

The Roman Banquet ^{triple}crossed

Four 'substitute' food diaries for session 2 starter activity.

	low in carbs	low in fats	low in protein	low in vits
	Abdi	Beth	Charlie	Des
Monday	muesli cheese sandwich and salad tandoori chicken	toast cheese sandwich and salad 3 bean soup with wholebread	bran flakes carrot sticks and green salad fruit salad with custard	toast omelette and chips tandoori chicken with rice and chapatis
Tuesday	an apple yoghurt and a chocolate bar grilled fish with rice	muesli tuna pasta bake vegetable chilli with rice and tortillas	an apple jam sandwich and crisps jacket potato and butter	bran flakes burger and chips chicken curry and rice
Wednesday	scrambled eggs grilled fish fingers lentil dhal and saag aloo	bran flakes grilled fish and rice jacket potato with cheese and beans	toast an apple and salad sandwich rice and peas	bran flakes cheese on toast spaghetti bolognese
Thursday	An apple grapes and a fruit scone vegetable jalfrezi	an apple tuna baguette tandoori chicken with rice and chapatis	muesli noodles and vegetables lentil dhal and saag aloo with naan bread	toast sausage roll and cheese triangles grilled fish and rice
Friday	Fried egg and beans yoghurt and a pear stir fried chicken and vegetables	boiled egg on toast grapes and a ham sandwich chicken salad	toast pasta salad and chocolate biscuits fish fingers and potato salad	muesli tuna baguette fish and chips
Saturday	Boiled egg bbq chicken 3 bean soup and fruit salad	toast fruit smoothie and carrot sticks grilled chicken with peas and sweetcorn	fruit smoothie yoghurt and a chocolate bar stir fried rice and vegetables	bacon and eggs chicken pizza mashed potato and sausages
Sunday	Fruit smoothie tuna salad beef curry	shredded wheat macaroni cheese chicken pizza and salad	croissant and jam fruit smoothie and carrot sticks mashed potato, gravy and peas	toast sausage roll and a chocolate bar roast chicken and vegetables

Pencils could be used to colour code foods rich in each nutrient group.