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



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

5-11 year olds



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

<u> </u>	<u> </u>
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 80q.

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.

1/4 small (200g) can chopped tomatoes

½ spring onion, finely chopped

1/4 small red pepper, cored and finely chopped

½ tablespoon chopped fresh parsley

1/4 clove garlic, crushed

¼ tablespoon white wine vinegar

¼ tablespoon lemon juice

 $\frac{1}{4}$  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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5-11 year olds



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#### 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.

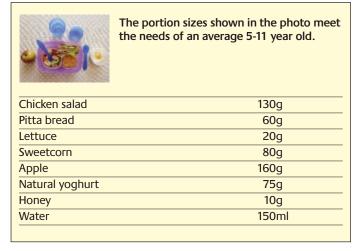


#### PACKED LUNCH Chicken salad with pitta bread, sweetcorn, apple, yoghurt and honey



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

5-11 year olds



#### 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



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

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



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

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	<b>50</b> g
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
- 1/4 lemon
- ½ teaspoon fresh mint, finely chopped
- ½ teaspoon fresh parsley, finely chopped
- 1/2 teaspoon fresh coriander, finely chopped

- 1. Drain the salmon, flake and keep chilled until required.
- ${\bf 2.}$  Slice the spring onions finely and  ${\bf mix}$  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



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

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.

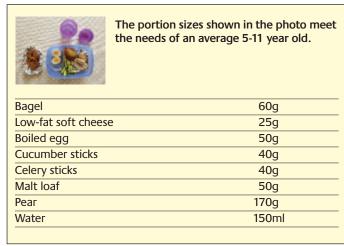


PACKED LUNCH Cream cheese bagel with boiled egg, cucumber and celery sticks, malt loaf and a pear



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

5-11 year olds



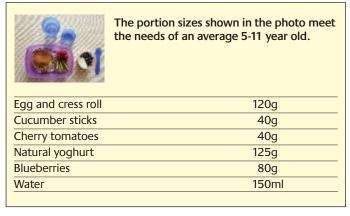


## PACKED LUNCH Egg and cress roll with cucumber sticks, cherry tomatoes, natural yoghurt and blueberries



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

5-11 year olds



#### 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



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

5-11 year olds



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

40g
40g
125g
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



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

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
- 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.
- 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.
- 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 handheld blender. Add the milk, and heat through before serving.



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



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

5-11 year olds



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

80a
oog
60g
150ml

#### Mozzarella and tomato ciabatta

This recipe makes 4 portions of about 160g.

1 tablespoon olive oil 1/4 teaspoon black pepper 1/2 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.

