

Finger Foods

Bread, potatoes & cereals

Buttered toast fingers
Rolls with butter
Sandwiches
Buttered muffins
Buttered crumpet fingers
Crackers with butter
Buttered buns
French toast
Fruit loaf
Fruit cake
Tea bread
Ginger bread
Waffles
Drop scones
Cereal bars
Small pitta breads
Chapatis
Chips
New potatoes
Potato wedges
Potato waffles

Snacks

Dried apricots/ prunes (stone removed)
Jelly cubes
Ice cream in cones
Peanut butter sandwiches
Muesli bars
Marmite on toast
Pate on toast
Cubes of chocolate
Biscuits
Cake (cut into fingers)

Meat, fish, cheese & other protein sources

Sliced meat cut into pieces
Chicken fingers
Sausages and frankfurters
Hamburgers
Meatballs
Meatloaf
Pizza
Slices of pork pie
Quiche
Fish fingers/ fish cakes
Fish sticks or crab sticks
Smoked mackerel slices
Vegetarian sausages
Quarter hard boiled eggs

Fruit & vegetables

Carrot sticks cooked
Brussel sprouts cooked
Parsnips
Fried whole mushrooms
Quartered tomato
Green beans cooked
Fried battered onion rings

Banana
Melon
Sliced apple or pear
Strawberries
Grapes
Pear halves
Mandarin segments