

7 DAY MEAL PLAN FOR ELDERLY

DAY 1

B: Porridge, Oats, Fruit
L: Egg, Chicken Salad Bowl, Yogurt
D: Chicken, Cashew Noodle Stir-fry,
Vegetables
D/S: Fruit Salad, Ice Cream
S: Milk, Wholemeal bread, Baked beans

DAY 2

B: Peanut Butter on Toast
L: Grilled Fish, Vegetables, Bread roll,
Butter, Yogurt
D: Egg Lemon Soup, Chicken, Vegetables
D/S: Fresh Fruit, Cheese Platte
S: Fruit, Yogurt, Avocados

DAY 3

B: Mushroom Soufflé Omelette, Milk,
Fruit
L: Lentil, Vegetable, Barley Soup
D: Spaghetti Bolognese, Side salad
D/S: Berry & Cheese Dessert
S: Yogurt, Tuna

DAY 4

B: Cereal, Fruit, Milk
L: Curried Egg Sandwich
D: Grilled Chicken and Vegetables
D/S: Banana Souffle, Milk
S: Ice cream, Mixed nuts

DAY 5

B: Fruit Toast, Milk, Fruit
L: Chicken & Pasta Salad
D: Salmon, Rice, Vegetables
D/S: Fruit Smoothie
S: Yogurt, Strawberry, Nut butter

DAY 6

B: Wholewheat cereal biscuits, Milk,
Crushed almonds, Fruit
L: Tuna, Cheese, Salad Wrap
D: Lamb Chops, Vegetables
D/S: Yogurt, Crushed nuts
S: Fruit, Mixed nuts

DAY 7

B: Scrambled Eggs, Sourdough bread,
Milk, Fruit
L: Chicken, Vegetable Soup, Bread roll
spread, Avocado, Yogurt
D: Roast Dinner
D/S: Wholesome Baked Custard
S: Chocolate Drizzled Banana