

PACKED LUNCH Beef wrap with potato salad, cherry tomatoes and grapes



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5-11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Beef wrap	170g
Potato salad	80g
Cherry tomatoes	40g
Grapes	80g
Water	150ml

Beef wrap

This recipe makes 4 portions of about 170g.

4 tortilla wraps
80g tomato salsa (see recipe on the right)
200g sliced roast beef
½ red pepper, sliced
½ green pepper, sliced

1. Spread the wraps with salsa.
2. Arrange the slices of beef and pepper on the wrap and fold.

Potato salad

This recipe makes 4 portions of about 80g.

2 medium potatoes, peeled
1 tablespoon reduced-fat mayonnaise
2 tablespoons natural low-fat yoghurt
½ tablespoon chopped fresh chives

1. Boil the potatoes, cool and dice. Mix the potatoes with the mayonnaise, yoghurt and chives, and chill before serving.

Tomato salsa (for the beef wrap)

This recipe makes about 80g of salsa.

¼ small (200g) can chopped tomatoes
½ spring onion, finely chopped
¼ small red pepper, cored and finely chopped
½ tablespoon chopped fresh parsley
¼ clove garlic, crushed
¼ tablespoon white wine vinegar
¼ tablespoon lemon juice
¼ teaspoon black pepper powder

1. Mix all the ingredients together. Chill before serving.



PACKED LUNCH Chicken and sweetcorn sandwich with pepper sticks and pineapple chunks



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The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Chicken and sweetcorn sandwich	150g
Pepper sticks	80g
Pineapple (in juice)	100g
Water	150ml

Chicken and sweetcorn sandwiches

This recipe makes 4 portions of about 150g.

160g cooked diced chicken
80g cooked sweetcorn
2 tablespoons low-fat mayonnaise
8 slices of wholemeal bread
4 crispy lettuce leaves

1. Mix the chicken, sweetcorn and mayonnaise together.
2. Spread the chicken mixture on one slice of bread, and top with lettuce leaves. Add the other slice of bread and cut into sandwiches.



PACKED LUNCH Chicken salad with pitta bread, sweetcorn, apple, yoghurt and honey



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The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Chicken salad	130g
Pitta bread	60g
Lettuce	20g
Sweetcorn	80g
Apple	160g
Natural yoghurt	75g
Honey	10g
Water	150ml

Chicken salad

This recipe makes 4 portions of about 130g.

2 medium red peppers
350g fresh diced chicken
1 tablespoon olive oil
¼ cucumber, diced

1. Cut the red peppers into chunks of about 3cm.
2. Randomly thread the diced chicken and pepper onto four kebab skewers. (If using wooden skewers, soak them in cold water for about 30 minutes before using them, to prevent burning.)
3. Brush the kebabs with olive oil and place under a hot grill.
4. Grill on both sides for 2 minutes then reduce the heat and grill for a further 10-12 minutes, turning and basting occasionally with any excess oil.
5. Allow to cool before removing the skewer. Mix in the diced cucumber.



PACKED LUNCH Rice and chicken salad, cherry tomatoes, celery sticks, currant bun and a carton of orange juice



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5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Rice and chicken salad	160g
Cherry tomatoes	40g
Celery sticks	40g
Currant bun	55g
Butter	4g
Orange juice carton	200ml

Rice and chicken salad

This recipe makes 4 portions of about 160g.

½ medium red pepper, diced
 ½ medium green pepper, diced
 ½ small (200g) can sweetcorn in water, drained
 2 spring onions, chopped
 ½ clove garlic, finely chopped
 2 teaspoons olive oil
 1 teaspoon white wine vinegar
 200g white long grain rice, cooked
 240g cooked chicken, diced

1. Combine the chopped vegetables.
2. Prepare the dressing by finely chopping the garlic and blending it with the oil and vinegar.
3. Mix the rice, vegetables and chicken together.
4. Stir in the dressing.



PACKED LUNCH Salmon couscous with cherry tomatoes, malt loaf and a carton of orange juice



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5-11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Salmon couscous	180g
Malt loaf	50g
Vegetable fat spread	2g
Cherry tomatoes	80g
Orange juice carton	200ml

Salmon couscous

Recipe provided by Grub4life.org

This recipe makes 4 portions of about 180g.

- 1 small (200g) can red salmon, drained (Buy fish from sustainable sources where possible.)
- 2 spring onions
- 125g couscous
- 250ml boiling water
- ¼ cucumber
- ¼ lemon
- ½ teaspoon fresh mint, finely chopped
- ½ teaspoon fresh parsley, finely chopped
- ½ teaspoon fresh coriander, finely chopped

1. Drain the salmon, flake and keep chilled until required.
2. Slice the spring onions finely and mix with the dried couscous.
3. Bring the water to the boil and pour over the couscous, stir gently and cover with cling film until cooked (about 4 minutes). Chill.
4. Grate the cucumber.
5. Zest and squeeze the lemon.
6. Mix the salmon, couscous, cucumber, herbs and lemon thoroughly and chill until serving.



PACKED LUNCH Tuna and sweetcorn pasta with carrot and cucumber sticks, fruit yoghurt and a carton of orange juice



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5-11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Tuna and sweetcorn pasta	160g
Carrot sticks	40g
Cucumber sticks	40g
Low-fat fruit yoghurt	125g
Orange juice carton	200ml

Tuna and sweetcorn pasta

This recipe makes 4 portions of about 160g.

- 1 can tuna in water or brine, drained (130g when drained)
- 1 small can sweetcorn, drained (150g when drained)
- 300g cooked pasta shapes
- 2 tablespoons low-fat mayonnaise
- 1 teaspoon chopped fresh chives

1. Combine all the ingredients and mix well.
2. Chill until serving.



PACKED LUNCH Cream cheese bagel with boiled egg, cucumber and celery sticks, malt loaf and a pear



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5-11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Bagel	60g
Low-fat soft cheese	25g
Boiled egg	50g
Cucumber sticks	40g
Celery sticks	40g
Malt loaf	50g
Pear	170g
Water	150ml



PACKED LUNCH Egg and cress roll with cucumber sticks, cherry tomatoes, natural yoghurt and blueberries



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5-11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Egg and cress roll	120g
Cucumber sticks	40g
Cherry tomatoes	40g
Natural yoghurt	125g
Blueberries	80g
Water	150ml

Egg and cress roll

This recipe makes 4 portions of about 120g.

4 wholemeal rolls

Egg and cress filling

4 hard-boiled eggs
2 tablespoons reduced-fat mayonnaise
½ punnet mustard and cress

1. Mash the eggs and mayonnaise together.
2. Halve the roll and spread with the egg mixture, and sprinkle on the mustard and cress.



PACKED LUNCH Falafel and houmous pitta with carrot sticks, grapes, fruit yoghurt and a carton of orange juice



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5-11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Falafel and houmous pitta	170g
Carrot sticks	40g
Grapes	40g
Fruit yoghurt	125g
Orange juice carton	200ml

Falafel and houmous pitta

This recipe makes 4 portions of about 170g.

4 pitta breads
4 tablespoons houmous
8 falafel, sliced
4 lettuce leaves

1. Toast the pitta and cut open while hot.
2. Spread the houmous in the pitta and then put in sliced falafel and lettuce leaves.



PACKED LUNCH Leek and potato soup with a wholemeal roll, cheese chunks, carrot and pepper sticks and a banana



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5-11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Leek and potato soup	250g
Wholemeal roll	50g
Butter	4g
Cheddar cheese	35g
Carrot sticks	40g
Pepper sticks	40g
Banana	140g
Water	150ml

Leek and potato soup

This recipe makes 4 portions of about 250g.

4 medium leeks
 1 tablespoon olive oil
 1 onion, peeled and diced
 2 medium potatoes, peeled and roughly chopped
 500ml water
 1 bay leaf
 ½ teaspoon black pepper powder
 1 teaspoon salt
 250ml semi-skimmed milk

1. Chop the top off the leeks and trim the roots. Chop the leek in half lengthways and wash under running water, fanning out the layers, to make sure they are thoroughly clean. Chop the leeks roughly.

2. Heat the olive oil in a large pot over a medium heat and add the leeks, onions and potatoes. Stir, reduce the heat to low and simmer gently for 10 minutes. Stir occasionally to stop browning.
3. Add the water, bay leaf and seasoning, stir well and bring to the boil. Then reduce the heat, cover and simmer for 15 minutes, until the potatoes are soft.
4. Take out the bay leaf and purée the soup in a liquidiser or with a hand-held blender. Add the milk, and heat through before serving.



PACKED LUNCH Mozzarella and tomato ciabatta with celery sticks and dried fruit and nuts



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5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Mozzarella and tomato ciabatta	160g
Celery sticks	80g
Mixed dried fruit and nuts	60g
Water	150ml

Mozzarella and tomato ciabatta

This recipe makes 4 portions of about 160g.

1 tablespoon olive oil
¼ teaspoon black pepper
½ teaspoon dried mixed herbs
2 large tomatoes, sliced
1 ciabatta loaf, cut into 4 pieces
200g mozzarella cheese

1. Mix the olive oil, pepper and herbs together and pour over the sliced tomato. Leave for 15 minutes.
2. Split the ciabatta pieces in half, lay the mozzarella on top and then the tomato slices. Drizzle any remaining dressing on top.

