Good foods for breakfast

- Porridge
- Ready Brek
- Scrambled eggs
- Weetabix with milk
- Smooth yoghurts
Good foods for lunch

- Smooth soup
- Egg mayonnaise
- Small pieces of bread can be added to hot soup
- Cottage cheese
- Baked potato (no skin) with butter and milk
- Corned beef

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Good foods for dinner

- Shepherds Pie
- Mashed potato mixed with grated cheese
- Pasta (cut small) with extra sauce
- Minced chicken or beef with extra gravy
- Small cut pieces of poached fish with extra sauce
- Mushy peas
Good foods for snacks

- Smooth yoghurts or mousses
- Cake bar mixed with cream
- Mashed banana
Good foods for puddings

- Rice pudding
- Peeled and cooked apples or pears
- Sponge pudding with custard
- Smooth yoghurts or mousses
- Tinned mandarins
- Cheesecake mixed with extra cream
- Meringue mixed with cream or ice cream

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