

## **Suitable Snacks**

- 2 crackers with butter and cheese
- 1 meat/chicken/egg/fish/cheese sandwich
- 1 carton yoghurt (full fat)
- 1 teacake with butter (and jam)
- 1 scone with butter (and jam) or jam and cream
- 1 slice malt loaf with butter
- 1 slice fruitcake
- 1 slice Madeira cake
- 1 slice sponge cake
- 1 slice Swiss roll
- 1 scoop ice cream with sauce
- 2 chocolate digestives
- 1 chocolate-coated biscuit
- 2 custard creams

**NB: use full fat spread for sandwiches, scones etc and spread liberally.  
Add extra calories by offering jam, honey, marmalade or syrup.**