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21 DAYS OF MENUS

The goal of these menus is to meet the needs of an average adult and to provide the nutrients necessary for a child's growth. Always choose enriched milk substitutes.

Servings are provided as a guide only and need to be adjusted based on each person's age and appetite.

The following menus will be a big help to people who are allergic to milk and who can't use lactase pills or lactose-free products. For people who are lactose intolerant, this custom diet will help them increase their calcium intake without using lactase pills.

DAY 1

BREAKFAST

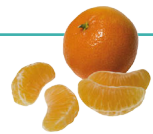


1 slice Whole Wheat Date Bread (p. 100)

1 cup (250 ml) milk substitute

Snack

2 clementines



LUNCH



Salmon Pie (p. 128)

served with Swiss chard

Snack

2 Lavender Meringues (p. 186)



DINNER



1 Lentil Mushroom Croquette (p. 130)

served with couscous and mixed vegetables

Snack

1 Chocolate Nut Square (p. 188)

1 cup (250 ml) milk substitute



SALMON Pie

6 servings • PREPARATION: 30 minutes • COOKING TIME: 40 minutes

INGREDIENTS

6 potatoes, peeled and cubed

2 9-inch (23 cm) sheets shortcrust pastry

¼ cup (60 ml) lactose-free margarine

⅓ cup (80 ml) enriched unsweetened soy milk

1 tsp Dijon mustard

1 tsp salt

1 can (7½ oz/213 g) salmon, with bones

½ cup (125 ml) finely chopped green onions

3 tbsp dried herbs (thyme, coriander, dill or others)

Salt and pepper

1 egg, beaten

METHOD

Position rack in middle of oven and preheat to 320°F (160°C).

In a large saucepan of water over medium heat, cook potatoes for about 15 minutes or until tender. Drain.

Meanwhile, line a 9-inch (23 cm) pie plate with one sheet of rolled-out pastry. Prick bottom with a fork and bake in center of preheated oven for 5 to 7 minutes. Leave oven on.

In a large bowl, mash potatoes with margarine, soy milk, mustard and salt. Add salmon, green onions, herbs, salt and pepper, then spread mixture on warm pastry.

Cover with remaining sheet of pastry. Brush with egg and make a few slits with a knife. Bake in center of preheated oven for 20 minutes or until crust is golden.

Serve with Swiss chard.

NUTRITION INFO

With the amount of vitamin D in salmon, calcium (mainly provided by the bones) is more easily absorbed by the bones. Crushed in mashed potatoes, the bones in a 7½ oz (213 g) can of salmon provide as much calcium as 1 cup (250 ml) of milk.



Nutrition Facts

Per serving

Amount

Calories	529
Fat	32 g
Carbohydrates	47.9 g
Fiber	4.1 g
Protein	13.5 g
Calcium	122 mg
Vitamin D	0.5 µg
Vitamin B ₁₂	1.4 µg

