

Community Dietetic Service

Beckenham Clinic
14 Crescent
Beckenham
BR3 1DU

Tel: 020 8662 6682

Fax: 020 8658 3398

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
1 Knoll Rise
Orpington
BR6 OJA
bromh.feedback@nhs.net

bromleyhealthcare.org.uk

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



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

