



**Come on now Mary, it's time for your meal  
Nutrition's important for your ulcers to heal  
I'm sat at the table and ready to eat  
Oh! Here's the lady to look at my feet.**

**The soup is now cold and not very tasty  
So it is replaced with peas, chips and pastry.  
With fork at the ready I'm just going to start  
When the doctor appears to check on my heart!**

**My feet have been checked and my heart it is good  
I'm back at the table but where is my food?  
Along comes the cook and puts down my plate  
But before I can start, here's the nurse to check on my weight!!**

**I'm back at the table and ready and willing  
For that meal that looks juicy, tasty and filling  
And just as my fork hits the tatties and gravy  
A voice in my ear shouts "Pills Mary Davie!"**

**That's it, I give up, the system has won  
Forget your Nutrition my hunger has gone  
I'm back in the lounge was lunch just a dream?  
Did I really have soup and peaches and cream?**

**No, I did not and I've just got a hunch  
That they'll write in their book Mary's eaten no lunch!!**

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