

Bluebird Care Meal Ideas



Breakfast

- Yoghurt and fruit with honey or agave syrup (add seeds, nuts, or granola for added calories)
- Wholemeal toast with a choice of preserves
- Porridge/Ready Brek with choice of toppings
- Cereal with a side of fruit
- Scrambled egg on toast



Lunch

- Steak and kidney pie with a side of mashed potatoes and steamed greens
- Stew and dumplings with a side of greens
- Chicken or vegetable pasta bake with a side of salad
- Cottage pie with a side of mixed vegetables
- Fish pie with a side of mixed vegetables



Dinner

- Lentil soup with a side of wholemeal bread and butter
- Omelette with two to three fillings
- Quiche with a side of new potatoes and vegetables
- Fishcake with a side of mashed potatoes and vegetables
- Roast chicken with a side of new potatoes and salad



Snack

- Yoghurt drinks
- Ready Brek
- Fruit (avoid harder fruits like apples, pears)
- Yoghurt
- Cheese on soft crackers
- Ham
- Porridge
- Bread and butter (not toast)
- Cheese slice
- Ice cream
- Boiled eggs
- Rice pudding

