

استمتع بطعامك

Smaczneho!

بنيه اشتها

iQue aproveche!

Bom proveito!

Afiyet olsun!

# Lunch Boxes

MADE  
EASY

খাবারটি উপভোগ করুন

**You know your family best and what they like to eat.  
This booklet will give you some healthy lunch ideas that  
you can make at home and also take to school.**

Poftă bună!

请慢慢用！

Nooshe jân!

LUNCHES FOR  
5 DAYS FOR 3 KIDS

£25

## Shopping List



- cherry tomatoes
- 2 sweet potatoes
- 2 large potatoes



- lettuce / spinach
- celery
- cucumber
- garlic
- red / white onion
- carrot



- 5 clementines/apples/grapes
- 5 bananas
- cheese
- natural yoghurt
- hummus
- ready-made filo pastry
- baked beans



### Staples

- oil / butter / spread
- your favourite seasonings -  
curry powder / smoked paprika  
/ dried herbs / salt & pepper



- tinned kidney/butter beans
- tinned sweetcorn
- whole wheat pasta
- 6 eggs
- tortilla wraps
- rice cakes / plain popcorn  
/ breadsticks / oat cakes
- oats
- honey
- rice krispies
- dark chocolate
- dried fruit (e.g. sultanas  
/ dried apricots)
- frozen peas
- frozen berries



### Optional extras

- olives
- avocado
- lemon
- pesto
- falafel
- desiccated coconut
- 2 tins tuna
- mayonnaise



## EXAMPLE CHILDREN'S LUNCH PLANNER

### MONDAY

Burritos, banana cookies, fruit

### TUESDAY

Picky Box, samosas

### WEDNESDAY

Rainbow wraps, flapjacks, fruit

### THURSDAY

Pasta salad, crudités, rice krispy cake, fruit

### FRIDAY

Frittata and salad, oat cakes, yoghurt and berries



## Top 5 tips for healthy eating

- 1 Eat the colours of the rainbow.
- 2 Try using different breads to make sandwiches more fun.
- 3 Through the winter use a thermos flask and give children hot leftover dinner or soup.
- 4 Fruit for breaktime.
- 5 Make the lunches the night before to save time in the morning.

# Brilliant Baked Bean Burritos

WHOLEMEAL WRAPS



TIN OF BAKED BEANS

SWEET POTATO



## Ingredients

- 1 teaspoon olive oil
- 1 teaspoon smoked paprika
- 6 mini wholemeal wraps
- 1 sweet potato chopped in small pieces
- 1 carrot grated
- 1 tin of baked beans (or any tinned beans)
- a little grated cheese if you like
- your favourite extras, sweetcorn, avocado, lettuce, tomato, cucumber

## Method

- 1 Cook sweet potato and burrito in the microwave for 2 minutes or in a pan until it is cooked and soft.
- 2 In a bowl mash the beans and sweet potato.
- 3 Lay wraps on a large baking sheet and spread each with about a spoonful of mixture. Then the grated carrot, cheese and extras.

## 3 INGREDIENT Banana Cookies

OATS



BANANAS



DARK CHOCOLATE



## Ingredients

- 1 ½ cups of oats
- 2 medium ripe bananas (brown is fine)
- ½ cup dark chocolate chips (you can make your own by cutting up a bar of dark chocolate)

## Method

- 1 Turn the oven onto 180C and line a baking tray.
- 2 Using the back of a fork, mash bananas in a bowl. Add in oats and chocolate chips and stir well.
- 3 Make small cookie shapes with mixture and cook for 15 minutes.

**TIP:** IF YOU HAVEN'T GOT AN OVEN DON'T WORRY YOU CAN MAKE THESE INTO SMALLER BALLS AND PUT THEM INTO THE FRIDGE FOR AN HOUR AND EAT ONCE CHILLED.

MAKES 2



## Rainbow Wrap

## Ingredients

- 2 tortilla wraps
- 1 avocado mashed
- 1 tbs hummus
- handful of spinach / lettuce
- 1 tomato sliced
- 1 tsp pesto (optional)
- 1 carrot grated
- cooked falafel (optional)

## Method

- 1 Lay the wraps on a clean surface and spread hummus over the wrap.
- 2 Mash the avocado in a bowl and spread over the hummus (optional).
- 3 Add the spinach, chopped tomato and grated carrot carefully roll the wraps tightly.

**TIP:**  
YOU CAN ADD  
A LITTLE GRATED  
CHEESE IF YOU  
WOULD LIKE.

MAKES 12



## No-bake Flapjack

## Ingredients

- 175g (1 ½ cups) oats
- 30g (small handful) dried fruit (e.g. sultanas / apricots)
- 2 mashed bananas
- 3 tbs honey
- 1 ½ tbs desiccated coconut (optional)
- 4 tbs melted coconut oil or butter/spread

## Method

- 1 Mix all the ingredients in a bowl very well. Push into a small, greased oven dish.
- 2 Put in fridge for an hour (or bake on 180C for 15 mins until golden brown) and then cut into squares and eat.
- 3 If unbaked, keep in a container in the fridge.

# Pasta Salad. Crudités. Rice Krispy Cake. Fruit.



**TIP:**  
IF YOU HAVE  
LEFTOVERS YOU CAN  
SERVE THIS WARM  
WITH SOME GRATED  
CHEESE ON TOP.

## FOR THE PASTA SALAD

### Ingredients

- 100g (¼ pack) whole wheat pasta shapes cooked
- 1 cup of frozen peas
- 1200g tin of butter beans (drained)
- small jar of pitted black olives (drained) (optional)
- 1 tin of tuna drained / grated cheese (optional)
- 1 celery stalk, chopped
- handful of fresh parsley (optional)

### Dressing

- 100ml (¼ pot) natural yoghurt
- 1 tablespoon mayonnaise (optional)
- ½ lemon juiced (optional)
- a pinch of salt and pepper

### Method

- 1 For the dressing mix all the ingredients and whisk well. Cook pasta and cool.
- 2 Place all the salad ingredients in a bowl and then pour the dressing over it and mix well. Add some squeezed lemon and some salt and pepper.

## FOR THE RICE KRISPIE CAKES

### Ingredients

- 3 cups rice krispies
- 1 bar dark chocolate melted
- ½ cup honey
- 1 tbs coconut oil / butter melted

### Method

- 1 Put rice krispies in a large mixing bowl.
- 2 Melt the chocolate, oil or butter and honey in a pan on a low heat (or in the microwave) and pour the mixture into the bowl of rice krispies. Mix well.
- 3 Pour rice crispy mixture into a lined tin and press firmly into place. Refrigerate for at least 30 minutes to set.

# Mini Frittata. Oat cakes. Yoghurt Swirl. Fruit.

## FOR THE MINI FRITTATA

### Ingredients

- splash of olive oil
- handful of chopped spinach (optional)
- ½ small red/white onion, sliced
- 3 medium eggs
- 50 g (½ cup) cheese grated
- 10 cherry tomatoes chopped
- salt and pepper
- ½ cup of frozen peas
- ½ cup of frozen sweetcorn

### Method

- 1 Preheat the oven to 200C. Grease 2 non-stick muffin tins. Now fill with the spinach, onion, tomatoes, sweetcorn and peas.
- 2 Whisk the eggs together in a jug and season with the salt and pepper. Pour the mixture into the muffin tins and then sprinkle the cheese over the top.
- 3 Bake the mini frittata for 15 mins, until golden brown.
- 4 Leave to cool for 5 minutes in the muffin tins and then remove and leave to cool for at least 10 more minutes on a rack.



## FOR THE YOGHURT SWIRL

### Ingredients

- yoghurt
- handful of oats
- frozen berries

### Method

- 1 In 2 small pots add half the yoghurt in each.
- 2 Add a handful of oats and some berries or chopped fruit.
- 3 Put the lid on and remember to add a spoon in the lunchbox!



YOGHURT



BERRIES

# Picky Box

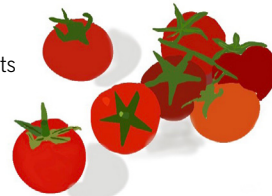
Perfect for fussy eaters or when you want to give more of a snack like lunch.

**TIP:**  
YOU CAN BUY  
THESE BOXES AT  
HOBBYCRAFT OR  
POUNDLAND.



## Ingredients

- pita bread or tortilla wrap cut into slices spread with cheese spread and cucumber or rolled up
- large spoonful of hummus
- mini rice cakes/bread sticks
- plain popcorn
- carrot washed, peeled and cut into pieces
- grapes/berries
- cheese cut into squares
- cucumber pieces
- mini tomatoes
- sultanas or dried apricots



MAKES 8



# Samosa Parcels

## Ingredients

- 250g (3 medium) potatoes, washed and cut into small cubes
- 100g (¾ cups) frozen peas
- 1 large onion, chopped
- 6 tbsp oil
- 1 garlic clove, crushed
- 1 medium carrot, grated
- 1tbsp medium curry powder
- ready-made filo pastry

## Method

- 1** Cook the potatoes in boiling water for 10 minutes and then add the peas and cook for 5 more minutes.
- 2** Cook the onion in 2 tbsp of the oil in a frying pan until soft, then add the garlic, ginger, carrot and curry powder.
- 3** Cook for another 2 minutes. Season with salt and pepper. Add the potatoes and peas. Tip into a bowl and leave until cold.
- 4** Pre-heat the oven to 170C and line a baking tray with baking paper.
- 5** Take one sheet of filo pastry and put 1 heaped tbsp of the mixture in the middle at one end, then fold over the filling to make a parcel. Fold over again and again and seal with a little water or oil so it sticks. Brush lightly with a little oil and put on the tray.
- 6** Repeat, making more parcels until all the filling is used up. Bake for 15 minutes.

Remember, try to eat a variety of food from each of the food groups in the Eatwell Guide.

The Eatwell Guide shows how much of what we eat should come from each food group to achieve a healthy, balanced diet.

You do not need to achieve this balance with every meal, but try to get the balance right over a day or even a week.



Thank you to EMAS ( Ethnic Minority Achievement Service)



Design by Nikki Dupin for Studio Nic&Lou  
Illustration by Carmen Ogston