

## **Sensible eating in retirement / Batchelors Nutritional Advice Centre.**

### **Contributors**

Batchelors Nutritional Advice Centre.

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## SENSIBLE EATING IN RETIREMENT <sup>(2)</sup>

	1	2	3	4	5
Morning	Bran Flakes Sliced Banana Toast	Boiled Egg Fruit Juice Bread & Butter	Tomatoes on Toast	Grapefruit Cocktail & Yogurt Toast	Orange Juice Muesli Toast
Midday	Stir Fry Vegetables with Pork & Beans* Blackcurrant Ice Cream Biscuit	Smoked Chicken & Fruit Salad Granary Roll Yogurt	Ham, Herb & Sweetcorn Flan Carrot & Apple Salad Orange Fool	Baked Herring New Potatoes Watercress Salad Slice of Fruit Cake	Spaghetti Bolognese Peas Fresh Raspberries
Evening	Mushroom Soup Cheese & Grated Apple on Toast	Leek & Haddock Gratin* Slices of Melon & Kiwi Fruit	Special Lamb Casserole* Sprouts Baked Pear & Chocolate Sauce	Bean & Pepper Soup Crusty Roll Cauliflower Cheese	Jacket Potato with Tuna & Pepper Mayonnaise Baked Apple Fromage Frais

Daily Allowance - 1 pint semi-skimmed milk  
1/2oz butter or 1/2oz polyunsaturated margarine

Average intake over 5 days

Protein 88g  
Fat 85g  
Energy (Calories) 2250 Cals  
Dietary Fibre 22g

\* Batchelor's recipe enclosed



CHINESE STIR-FRY VEGETABLES WITH PORK AND BEANS  
Serves 4

Sauce:

1 clove garlic, peeled and crushed  
1 inch / 2.5cm fresh ginger, grated  
1 tbsp / 15ml soy sauce  
1 tbsp / 15ml red wine vinegar  
1 tbsp / 15ml tomato puree  
1/2 tsp / 2.5ml Tabasco  
1/2 oz / 15g soft brown sugar

Stir-Fry

3 tbsp oil / 45ml olive oil  
8oz / 225g pork tenderloin, cut into strips  
1 small onion, peeled and sliced  
4oz / 100g baby sweetcorn, sliced diagonally  
1/2 red pepper, deseeded and cut into strips  
4oz / 100g mangetout  
4oz / 100g mushrooms, sliced  
8oz / 225g beansprouts, washed  
1 415g can Batchelors Flageolet Beans, drained  
1 100g packet Batchelors Chinese Super Noodles

METHOD

1. Mix together the sauce ingredients, cover and set to one side.
2. Heat the oil and fry the pork until just cooked. Remove and place to one side.
3. Add the onion to the pan and cook for 1 minute, add the sweetcorn, pepper, mangetout, mushrooms and cook for 2 minutes. Add the beansprouts and beans, return pork to the pan, and cook for a further 2 minutes.
4. Meanwhile cook the Batchelors Chinese Super Noodles according to the packet instructions.
5. Pour the sauce over the ingredients in the pan, stir well and cook for a further 2 minutes.
6. Serve the stir-fry with the Super Noodles.

LEEK AND HADDOCK GRATIN  
Serves 4

1lb / 450g leeks, washed and sliced  
1lb / 450g smoked haddock or cod  
1 packet of Batchelors Cream of Vegetable Soup  
2oz / 50g Cheddar cheese, grated  
2 tbsp / 30ml white breadcrumbs

METHOD

1. Cook the leeks in boiling water for 9-10 minutes or until tender. Drain and reserve the leek stock.
2. Poach the fish in the reserved leek stock for 7-10 minutes. Lift the fish out onto a plate and flake into pieces. Drain and reserve the stock.
3. Stir the soup into the drained stock, make up to 15 fl oz / 450ml, bring to the boil.
4. Transfer leeks and fish into a shallow heatproof dish. Cover with the soup sauce and sprinkle with cheese and breadcrumbs.
5. Place dish under a preheated grill to brown.
6. Serve hot with salad or vegetables.

**Batchelors**

SPECIAL LAMB CASSEROLE  
Serves 4

1oz / 25g butter  
4 thick lamb chops  
1/2 oz / 15g pine nuts  
8 stoned black olives, sliced  
1 tsp / 5ml dried rosemary  
2 medium onions, peeled and sliced  
1 575g packet Batchelors Scotch Broth Soup  
12fl oz / 350ml water  
1lb / 450g potatoes, peeled, parboiled and sliced

METHOD

1. Preheat the oven to 190C / 375F / Gas Mark 5.
2. Heat half the butter and fry the chops for two minutes on each side, transfer to a large casserole dish. Sprinkle with the pine nuts, olives and rosemary.
3. Fry onions until golden in the remaining butter. Stir in the water and soup mix, bring to the boil and pour over the chops.
4. Arrange the potato slices on the top and dot with remaining butter.
5. Cover with the lid and bake for 35 minutes, then remove the lid and continue to bake for a further 30 minutes until the potatoes are brown.
5. Serve hot with selection of vegetables.

