carrots, Cauliflower & Green Beans	120
*Peaches canned in Light Syrup	80
*Strawberry Jelly	120
*Double Cream	15

### Daily Milk Allowance

*Whole Milk	100
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### Snacks

*Mushroom Soup In A Mug	200
*Grapes	90

### Foods with a Trace of Zinc

*Tea (with milk from daily allowance)	600
*Fruit Drink eg.Apple and Blackcurrant	250
*Chew sweets	21

## Menu 6 Low Zinc

### Breakfast

### Weight (g)

*Apple juice	200
*2 Crumpets, fresh	92
*Cheddar Cheese, Grated	20
*Butter Spread or *Sunflower Spread	12

### Lunch

*2 Mini Vegetarian Pizza's (see recipe)	260
*Green Salad (see recipe)	40
*Gala, Braeburn, Granny Smith or Cox's Pippin Apple	170

### Dinner

*Salmon, grilled	145
*New potatoes, boiled	120
*Mediterranean Chargrilled Vegetables	80
*2 Meringue nests	24
*Black Cherries, canned in syrup	90
*2 Tbs. Double Cream	60

### Daily Milk Allowance

*Whole Milk	100
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### Snacks

*Tortilla chips	25
*Chili/Tomato Salsa	40

### Foods with a Trace of Zinc

*Coffee (with milk from daily allowance)	600
*Carbonated beverage eg. Ginger Beer	330

## Menu 7 Low Zinc

### Breakfast

### Weight (g)

*American Style Chocolate Chip Muffin	75
*Fruit Smoothie (Milk & Yoghurt Free)	350

### Lunch

*French onion soup	415
*1 Soft White roll	60
*Tuna, canned in brine	55
*Tomato	35
*Mayonnaise	35
*Cucumber	20
*Strawberry Fromage Frais	60
*1 Small Orange (weight without skin)	120

### Dinner

*White rice, boiled	130
*Sweet and Sour Chicken	230
*Mixed Fruit in Peach Jelly	123

### Daily Milk Allowance

*Whole Milk	100
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### Snacks

*2 Scotch pancakes	60
*1 heaped tsp. Raspberry Jam	20
*Butter Spread or *Sunflower Spread	15

### Foods with a Trace of Zinc

*Carbonated beverage eg. Lucozade	380
*Marshmallows	10
*Gala, Braeburn, Granny Smith or Cox's Pippin Apple	170

## Menu 8 Low Zinc

<u>Breakfast</u>	Weight (g)
*Orange juice	200
*Egg, boiled, poached or fried	60
*1 slice White bread	36
*Butter Spread or *Sunflower Spread	10
 <u>Lunch</u>	
*Fresh Melon and Grapes	190
*Large White`Pitta bread	83
*Chargrill Vegetable Cous Cous	70
*Feta Cheese	45
*Iceberg Lettuce	45
*Tomato	30
*Cucumber	30
*Rice Krispie Square	28
 <u>Dinner</u>	
*Fish Pie (see recipe)	280
*Carrots, boiled	90
*Fruit Crumble (see recipe)	215
*Double Cream	20
 <u>Daily Milk Allowance</u>	
*Whole Milk	100
 <u>Snacks</u>	
*Whole Milk	85
*Frosties	40
 <u>Foods with a Trace of Zinc</u>	
*Fruit Drink eg.Citrus Juice	300
*Gala, Braeburn, Granny Smith or Cox's Pippin Apple	170
*Fruit pastilles	16



## Menu 9 Low Zinc

<u>Breakfast</u>	Weight (g)
*Ruby Red Grapefruit, canned in juice	270
*Drinking yogurt	200
*2 Toasting Waffles	55
*Golden Syrup pouring	60
 <u>Lunch</u>	
*French onion soup	415
*Plain Bagel	70
*Full fat soft cheese	40
*Smoked Salmon	60
*Butter Spread or *Sunflower Spread	10
*Fresh Strawberries	120
*Strawberry Jelly	125
 <u>Dinner</u>	
*Medium Baked Potato, flesh and skin	180
*Cottage Cheese with Pineapple	65
*Coleslaw, with mayonnaise	50
*Green Salad (see recipe)	40
*Butter Spread or *Sunflower Spread	20
*1 Nectarine	125
 <u>Daily Milk Allowance</u>	
*Whole Milk	100
 <u>Snacks</u>	
*Bakewell Slice	35
 <u>Foods with a Trace of Zinc</u>	
*Herbal Tea	600
*Jelly Babies	40
*Fruit Drink eg.Grape Crush	450