

# Super Seafood

## 14-DAY MENU FOR THE OVER 50'S

This 14 day menu has been developed to form the foundation towards a high seafood diet.

Consuming seafood eight times per fortnight, that includes high and low omega-3 containing fish/seafood products is an appropriate and effective way for the over 50s to meet omega-3 fatty acid recommendations, as well as achieving core food group recommendations.



### WEEK ONE

#### BREAKFAST

#### LUNCH

#### DINNER

#### MONDAY

1/2 cup raw oats with low fat milk

2/3 cup vegetable soup, beef steak with pasta, spinach and carrots  
Custard and fruit

**Grilled salmon** with mashed potato, green beans and pumpkin  
Trifle with low fat cream

#### TUESDAY

50g high-fibre breakfast cereal with low fat milk, prunes and juice

2/3 cup beef soup, **grilled trevally** with mashed potato, green beans and pumpkin  
Jelly with fruit and low fat cream

2/3 cup chicken soup, quiche with mashed potato, spinach and carrots  
Custard with tinned fruit

#### WEDNESDAY

2 slices white bread with honey/vegemite and juice

**Fish chowder** with pasta, peas and carrots  
Custard with an orange

2/3 cup pea & ham soup, pork with peas, carrots and rice  
Trifle with low fat ice cream

#### THURSDAY

50g high-fibre breakfast cereal with low fat milk and prunes

Deli chicken with mixed green salad  
Chocolate pudding and cream

Beef steak with pasta, pumpkin and green peas  
Custard with tinned peaches

#### FRIDAY

1/2 cup raw oats with low fat milk

Beef mince with pasta  
Custard with tinned pears

2/3 cup cream of chicken soup, **fish cake** with mashed potato and spinach  
2/3 cup low-fat flavoured milk

#### SATURDAY

2 weetbix with low fat milk and stewed apricots

**Canned salmon** with mixed green salad and a slice of wholemeal bread  
Jelly with cream and a mandarin

Beef brisket with mashed potato, carrots and broad beans  
Custard and plums

#### SUNDAY

2 slices bread with honey/vegemite and juice

2 slices deli chicken breast with coleslaw and Caesar dressing  
Wholemeal muffin with jam

2/3 cup tomato soup, stewing beef with pasta, carrots and broccoli  
Canned peaches with low fat ice cream

## WEEK TWO

### BREAKFAST

### LUNCH

### DINNER

#### MONDAY

1/2 cup raw oats with low fat milk

2/3 cup minstrone soup, beef mince with pasta and mixed vegetables  
Baked custard

2/3 cup cream of chicken soup, **grilled bream** with mashed potato, broccoli and carrots  
Fruit crumble with cream

#### TUESDAY

2 weetbix with low fat milk and stewed apricots, 1 slice white bread with vegemite

1/3 cup pea and ham soup, beef brisket with mashed potato, green beans, broccoli and carrots  
Yoghurt and a plum

1/3 cup tomato soup with mashed potato, corn, green beans and carrot  
Chocolate pudding with ice cream

#### WEDNESDAY

1/2 cup raw oats with low fat milk

2/3 cup carrot soup, lamb chop with mashed potato, broccoli and corn  
Custard

**Fish in white sauce** with mashed potato, carrots and green beans  
Wholemeal muffin with jam

#### THURSDAY

2 weetbix with low fat milk and stewed apricots, 1 slice bread with honey

1/2 cup minestrone soup  
Deli chicken with coleslaw and mixed green salad

1/2 cup chicken and vegetable soup, stuffed lamb breast roll with mashed potato, broccoli and carrots

#### FRIDAY

1/2 cup raw oats with low fat milk

1/2 cup beef and vegetable soup with white bread, **canned sardines** in tomato sauce with mixed green salad  
Lemon delicious pudding

2/3 cup vegetable soup  
Braised beef with corn and peas  
Canned peaches with ice cream

#### SATURDAY

1/2 cup raw oats with low fat milk

2 slices of wholemeal bread with a boiled egg, coleslaw and green salad

1/2 cup chicken noodle soup, **snapper** with boiled potatoes, carrots and broad beans  
Plum pudding with ice cream

#### SUNDAY

2 weetbix with low fat milk and stewed apricots

1/2 cup chicken noodle soup, lamb with rice, pumpkin and broccoli  
A plum with yoghurt

2/3 cup tomato soup, stewing beef with pasta, carrots and broad beans  
Lemon delicious pudding with cream

