

Bob Turner - Diet Record							
w/c 09-May-22	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Breakfast</u>	2 Weetabix + Milk. Ensure Shake.	2 Weetabix + Milk. Ensure Shake.	2 Weetabix + Milk. Ensure Shake.	2 Weetabix + Milk. Ensure Shake.	2 Weetabix + Milk. Ensure Shake.	2 Weetabix + Milk. Ensure Shake.	2 Weetabix + Milk. Ensure Shake.
<u>Lunch</u>	Fried Egg & Bread. Ensure Shake.	Homemade Soup. Ensure Shake.	Homemade Soup. Ensure Shake	Chicken Cup-A-Soup, Ensure Shake.	Homemade Chicken Broth. Ensure Shake.	Mashed Boiled Egg on Toast (1 Slice). Ensure Shake.	Chicken Noodle Cup-A-Soup. Ensure Shake.
<u>Evening</u>	Bacon (2), Lorne (1), Black Pudding + Veg. Ensure Shake.	2 Weetabix + Milk. Ensure Shake. GingeBread + Custard.	Sliced Chicken, Crispy Potatoes, Gravy & Peas. Ensure Shake. Rasp. Crumble + Custard.	1630: Bacon (2) + Fried Bread. 1800: Ensure Shake.	Steak Mince + Potatoes. Ensure Shake. Bayne's Trifle.	Homemade Chicken Broth. Breaded Haddock. Ensure Shake	Vegetable Cup-A- Soup. Ensure Shake. 2 Weetabix + Milk. Fruit Slice + Custard.
<u>Daily Snacks</u>	2n1 Coffee x 3 Tube of Smarties.	2n1 Coffee x 3 Bovril + Crisps. Turkish Delight.	2n1 Coffee x 4 4 Ginger Nuts. Twirl.	2n1 Coffee x 4 Twirl. 4 Ginger Nuts.	2n1 Coffee x 3 Tea x 2 4 Ginger Nuts.	2n1 Coffee x 4 ½ Munchies 4 Ginger Nuts ½ Cup Cake.	2n1 Coffee x 3 Tea x 1 2 x Cream Meringue
<u>Notes</u>	Mouth a bit sore after Tea.		Crumble was a bit dry.	Mouth a bit sore after Tea.	Only managed ½ Mince & Potatoes	Haddock too dry after ¾.	The meringue melted in the mouth.