

Finger foods

Description: Food that can be picked by hand without using cutlery. **May not be suitable for those for whom a modified texture diet is recommended.**

High calorie options should be offered to those with a MUST score of 1 or higher.

Finger food can be cut into smaller pieces to ease chewing and swallowing.

Meal Time	Example Foods (for those with no other dietary requirements)
Breakfast	<ul style="list-style-type: none"> • Cereal bar or flapjack • Dried fruit such as prunes (no stones) • Hard boiled egg (shell removed), sausage roll • Toast / muffin / crumpet cut into slices
Mid-morning Snack	<ul style="list-style-type: none"> • Slices of fruit such as orange segments or apple slices, or firm strawberries. Tinned fruit (peach, pear, fruit cocktail etc.) • Biscuits, cookies or small cake bites
Lunch	<ul style="list-style-type: none"> • Chicken goujons/slices of ham or other meat / chipolatas or small sausages (can be vegetarian sausages) / mini pasties (meat or cheese), pork pies or scotch eggs / fish fingers or crab sticks • Potato wedges or chunky chips / small roast or new potatoes / sliced sweet potato • Baby sweetcorn / baby carrots / vegetable croquettes • Ice cream in a cone / small cake bites such as fondant fancies
Mid-afternoon Snack	<ul style="list-style-type: none"> • Mini-swiss roll, sponge cake • Crisps, tortilla chips with dips (salsa, guacamole, sour cream)
Dinner	<ul style="list-style-type: none"> • Thin purée soup served in a mug • Sandwiches cut into small cubes • Slices of cheese on toast / quiche / pizza • Wrap with chicken cubes or strips • Cherry tomatoes / carrot and cucumber sticks • Small chocolate brownie or cake bites • Prawn cocktail, potato salad, mini omelette with ham & cheese
Evening Snack / Supper	<ul style="list-style-type: none"> • Cubes of cheese with crackers or biscuits • Small jam or egg custard tart • Chocolate bar, chocolate cookies • Slices of toast with butter & jam • Toasted tea cake cut into squares

Who to contact

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