

DIGNIFIED DINING

Handheld Food Guide



WHY IS HANDHELD FOOD IMPORTANT?

Those suffering from dementia or Parkinson's as well as residents recovering from strokes may struggle to manage cutlery.

Providing healthy, cutlery-free options at meal times ensures that every resident feels included and is receiving all the nutrients that they need.

Trevors Foodservice provides everything you need to make tasty, handheld meals that can be prepared alongside regular meals. For example, you can make a regular cottage pie, but also serve handheld portions in mini pastry cases.

These are some of our favourite handheld food ideas that our care customers love.

BREAKFAST

Homemade Granola Bars

200g Butter (72316)
200g Peanut Butter (40370)
800g Porridge Oats (98669)
400g Chopped Mixed Nuts (88475)
420g Honey (21382)
320g Light Brown Sugar (97533)
400g Dried Mixed Fruit (99625)



Method

1. Heat oven to 160C/fan 140C/gas mark 3.
2. Mix the nuts and oats in baking trays, and put in the oven for 10 minutes to lightly toast.
3. Gently warm the butter, peanut butter, honey and sugar in a pan until melted and well combined.
4. Combine the oats, nuts, dried fruit and butter mixture, then spread evenly into buttered 18 x 25cm tins and press down lightly.
5. Bake for 30 minutes, allow to cool in the tins, then slice into bars.

Makes approximately 48 portions.

BREAKFAST

Avocado & Omelette On Toast

2kg Frozen Avocado (64505)
30 Mini Frozen Omelettes (18911)
30 Slices Wholemeal Bread (15863)
2tbsp Lemon Juice (68185)
Salt & Pepper to taste



Method

1. Defrost the avocado overnight in the fridge.
2. Mix the avocado with lemon juice, salt and pepper - this can be done ahead of time.
3. Spread the avocado mixture on toast.
4. Microwave the frozen omelettes to reheat and add on top of the toast.

Makes approximately 15 portions.

BREAKFAST

Ham, Mushroom & Spinach Frittata

630g Mushrooms (35728)
500g Gammon or Ham (87329)
840g Spinach (22937)
42 Eggs (70257)
100g Grated Cheese (60809)
Salt & Pepper to taste



Method

1. Heat oven to 200C/180C fan/gas mark 5.
2. Heat the mushrooms, ham and spinach in a frying pan for 3-5 minutes. Season with salt and pepper.
3. Add to 20x30cm baking trays lined with parchment.
4. Add whisked eggs, mix and top with grated cheese.
5. Cook for 20-25 minutes until set.
6. Cut into slices to serve.

Makes approximately 21 portions.

LUNCH

Mini Quiche Lorraines

525g Bacon (85024)
3 Onions (65658)
375g Grated Cheese (60809)
6 Eggs (70257)
750ml Single Cream (22735)
12 Pastry Cases (74332)
Salt & Pepper to taste



Method

1. Heat oven to 220C/200C fan/gas mark 7.
2. Fry or grill the bacon for approximately 10 minutes on a medium heat until crispy and cooked through, then slice into small pieces.
3. Finely chop the onions and fry over a medium heat for 8 minutes or until golden.
4. Mix the eggs, cream, salt and pepper, then add in the bacon and onions.
5. Spread the mixture evenly between the pastry cases and top with cheese.
6. Bake for 20-25 minutes until set.

Makes approximately 24 portions.

LUNCH

Coronation Chicken Salad Wraps

3kg Coronation Chicken Sandwich Filling (78932)
30 Tortilla Wraps (88248)
3 Iceberg Lettuce (90883)
3 Salad Tomatoes (12896)
2 Red Onions (40440)



Method

1. Finely dice the lettuce, tomato and onions.
2. Mix the vegetables in with the coronation chicken filling.
3. Add approximately 100g of filling to each tortilla before wrapping.
4. Optionally, fry each wrap fold-side down for 1 minute in a frying pan with a small amount of oil to help it not unwrap.

Makes approximately 30 portions.

LUNCH

Veggie Egg Muffin Bites

750g Broccoli (36979)
5 Red Peppers (76678)
30 Large Eggs (70257)
5tbsp Milk (99631)
Pinch of Paprika (78562)
250g Grated Cheese (60809)
Salt & Pepper to taste



Method

1. Heat oven to 200C/180C fan/gas mark 5.
2. Cut the broccoli and peppers into small pieces.
3. Fry the vegetables for 5 minutes on medium heat.
4. Whisk the eggs, milk and paprika in a bowl.
5. Add a handful of the vegetable mixture into greased muffin tins, then fill each section most of the way with the egg mixture and top with cheese.
6. Bake for 15-17 minutes or until golden brown.

Makes approximately 50 portions.

DINNER

Quorn Tikka Samosas

8tbsp Olive Oil (80973)
1.5kg Minced Quorn (86786)
16tbsp Tikka Masala Paste (92477)
4 Large Onions (65658)
4 Large Carrots (20197)
800g Frozen Peas (34425)
24 Sheets Filo Pastry (88923)



Method

1. Heat oven to 200C/180C fan/gas mark 5.
2. Fry the Quorn with oil on a medium-high heat until browned.
3. Mix in the tikka paste, peas, diced onion, and diced carrot, then cook for an additional 5 minutes.
4. Spread out the filo pastry and brush with oil all over.
5. Fold each long edge into the centre by 5cm, so you have a long, narrow piece of pastry.
6. Add approximately 4tbsp of mixture to the top left of the strip and fold the top right corner of pastry over to make a triangle. Continue folding down the length of the pastry until wrapped.
7. Brush with oil, add to a lined baking tray and cook for 15-20 minutes until golden brown.

Makes approximately 24 samosas.

DINNER

Cottage Pie Potato Skins

12 Large Potatoes (19663) 300g Frozen Peas (94910)
700ml Milk (99631) 6tbsp Plain Flour (14350)
6tbsp Butter (72316) 700ml Beef Stock (96397)
750g Beef Mince (27229) 3tsp Thyme (90328)
2 Onions (65658) 3tsp Oregano (87310)
6 Cloves Of Garlic (15953) Salt & Pepper To Taste
3 Large Carrots (20197)



Method

1. Heat oven to 180C/160C fan/gas mark 4.
2. Stab the potatoes with a fork and microwave for 10 minutes, turning halfway through.
3. Cut off the tops and scoop out the centre, leaving 0.5cm of skin.
4. Mash the scooped out potato with milk, butter and salt.
5. Saute the onion and garlic on a medium heat with oil until soft.
6. Turn the heat to high, add the beef and cook until brown, then sprinkle over flour and stir to combine.
7. Add peas, diced carrots, stock and herbs and cook on medium for a further 5 minutes.
8. Add your beef mixture into the potato skins and top with mash.
9. Bake in the oven for 18 minutes or until the mash browns on top.
10. Allow to cool slightly before serving.

Makes 12 portions.

DINNER

Salmon & Cream Cheese Pies

20 Mini Pastry Shells (66755)
600g Spinach (22937)
900g Cream Cheese (81732)
450g Tinned Salmon (91601)
100g Grated Cheese (60809)
Black Pepper To Taste



Method

1. Heat oven to 200C/180C fan/gas mark 5.
2. Pre-bake your pastry shells for 7 minutes while you prepare the filling.
3. Add the spinach to a colander, pour over boiling water to wilt, then rinse with cold water and squeeze out any excess.
4. Mix the cream cheese and salmon in a bowl, then add the spinach and black pepper.
5. Add the mixture to the pastry shells and top with a sprinkle of grated cheese.
6. Bake for a further 7 minutes, or until the filling is piping hot throughout.

Makes approximately 10 portions.

CONTACT US

Need any more help menu planning,
or calculating cost per serving?

Our team are happy to help.

Get in touch with your rep or contact
us using the information below.



01253 393000



enquiries@trevors.org