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**Cantonese:** 本資料亦以特大字體、錄音形式或其它語文提供，如有需要，請聯絡劍橋郡社區服務國家健康信託 (Cambridgeshire and Peterborough Foundation Trust)，電話 01223 726767 電郵地址 [communications@cpft.nhs.uk](mailto:communications@cpft.nhs.uk)

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### Patient Advice and Liaison Service

For information about CPFT services or to raise an issue, contact the Patient Advice and Liaison Service (PALS) on Freephone 0800 376 0775, or e-mail [pals@cpft.nhs.uk](mailto:pals@cpft.nhs.uk)

### Out-of-hours service for CPFT mental health service users

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CPFT supports the **HeadtoToe Charity** – visit [www.HeadToToeCharity.org](http://www.HeadToToeCharity.org) for details on how you can help

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A member of Cambridge University Health Partners

## Quick and Easy High Energy Meals

Nutrition & Dietetic Service



Cambridgeshire and Peterborough NHS Foundation Trust: providing services across  
Cambridgeshire and Peterborough

## Quick and easy meal tips:

Your meals don't necessarily have to be served hot, and they needn't take long to prepare.

Here are a few suggestions that may help you...

### Sandwiches

Cold or toasted, and with sweet or savoury fillings, sandwiches are a quick way of managing a nutritious meal without needing to cook.



### To add extra **calories**:

Be generous with butter, margarine, and mayonnaise.

Also, try having two fillings in your sandwich, for example:

- egg mayonnaise and bacon
- cheese and ham
- banana and honey

Use different types of fresh and toasted bread and rolls for variety. Add interest to your fillings with relish, sauces and pickles.

### Buttered toast and baked potatoes

As with sandwiches, baked potatoes can be served with a variety of different fillings.

- grated cheese and tomato
- chilli con carne and sour cream
- tuna mayonnaise and sweet corn
- hummus or mixed bean salad



## Mid-afternoon snack:

Fortified milk drink

Cake, biscuits, teacake, scone or crumpet with butter and jam



## Evening meal:

Meat, cheese, fish, eggs or pulses.

Potato, rice, bread or pasta.

Vegetables with butter or cheese

Salad with mayonnaise or salad cream.

**Dessert:** Yoghurt, mousse, whip, tinned fruit in syrup, milk jelly, custard, trifle, milk pudding or ice-cream.

## Bed-time snack:

Cereal with fortified milk

Sandwich

Toast



## For further information about this service contact:

**Nutrition & Dietetics on:**

**0330 726 0077**

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## High Energy and High Protein Meal Plan Ideas

### Breakfast:

Glass of fruit juice.

Cereal with fortified milk.

Bread, toast or croissant with butter, jam, marmalade or honey.

Egg, sausage, bacon, and/ or beans.



### Mid-morning snack:



Fortified milk drink

Smoothie drink

Biscuits

Cheese and crackers

### Lunch:

Fortified soup with bread and butter.

Toast with beans, cheese, egg or ravioli.

Sandwich with meat, cheese, fish or egg.

Jacket potato with cheese, beans or tuna.



**Dessert:** Yoghurt, mousse, whip, tinned fruit in syrup, milk jelly, custard, trifle, milk pudding or ice-cream.

### Light meal ideas...

- 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, such as porridge or Ready Brek™ made with fortified milk and honey or sugar.
- Eggs: poached, scrambled, boiled or fried
- Omelette made with fortified milk and cheese  
N.B. always ensure eggs are well-cooked.
- Sausage, bacon, or fish finger sandwich.



### Main meal ideas...

- Ready-made chilled or frozen meals, e.g. chicken casserole, shepherd's pie, lasagne, pasta with creamy sauces.
- Tinned stew or casserole with instant mashed potato.
- 'Boil in the bag' meals, e.g. fish in parsley sauce, kippers with tinned potatoes and vegetables.
- Pies, quiches, pizza, burgers, or fish fingers with oven chips.
- Packets of savoury rice or noodles with tinned or frozen vegetables.
- Take-away dishes



## Desserts and sweet snacks

Many of these can be made with fortified milk (see page 5) and served with instant toppings to increase calories, such as: tinned custard, cream, evaporated or condensed milk, ice-cream, honey, syrup or jam.

### Examples:

- fruit pies
- milk puddings, rice pudding, etc.
- instant desserts, (Angel Delight™, crème caramel, whips, etc.)
- tinned or microwavable sponge puddings
- creamy yoghurt with fresh, stewed or dried fruit, muesli, nuts or honey
- individual trifle or cheesecake
- jelly
- ice-cream with fruit, nuts, chocolate, sauces or syrup
- fresh or tinned fruit, (pineapple or mandarin segments)
- dried fruit, (raisins, prunes, apricots, etc.)
- boiled sweets, toffee, fudge, mints, marshmallows
- chocolate
- teacakes, scones, crumpets
- cakes, pastries and malt loaf
- biscuits (custard creams, chocolate bourbons, etc.)



## How to make fortified milk:

Add 4 tablespoons of dried milk powder to 1 pint of your usual milk. e.g. 5 Pints™, Marvel™, Coffee Mate™, supermarket milk powder.

This mixture can then be used in the usual way when making any kinds of milk-based foods. For instance:



- tea
- coffee
- milkshakes
- hot chocolate
- milk/ rice puddings
- custard
- soups
- creamy sauces
- cereal and porridge
- ice-cream

## Savoury snacks

### Examples:

- cheese and biscuits or crackers
- handful of mixed dried fruit and nuts
- cubes of hard cheese
- slice of pork pie
- sausage roll or cheese straws
- crisps
- bread sticks
- cheesy biscuits
- toasted muffin or bagel with butter and cheese
- slice of pizza
- sandwich

