



Christmas Day the slightly restrained way!

3,150 calories & 100g fat

Breakfast

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Bacon Sandwich (made with low fat, rindless medallions)
Glass of Bucks Fizz
Tea/Coffee no milk

Mid-Morning Snack

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Smoked Salmon and Light Cream Cheese
on 3 mini Cocktail Blinis
White Wine Spritzer

Christmas Dinner

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Broccoli & Stilton Soup to start
Turkey dinner with all the trimmings
(Small Stuffing Ball, 1 Yorkshires, 2 Roast Parsnips, 2 Roast Potatoes,
2 Cocktail Sausages wrapped in Bacon and Veg)
White Wine Spritzer

Pudding

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Small serving of Christmas pudding
Low fat Custard
Tea/Coffee no Milk

Evening Snacks

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Turkey & Stuffing Sandwich
Handful of Hand Cooked Crisps
3 Chocolates
Glass of Baileys
White Wine Spritzer