BAPEN

Better nutrition.
Better health.
Better lives.

UK MALNUTRITION AWARENESS WEEK

UKMAW 2026
Nutrition Support Basket

Appendix



Meal and snack breakdown

Every meal and snack in the plan, per person. Breakfast and lunch each add a cup of tea or coffee with 30ml whole milk (19 kcal, 1g protein), which is included in the daily totals.

Breakfasts

Meal or snack	Ingredients per person	kcal	Protein (g)
Creamy porridge made with whole and evaporated milk, topped with tinned fruit and peanut butter	50g porridge oats, 200ml whole milk, 50ml evaporated milk, 80g tinned fruit in juice, 15g peanut butter	523	20
Creamy porridge made with whole and evaporated milk, with a spoon of sugar (no peanut butter)	50g porridge oats, 200ml whole milk, 70ml evaporated milk, 10g sugar + fruit	461 500	18
Cheesy scrambled eggs on buttered toast (1½ slices)	1½ eggs (or 1-2 eggs if making for 1 person only), 15ml whole milk, 11g grated cheddar, 9g buttery spread, 1½ slices bread	339	19
Peanut butter and banana on buttered toast (1½ slices, half a banana each)	1½ slices bread, 8g buttery spread, 15g peanut butter, half a banana	315	10
Greek yoghurt with oats, tinned fruit and peanut butter	100g Greek-style yoghurt, 40g porridge oats, 80g tinned fruit in juice, 15g peanut butter	412	14
Beans on buttered toast	½ tin beans, 1.5 slices of toast, 8g buttery spread (Add 20g cheese)	329 412	15 20

Lunches

Meal or snack	Ingredients per person	kcal	Protein (g)
Sardines in tomato sauce on buttered toast (1½ slices), followed by rice pudding or custard with a portion of tinned fruit	120g sardines in tomato sauce, 1½ slices bread, 8g buttery spread, 133g rice pudding or custard, 80g tinned fruit in juice	529	31
Cheesy beans on buttered toast (1½ slices)	150g baked beans, 20g grated cheddar, 1½ slices bread, 8g buttery spread	369	18
Leftover lentil dal with rice and a spoon of yoghurt (batch-cooked Tuesday)	60g red lentils (dry), 50g onion, 100g chopped tomatoes, 10ml vegetable oil, 50g frozen mixed veg, 60g carrot, 75g rice (dry), 30g Greek-style yoghurt	675	25

Meal or snack	Ingredients per person	kcal	Protein (g)
Tinned lentil and vegetable soup (half a tin), with frozen veg and grated cheese stirred in, and buttered bread, with a bag of crisps	200g tinned lentil and vegetable soup, 80g frozen mixed veg, 15g grated cheddar, 2 slices bread, 15g buttery spread, 1 bag (25g) crisps	594	21
Sausage and fried onion sandwich with a bag of crisps	2 pork sausages, 40g onion, 5ml vegetable oil, 2 slices bread, 10g buttery spread, 1 bag (25g) crisps	710	22
Cheese and onion toastie with baked beans	2 slices bread, 10g buttery spread, 30g grated cheddar, 20g onion, 100g baked beans	438	20
Ready meal: cheese and tomato pasta, topped with grated cheese	1 cheese and tomato pasta ready meal (400g), 10g grated cheddar	512	18
Bombay-style spiced potatoes on toast with grated cheese	Potatoes and onion fried with curry spices and frozen veg, on 1½ slices of buttered toast, topped with cheese	551	17

Dinners

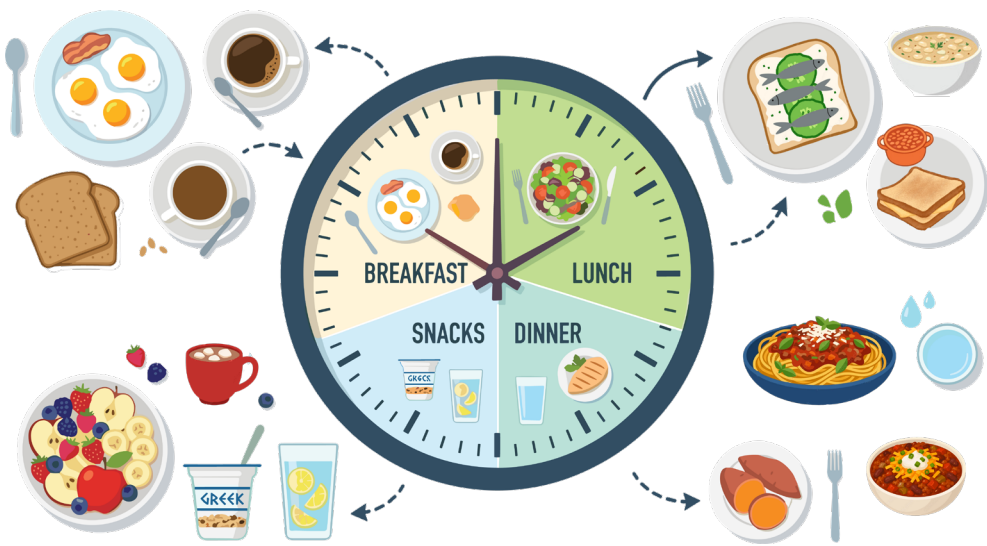
Meal or snack	Ingredients per person	kcal	Protein (g)
Ready meal: chicken curry with rice, with buttered vegetables and carrots and a spoon of yoghurt	1 chicken curry with rice ready meal (400g), 60g frozen mixed veg, 140g carrot, 5g buttery spread, 30g Greek-style yoghurt	607	23
Red lentil and vegetable dal with rice and a spoon of Greek yoghurt	60g red lentils (dry), 50g onion, 100g chopped tomatoes, 10ml vegetable oil, 50g frozen mixed veg, 60g carrot, 75g rice (dry), 30g Greek-style yoghurt	675	25
Jacket potato with spread, cheesy beans and vegetables	300g potato, 10g buttery spread, 200g baked beans, 25g grated cheddar, 60g frozen mixed veg	578	24
Ready meal: spaghetti bolognese topped with grated cheese, with vegetables and buttered bread	1 spaghetti bolognese ready meal (400g), 15g grated cheddar, 80g frozen mixed veg, 1 slice bread, 8g buttery spread	636	28
Jollof-style tomato rice with vegetables, carrots and a boiled egg	75g rice (dry), 100g chopped tomatoes, 50g onion, 100g carrot, 10ml vegetable oil, 40g frozen mixed veg, 1 egg	524	16
Bean chilli with vegetables and rice, topped with grated cheese	120g red kidney beans (drained), 100g baked beans, 100g chopped tomatoes, 50g onion, 20g carrot, 40g frozen mixed veg, 10ml vegetable oil, 75g rice (dry), 15g grated cheddar	687	25

Dinners (cont.)

Sausages with cheesy mash, onion gravy and carrots	2 pork sausages, 250g potato, 50ml whole milk, 10g buttery spread, 20g grated cheddar, 50g onion, 5ml vegetable oil, 120g carrot	756	26

Snacks and milky drinks

Meal or snack	Ingredients per person	kcal	Protein (g)
Greek yoghurt with tinned fruit	100g Greek-style yoghurt, 80g tinned fruit in juice	168	5
Peanut butter on buttered toast (1 slice)	1 slice bread, 5g buttery spread, 20g peanut butter	239	9
Cheese on toast (1 slice)	1 slice bread, 5g buttery spread, 20g grated cheddar	197	9
Tinned fruit with evaporated milk	100g tinned fruit in juice, 50ml evaporated milk	124	4
Warm rice pudding or custard (a third of a tin) with a portion of tinned fruit	133g rice pudding or custard, 80g tinned fruit in juice	161	5
2 chocolate digestives with a milky coffee made with all milk	2 chocolate digestives, 200ml whole milk	296	9
4 squares of milk chocolate (25g) with a milky coffee made with all milk	25g milk chocolate, 200ml whole milk	262	9
A bag of crisps (25g)	1 bag (25g) crisps	132	2
Banana and peanut butter milkshake	200ml whole milk, 50ml evaporated milk, 1 banana, 15g peanut butter	393	16
Hot chocolate made with whole milk and evaporated milk	180ml whole milk, 25ml evaporated milk, 18g drinking chocolate	221	9



Daily summary

Every day gives 2,227 – 2,450 kcal, 83 – 96g protein and at least 5 portions of fruit and vegetables per person. Cells show kcal / protein (g) per person, including tea or coffee with milk at breakfast and lunch.

Fruit and veg portions count 80g of fruit, vegetables or tinned tomatoes as one portion, banana as one each, half a tin of lentil and vegetable soup as one, and beans or lentils as one portion a day at most; potatoes and the vegetables inside ready meals are not counted. Protein is spread across the day, with at least 10g at every main meal.

Monday and Sunday figures use the peanut butter porridge; the sugar option is about 25 kcal and 2g protein less.

Table displayed as kcal / protein (g).

Day	Breakfast	Mid-morning	Lunch	Afternoon	Dinner	Evening	Total kcal	Total protein (g)	Fruit and veg portions
Monday	543 / 22	168 / 5	552 / 20	296 / 9	687 / 25	221 / 9	2,467	90	6
Tuesday	358 / 20	132 / 2	457 / 21	393 / 16	675 / 25	221 / 9	2,236	92	6
Wednesday	480 / 19	262 / 9	695 / 26	124 / 4	578 / 24	221 / 9	2,360	91	6
Thursday	432 / 14	168 / 5	613 / 22	218 / 10	636 / 28	221 / 9	2,288	89	5
Friday	543 / 22	239 / 9	729 / 24	296 / 9	524 / 16	161 / 5	2,492	83	6
Saturday	334 / 11	393 / 16	548 / 32	124 / 4	607 / 23	221 / 9	2,227	96	6
Sunday	543 / 22	262 / 9	389 / 19	168 / 5	756 / 26	161 / 5	2,279	85	6
Weekly average							**2,336**	**89**	**6**

Meal or snack	Ingredients per person
Monday to Sunday, all food and drink	3 meals and 3 snacks every day, with drinks listed at each meal
2,000 – 2,500 kcal and at least 80g protein per person per day	Lowest day 2,227 kcal (Saturday); lowest protein 83g (Friday)
5 portions of fruit and vegetables a day	Every day reaches 5 or more, using carrots, frozen mixed vegetables, tinned tomatoes, tinned soup, tinned fruit and bananas. Every pudding or yoghurt comes with a portion of fruit, and the bread is wholemeal or high-fibre for extra fibre
Oily fish once a week	Sardines on toast, Saturday lunch
Ready meals 3 – 4 times a week	3 frozen ready meals for one, each bought twice: Monday lunch, Thursday dinner, Saturday dinner. A ready-made tinned soup is also used for Thursday lunch
Microwave, hob or oven, minimal equipment	Every recipe needs only a saucepan, frying pan or baking dish, plus a microwave or oven. Every weekday lunch can be packed for work, either cold or for a work microwave
Food fortification	Evaporated milk in porridge and drinks; grated cheese stirred into soup and added to meals; buttery spread and yoghurt added to meals; milky drinks in place of tea where possible
Culturally inclusive	British classics such as sausage and mash alongside South Asian dal, West African jollof rice and a bean chili; familiar snacks such as crisps and chocolate alongside traditional puddings
Budget: up to £42 a week for a couple	Aldi £40.93, Tesco £41.65 for the full shop, including whole packs

Nutrition figures use typical UK values for each food and the typical label values of 400g budget frozen ready meals and tinned soup; check the pack label as recipes vary by store.

Produced by BAPEN for UK Malnutrition Awareness Week 2026. BAPEN is a Charitable Incorporated Organisation working to ensure every individual receives safe, timely and appropriate nutritional care in every care setting, every day.

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