

## Community Dietetic Service

Beckenham Beacon

379 Croydon road

Beckenham

BR3 3QL

Tel: **0300 330 5777**

### Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Central Court  
1b Knoll Rise  
Orpington BR6 0JA

**020 8315 8880**

[bromh.feedback@nhs.net](mailto:bromh.feedback@nhs.net)

[bromleyhealthcare.org.uk](http://bromleyhealthcare.org.uk)

Bromley Healthcare Community Interest Company Ltd  
Company no: 06815987 Registered in England  
Registered office: Central Court, 1b Knoll Rise, Orpington BR6 0JA



## Snacks for small appetites

**Bromley Adult Community Dietitians**

# Snacks for small appetites

## Breakfast dishes

- Cereals - with full cream milk
- Porridge - with full cream milk
- Fruit juice
- Toast with butter / jam



## Sandwiches

- Ham
- Chicken
- Cheese
- Egg
- Tuna / sardines
- Hummus
- Peanut butter
- Jam and butter
- Honey and butter



## Soups

- Leek and potato
- Mushroom
- Chicken



## Savoury snacks

- Crisps
- Cheese and biscuits
- Cheese scone and butter
- Biscuits and butter



## Desserts

- Crème caramel
- Thick and creamy yoghurt
- Jelly and ice cream
- Trifle
- Mousse
- Tinned fruit and ice cream / cream
- Custard
- Rice pudding



## Sweet snacks

- Biscuits
- Fruit scones with butter
- Chocolate biscuit
- Chocolate
- Cake



## Beverages

- Milk - full fat
- Vanilla milk shake
- Strawberry milk shake
- Chocolate milk shake
- Fruit juice
- Lemonade
- Cola drink (not diet)
- Complan
- Build up
- Energy drink

