



Savoury Snacks

Cereal

- Bowl of porridge/cereal made with full cream milk.

Toast

- Toast with butter/margarine and jam with a cup of hot chocolate made with full fat milk.
- Toast with beans, scrambled egg or sardines.
- Toast with peanut butter or cheese.

Pastries

- Toasted crumpet or muffin with butter/margarine and a glass of squash/full cream milk.
- Croissant with butter/a buttery.
- Sausage roll or pork pie.

Sandwiches

- Sandwich with egg or tuna mayonnaise.
- Bacon sandwich.
- Bagel with cream cheese or mashed avocado.

Soup

- Bowl of soup with bread and butter/margarine.

Other

- Packet of crisps and glass of full fat milk.
- Pitta pocket or breadsticks with houmous.
- Crackers with butter/margarine and pate or cheese.

Sweet Snacks

Cakes, Pastries & Biscuits

- Scone with jam and butter/margarine and milky coffee/tea.
- Cream cake /sponge with milky coffee/tea.
- Flapjack or Danish pastry with a carton of fruit juice.
- 2 pancakes with butter/margarine and jam.

Puddings

- Rice pudding with jam.
- Sponge with full fat custard.
- Small individual dessert e.g. flake dessert, crunchy dessert or chocolate mousse.
- Carton of full fat or thick & creamy yoghurt with tinned fruit in syrup. Full fat soya or coconut varieties of yoghurt can also be used.

Drinks

- Hot chocolate made with full fat milk and 2 fingers of shortbread.
- Milky coffee with full cream milk.
- Fruit float made with lemonade, fruit juice, teaspoon of sugar and a scoop of ice cream mixed together and chilled.

Sweets

- Bar of chocolate with milky coffee.



If you are weaning off Nutritional Supplements you may need to replace these with some of the food alternatives above

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