

Meal and snack list during your hospital stay

Food item	Calories (kcal)	Grams of protein
Weetabix x 2 with 200 ml milk and 2 tbsp dried milk powder (DMP)	376	20.7
High protein whip *	253	6.3
Glass of whole milk (200 ml)	136	6.7
Dried milk powder (DMP) (2 tbsp). Order from NHS supplies	100	10
Glass of whole milk (200 ml) with 2 tbsp DMP	236	17
Sandwich	310	19
Cheese with biscuits & butter	225	8
Baked beans (medium portion)*	113	7
Custard and sponge	319	6
Full fat yogurt (1 average pot)*	135	6
Mashed potato (butter & 1 tbsp double cream)	130	1.5
Ensure Shake made with 200 ml whole milk	383	16.6
Cooked breakfast * (1 x sausage, 1 x bacon, 5 oz scrambled egg)	327	15.5
Malted milk drink made with 2 tbsp DMP	175	12
Coffee made with 2 tbsp DMP	100	10
Jelly (not sugar free) (125 gram portion) with added double cream. *	215	1
Build-up soup, tomato **	206	7.1
Complan soup, chicken made with 200 ml water **	254	9
Complan soup, chicken with 200 ml whole milk **	390	15.6
Hospital soup with 1 Tbsp double cream and 1 Tbsp (DMP)	157	6.5
Rice pudding (140 gram)	159	4.5
Double cream(30 grams) *	135	1
Vanilla ice cream 80 ml	128	2

*Order from Catering ext 4634

**Order from dietitians office ext 4297

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