

Finger Foods

Breads, potatoes & cereals

- Buttered toast
- 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

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

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

Snacks

- Dried apricots/ prunes (stone removed)
- Jelly cubes
- Ice cream in cones
- Peanut butter sandwiches
- Marmite on toast
- Pate on toast

- Muesli bars
- Cubes of chocolate
- Biscuits
- Cake (cut into fingers)