

Appendix 2 – Discharge Meal Plan

ONLY USE IF THIS IS AN INCREASE IN NUTRITIONAL INTAKE **DISCHARGE MEAL PLAN 1 (1200kcal) – Initial safe refeeding plan** **For discharge from ED – Parent/Carer View**

Breakfast – AIM 300 calories

200ml Fruit Juice

WITH either:

30g Cereal/Oats **AND** 250ml Semi skimmed milk **OR** a 125g pot of yogurt
OR

1 x toast WITH full fat spread (1 tsp) **AND EITHER:**

- 2 tablespoons of jam (40g) OR
- 130g Baked beans OR
- 25g Cheddar cheese (Full Fat) OR
- 60g Avocado (Approx half) OR
- Scrambled egg (1 x medium egg with (25ml) semi skimmed milk)

Fortini compact MF/ Fortisip compact equivalent: 125ml

ADDITIONAL FLUID: 300ml water or squash

Snack – AIM 100 calories – Choose 1 option:

- Milkshake – made with 150ml semi-skimmed milk and 2tsp milkshake powder
- 125g Yogurt
- 20g Nuts/seeds
- 30g Dried fruit
- 30g Full fat Houmous with vegetable sticks

Fortini compact MF/Fortisip compact equivalent: 45ml

ADDITIONAL FLUID: 300ml water or squash

Lunch – AIM 300 calories

1 x slice of bread **OR** Sandwich thin **OR** Mini Wrap **OR** Small bread roll **OR** ½ bagel **OR** 3 x Rye crisp bread style crackers **WITH** 1tsp full fat spread

WITH EITHER:

- 45g full fat cheddar
- 70g Full fat cream cheese
- 55g Full fat houmous
- 200g Baked beans
- 300g “cream of” soup

Fortini compact MF/ Fortisip compact equivalent: 125ml

ADDITIONAL FLUID: 300ml water or squash

Parent/Carer View

Snack– AIM 100 calories – Choose 1 option:

- Milkshake – made with 150ml semi-skimmed milk and 2tsp milkshake powder
- 125g Yogurt
- 20g Nuts/seeds
- 30g Dried fruit
- 30g Full fat Houmous with vegetable sticks.

Fortini compact MF/Fortisip compact equivalent: 45ml

ADDITIONAL FLUID: 300ml water or squash

Dinner – AIM 300 calories

Choose a portion of Carbohydrates such as:

- 60g cooked pasta/spaghetti/noodles/rice/oven chips/roast potatoes
- 110g baked potato (1 x small)
- 155g boiled potatoes
- 100g mashed potatoes (with added butter and milk)
- 100g baked sweet potato

WITH a portion of protein such as:

- 140g grilled chicken (without skin)
- 100g battered baked fish/salmon/roast beef
- 4 fish fingers
- 200g fish (oven baked)
- 200g Lentils/ beans
- 2 heaped serving spoon bolognese sauce/chilli/curry

Plus vegetables of choice

Fortini compact MF/ Fortisip compact equivalent: 125ml

ADDITIONAL FLUID: 300ml water or squash

Snack– AIM 100 calories – Choose 1 option:

- Milkshake – made with 150ml semi-skimmed milk and 2tsp milkshake powder
- 125g Yogurt
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- 30g Dried fruit
- 30g Full fat houmous with vegetable sticks

Fortini compact MF/ Fortisip compact equivalent: 45ml

ADDITIONAL FLUID: 300ml water or squash

DISCHARGE MEAL PLAN 1 - YOUR PRESCRIBED NUTRITION PLAN

For discharge from ED – Young Person View

This is only the initial plan for safe refeeding – it will be increased regularly until Prescribed Nutrition meets your requirements

Breakfast

200ml Fruit Juice

WITH either:

30g cereal / Oats **AND** 250ml Semi skimmed milk **OR** a 125g pot of yogurt

OR

1 x toast WITH full fat spread (1 tsp) **AND EITHER:**

- 2 tablespoons of jam (40g) OR
- 130g Baked beans OR
- 25g Cheddar cheese (Full Fat) OR
- 60g Avocado (Approx half) OR
- Scrambled egg (1 x medium egg with (25ml) semi skimmed milk)

Fortini compact MF/Fortisip compact equivalent: 125ml

ADDITIONAL FLUID: 300ml water or squash

Snack – Choose 1 option:

- Milkshake – made with 150ml semi-skimmed milk and 2tsp milkshake powder
- 125g Yogurt
- 20g Nuts/seeds
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- 30g Full fat Houmous with vegetable sticks

Fortini compact MF/Fortisip compact equivalent: 45ml

ADDITIONAL FLUID: 300ml water or squash

Lunch

1 x slice of bread **OR** Sandwich thin **OR** Mini Wrap **OR** Small bread roll **OR** ½ bagel **OR** 3 x Rye crisp bread style crackers **WITH** 1tsp full fat spread

WITH EITHER:

- 45g full fat cheddar
- 70g Full fat cream cheese
- 55g Full fat houmous
- 200g Baked beans
- 300g “cream of” soup

Fortini compact MF/ Fortisip compact equivalent: 125ml

ADDITIONAL FLUID: 300ml water or squash

Young Person View

Snack– Choose 1 option:

- Milkshake – made with 150ml semi-skimmed milk and 2tsp milkshake powder
- 125g Yogurt
- 20g Nuts/seeds
- 30g Dried fruit
- 30g Full fat Houmous with vegetable sticks

Fortini compact MF/Fortisip compact equivalent: 45ml

ADDITIONAL FLUID: 300ml water or squash

Dinner

Choose a portion of Carbohydrates such as:

- 60g Cooked pasta/spaghetti/noodles/rice/oven chips/roast potatoes
- 110g Baked potato (1 x small)
- 155g Boiled potatoes
- 100g Mashed potatoes (with added butter and milk)
- 100g Baked sweet potato

WITH a portion of protein such as:

- 140g Grilled chicken (without skin)
- 100g Battered baked fish/salmon/roast beef
- 4 Fish fingers
- 200g Fish (oven baked)
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Plus vegetables of choice

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