

Breakfast	Porridge with skimmed milk	Warm drink
	Banana/apple	
Lunch	Sandwiches – wholemeal bread	
	Cheese and tomato	Fruit, water
Tea	Spaghetti Bolognese with vegetables in it	Orange juice

1. Questionnaire.
2. More involvement in menu and shopping lists.
3. More involvement in helping with cooking leading to taking the lead with cooking meal.