

Patient information

QUICK AND EASY MEALS

Contact Dietitian.....

Telephone.....

Nutritious meals do not have to be hot and they need not take long to prepare. Here are a few ideas that may help you.

SANDWICHES – fresh or toasted

SAVOURY	SWEET
Cold or tinned meat/ fish	Marmalade
Bacon/ sausage	Banana
Cheese/ cream cheese	Chocolate spread/ Chocolate cream cheese
Egg	Jam
Pate	Peanut butter/ other nut butters
Avocado	Honey
Prawn	Lemon curd
Hummus	Biscoff/ other biscuit spread

Try adding extra calories...

Be generous with butter, margarine, sandwich fillings, and extra mayonnaise

Try having two fillings e.g. egg mayonnaise and bacon, cheese and ham

Use different types of bread and rolls for variety

Add interest with pickles, relishes and sauces

HOW TO MAKE FORTIFIED MILK

Add 60g (4 tablespoons) of skimmed milk powder such as Marvel® or Nestle Nido® or supermarket own brand to 568mls (1 pint) of whole milk (full fat).

BUTTERED TOAST OR BAKED POTATOES CAN BE SERVED WITH A VARIETY OF TOPPINGS OR FILLINGS.

Baked beans/ tinned spaghetti and cheese	Tinned fish and mayonnaise/ salad cream	Minced beef/ chilli Bolognese sauces
Cream/cottage cheese with chives or pineapple	Tuna, mayonnaise and sweetcorn	Chopped meats and salad cream/ yoghurt dressing
Cheese and coleslaw	Peanut butter/other nut butters	Bacon, sausage, tomato
Tinned Macaroni/ ravioli	Avocado	Spiced lentils/ humus

LIGHT MEALS

Soup made with fortified milk and added cheese or cream

Crumpets, tea cakes, scones, or croissants with butter and jam or cheese

Bowl of cereal e.g. porridge or Ready Brek made with fortified milk and honey, jam or suga

Eggs – poached/ scrambled/ boiled/ fried/ an omelette made with fortified milk and cheese

Sausage/bacon/fish finger sandwiches

MAIN MEALS

Ready-made frozen meals e.g. chicken casserole, shepherd's pie, cottage pie, lasagne, pasta with creamy sauces

Tinned stew or casserole with instant potat

“Boil in the bag” e.g. fish in parsley sauce, with tinned potatoes and vegetable

Pies/ quiches/ pizza/ burgers/ fish fingers with oven chips

Packets of savoury rice or noodles with tinned or frozen vegetables

Take-away e.g. pizza/ curry/ Chinese

SNACKS OR DESSERTS

SAVOURY	SWEET
Cheese and biscuits/ crackers	Fruit pies with cream/ custard/ ice-cream.
Salted/ unsalted nuts	Milk Puddings e.g rice pudding or tapioca
Malt loaf / fruit cake / cheese scone with butter and cheese	Instant desserts e.g. Angel delight, crème caramel, whips
Pork pies / sausage rolls / scotch eggs	Tinned or microwave sponge puddings with cream/ custard/ ice-cream.
Quiche/ cheese and onions rolls/ cheese straws	Creamy yoghurt with fresh, stewed or dried fruit, muesli, nuts or honey
Chips and ketchup/ mayonnaise	Individual trifle or cheesecakes
Cubes of cheese and fruit	Jelly/ yoghurt jelly
Cheesy biscuits	Ice-cream with fruit, nuts, chocolate or syrup
Toasted muffin or bagel with butter and cheese	Fresh/ tinned/ dried fruit
Bombay mix	Sweets e.g. boiled sweets, toffee, fudge, marshmallows
Boiled egg	Chocolate
Crisps with or without dip	Tea cakes/ scones/ crumpets with cream/ butter and jam
Garlic bread	Cakes/ pastries/ biscuits

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the hospital website www.wsh.nhs.uk and click on the link, or visit the disabledgo website: <http://www.disabledgo.com/organisations/west-suffolk-nhs-foundation-trust/main>

