

JOHN CAIRNS – Chemotherapy / Radiotherapy Meals

A very small variety of meals I ate during my cancer treatments



Potato – Carrots – Broccoli - Sweetcorn – Brussel Sprouts – Peas - Mackerel Fish



Cumberland Sausages – Baked Beans – Fried Oven Chips



Salad (Pasta, Ham, Cucumber, Cheese, Lettuce, Bell Pepper, Mushroom, Onions)



Brussel sprouts, broccoli and carrots mixed in with chicken/vegetable soup



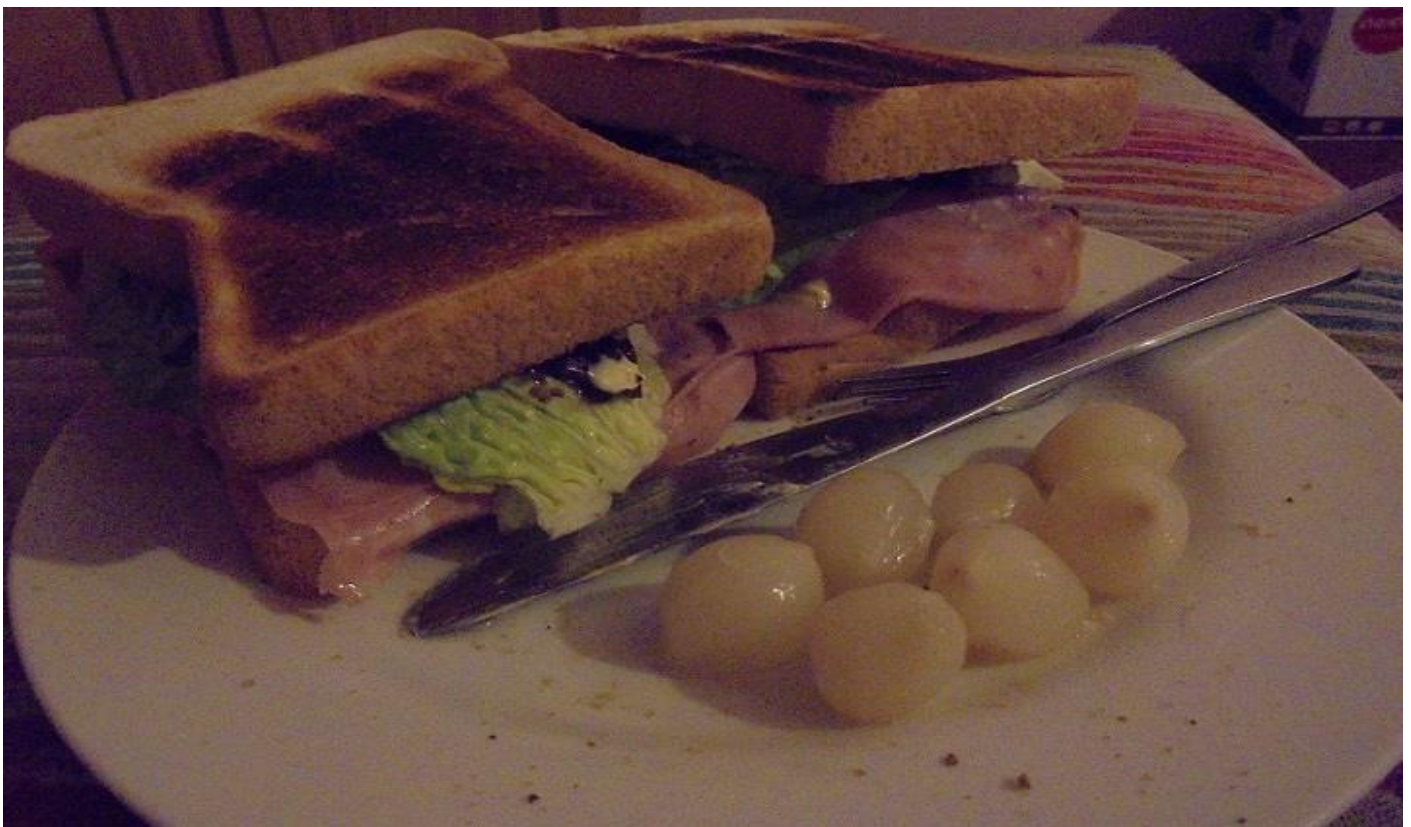
Baked beans on toast



Basmati white rice with minced beef (5% Fat), potato and mexican beans



Fried breakfast (tomato, sausages, beans, bacon and eggs)



Toasted wafer thin ham sandwich with branstons pickle, cheese and lettuce



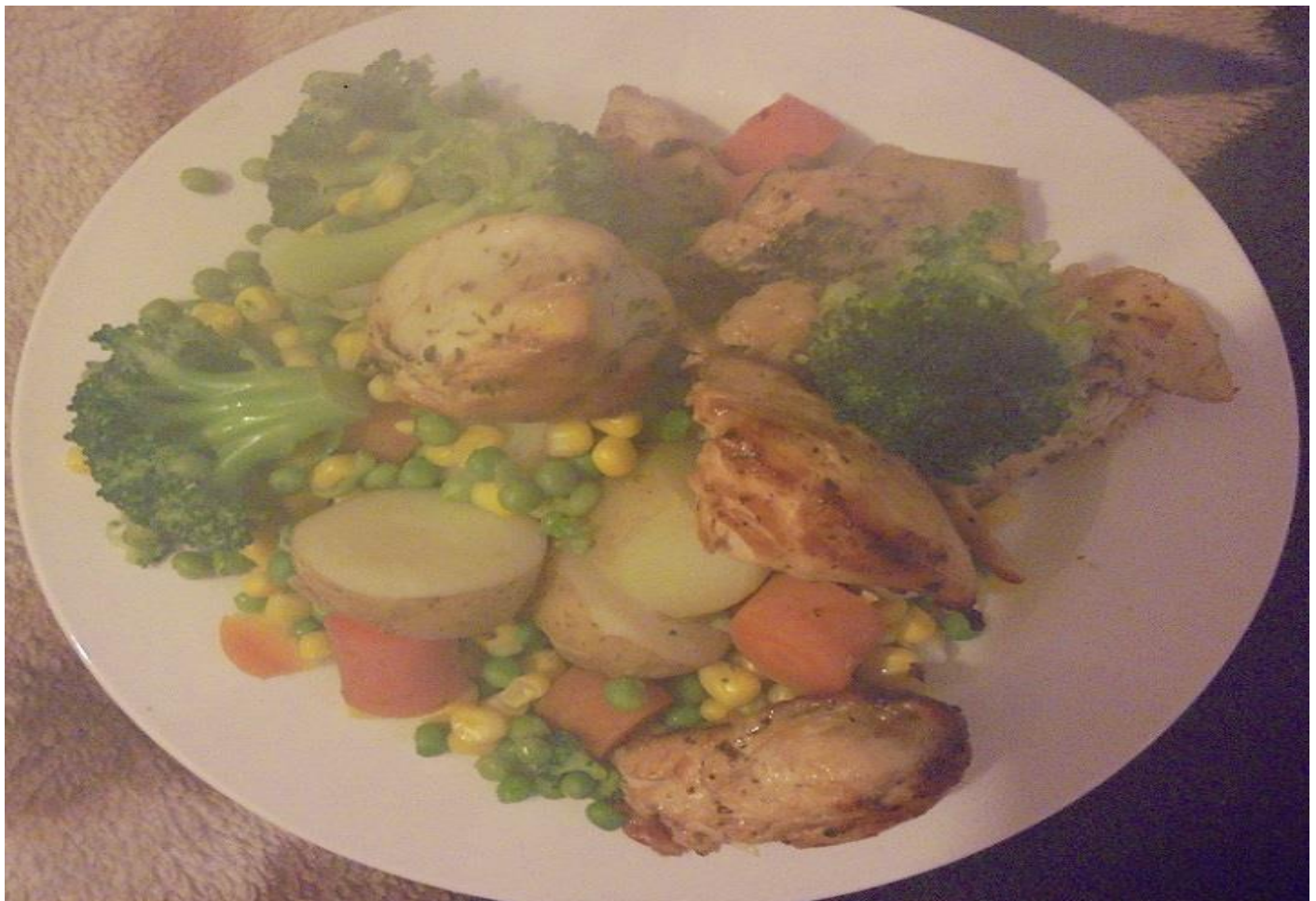
2 cups of scotch porridge oats, 4 cups of milk and 1 tablespoon of sugar



2 roast chicken legs, sweetcorn, peas, roast potatoes and mint sauce



Two 400g tins of chicken/vegetable soup with added brussels and broccoli



Broccoli, potato, sweetcorn, peas, carrots and fried chicken pieces



6 Weetabix (on chemotherapy) or at least 4 Weetabix (on radiotherapy)



2 honey sponge cakes and 1 chocolate sponge cake with custard