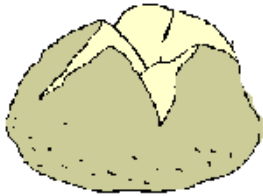


Light meal ideas

Jacket potato fillings



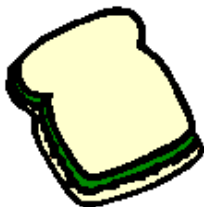
- baked beans
- tuna and sweetcorn
- cottage cheese (plain or flavoured)
- low calorie coleslaw with chopped ham
- chilli con carne
- vegetable curry

Toast toppers



- scrambled egg and mushrooms
- sardines or pilchards in tomato sauce
- cheese and onion
- low fat cheese spread and tomato
- baked beans
- poached egg

Sandwich fillings



- ham and salad
- hoummus and tomato
- boiled egg and cress
- chicken and reduced calorie coleslaw
- tinned salmon and cucumber

Community Dietitians
Bristol South & West NHS Primary Care Trust
New Friends Hall, Heath House Lane, Stapleton
Bristol BS16 1EQ Tel 0117 9585666

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