

Breakfast:

small portion of hot cereal, packet of sugar
toast with no butter, measured portion of jam
fruit cup
skim milk, water



Lunch:

Small portion of fish
Carrots, salad, packet of salad dressing, measured condiments
Juice cup, milk, water
Orange for dessert



Supper:

- Small portion of chicken
- Carrots, salad, with measured salad dressing
- Baked potato, with measured portion of margarine
- Packet of ketchup
- Skim milk, water
- Applesauce for dessert

