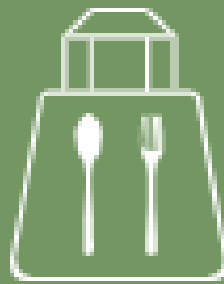


WAYS TO WOW AT LUNCH!



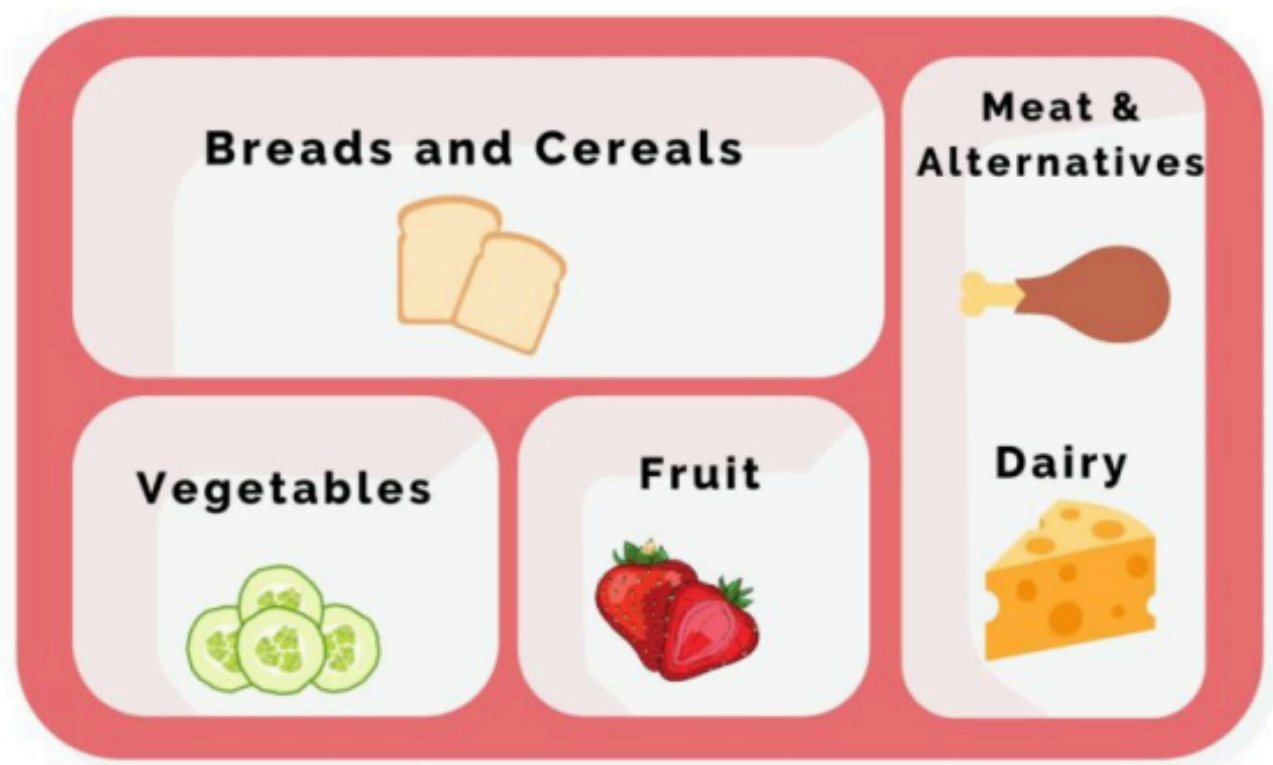
**This leaflet provides ideas for packed lunches at
Kingswood Nursery School with a focus on keeping
children safe and well.**



Pick and Mix Lunch

Try to include something from each group; these are just examples!

Carbohydrate	Vegetables	Calcium
Cooked pasta	Cucumber sticks	Natural or Greek yoghurt (plain has less sugar)
Pitta bread in strips	Carrot Sticks	Cheese Cubes
Cooked new potato salad	Cherry tomatoes quartered	Individual Cheese
Crackers	Grated carrot	Cottage Cheese
Wraps	Mangetout	Cream cheese
Wholemeal Bread	Baby corn	Goats Cheese
Protein	Pitted Olives	Dips
Cooked chicken	Fruit	Hummus
Wafer thin ham	Berry mix-chopped strawberries, blueberries, raspberries	Salsa
Cooked beans	Satsuma	White Bean
Tuna	½ apple	Tzatziki
Boiled eggs	½ banana	
Dahl	Small pot tinned fruit	
	Portion grapes, cut in half lengthways	
	Watermelon cubes	
	Dried raisins	
	Dried apricots	
	Dried apple	



Persimmon slices
and berries

Toasted Tortilla
Wrap,

Grated cheese and
ham



Cherry Tomatoes

Mixed Berries

Tortilla Wrap
Apple Slices
Cucumber Sticks
Hummus
Vegetable Crisps



Pumpkin seeds
and raisins

Corn on the Cob,
Tzatziki
Egg Sandwiches

Watermelon chunks



Mange tout, grated
carrot, tomato and
chickpeas

Mixed Berries

Pumpkin seeds
and raisins

Corn on the Cob
Egg and Avocado
Sandwich

Sliced apple and
greek yoghurt



Apple slices,
cucumber, carrot
and tomato

Make your own pizza:
Grated Cheese,
Tortilla,
Passatta or Salsa
Pepperoni or ham

Watermelon and
quartered grapes



Half a banana

Tuna and Avocado
Sandwiches



Sliced tinned mango
and berries

Tzatziki Dip
Crackers
Mango Tout

Pizza Muffins



Ingredients:

- 1 English muffin
- 20ml spoons of a tomato based sauce - passata
- 1 slices of ham
- handful basil leaves
- 1x 15ml spoons sweetcorn (canned)
- 30g mozzarella cheese

Method

1. Cut the muffin in half (you could try using different types of bread like crumpets or a wrap instead.)
2. Spread the tomato-based sauce over your pizza base with a table knife.
3. Tear the ham into small pieces with your hands and share it between the pizzas.
4. Wash the basil and tear the leaves, before arranging it on top.
5. Sprinkle some sweetcorn over the pizzas.
6. Tear the mozzarella into small chunks and add it to the pizzas.
7. Place them onto the grill pan and place under the grill for a few minutes until the cheese begins to bubble and turn brown.

Alternatives:

Try other toppings such as sliced mushroom, chopped cherry tomatoes, diced courgette or canned tuna.

Grated cheddar cheese can be used instead of Mozzarella.

Wrap Roll Ups



1. Spread a wrap with hummus.
2. Arrange sliced vegetables on top.
3. Roll up and cut into slices.
4. Under 5s would only require half a wrap! Make up two portions and store one in the fridge for the next day.

Similar can be created using sliced bread.

1. Remove crusts.
2. Roll slightly, using a clean empty glass bottle.
3. Add fillings and roll and slice.

Wrap Filling Ideas



Overnight Oats to be made in a plastic pot!

Overnight Oats Serves 1

Packed full of healthy breakfast goodness!



Ingredients

- 400g (3 cups) Porridge Oats
- 200g (1½ cups) Natural Yogurt
- Mixed blueberries, strawberries and raspberries (fresh or frozen)

Method

1. Layer the porridge, yogurt and fruit in a jar or bowl
2. Cover and chill in the fridge overnight so the porridge absorbs the yogurt

Top Tip: Try different fruits or flavour of yogurt. Add some natural honey for added sweetness.



If you do not have access to kitchen scales you can use cup measurements. A set of home measuring cups and/or home measuring spoons are available from high street stores and supermarkets with prices starting at £1 per set.

Conversion

Cup	Amount in Grams
½ Cup	75g
⅔ Cup	100g
¾ Cup	115g
1 Cup	150g

tsp = teaspoon

tbsp = tablespoon

DIY Pizza

Serves 4

Ideal for using up leftovers!

Ingredients

- Tortilla Wraps (1 or 2 per person)
- 200g Grated Cheese
- 1 Tin of Meat
- 4tbsp Tomato Puree
- 2 Garlic Cloves Crushed
- Sliced Vegetables (onions, peppers, mushrooms, tomatoes, sweetcorn)



Method

1. Preheat the oven to 180°C/Gas Mark 4
2. Remove the meat from the tin and cut into small chunks
3. Slice the vegetables
4. Line a baking tray with foil or non-stick greaseproof paper
5. Place a tortilla wrap on the baking tray and spread ½ tbsp of tomato puree around the wrap leaving a gap around the edge
6. Add the toppings (meat & veg)
7. Sprinkle with grated cheese to cover the toppings
8. Bake in the oven for approx. 5 mins until the cheese has melted and the edges of the wrap are brown

Top Tip: To make this pizza into a vegetarian option substitute the meat for more sliced vegetables of your choice.

Top Tip: Use bread/small rolls/french bread for pizza base. Ideal for using up stale bread

Top Tip: Use tinned or frozen vegetables

Vegetable Frittata (Baked Omelette)

Serves 4

A healthy packed lunch idea or a family meal served with Potatoes and Salad!



Ingredients

- 2 Onions (diced finely)
- 2 Garlic Cloves (crushed)
- 1 Red Pepper (seeded and finely sliced)
- 1 Green Pepper (seeded and finely sliced)
- 200g Tin of Sweetcorn (drained)
- 20g Frozen Peas
- 6 Eggs Beaten
- 250g Cooked Pasta
- 100g Grated Cheese
- Oil for cooking



Method

1. Preheat the oven to 180°C/Gas Mark 4
2. Coat a medium size pie or flan dish with oil
3. Place all the ingredients into a bowl and mix. Season with salt and pepper
4. Transfer the mixture into the pie/flan dish
5. Bake in the oven for 25-40 minutes. The eggs need to have set and the frittata is golden brown
6. Remove from the oven and stand for 15-20 minutes
7. Cut into portions and serve

Tasty Tabbouleh



Ingredients

- 120g bulgur wheat
- 3 salad tomatoes
- ½ cucumber
- 150g parsley
- 15 mint leaves
- 4 tbsp olive oil
- 4 tbsp lemon juice

Method:

1. Boil or soak bulgur wheat according to packet instructions. Drain off any excess water and leave to cool.
2. Finely chop the tomatoes and cucumber, draining off any excess liquid. Add to a large mixing bowl.
3. Remove the majority of the parsley stems and then finely chop the parsley, mint and spring onions. This can be done by hand or in a food processor.
4. Add the chopped herbs and cooled bulgur wheat to the mixing bowl. Combine all ingredients.
5. To make the dressing, combine the lemon juice and olive oil in a small bowl. Pour into the bowl and gently combine.

Banana Bread



Ingredients

- 3 very brown bananas
- 75ml of vegetable oil
- 225g of plain flour (any flour is fine like: oat flour, gluten free flour, whole meal etc.)
- 3 tsp of baking powder
- 3 tbsp of plain 0% fat greek yoghurt
- 50g of dark chocolate chips
- 3 tsp of cinnamon

Method:

1. Heat oven to 200/180
2. Peel bananas and mash with a fork, once mashed up completely add the vegetable oil & yoghurt
3. Add the flour, baking powder, chocolate chips/sugar and cinnamon and mix well
4. Lightly oil the the loaf tin and add in the mixture
5. Cook for 30 minutes and check to see if fully cooked by sticking a fork into the bread to see if it comes out clean
6. If not fully cooked, cook for another 10 minutes
7. Once cooked, bring to cool and slice (usually makes 8 slices)
8. Tastes great on it's own or top with some yoghurt and berries!

Blueberry Breakfast Bars



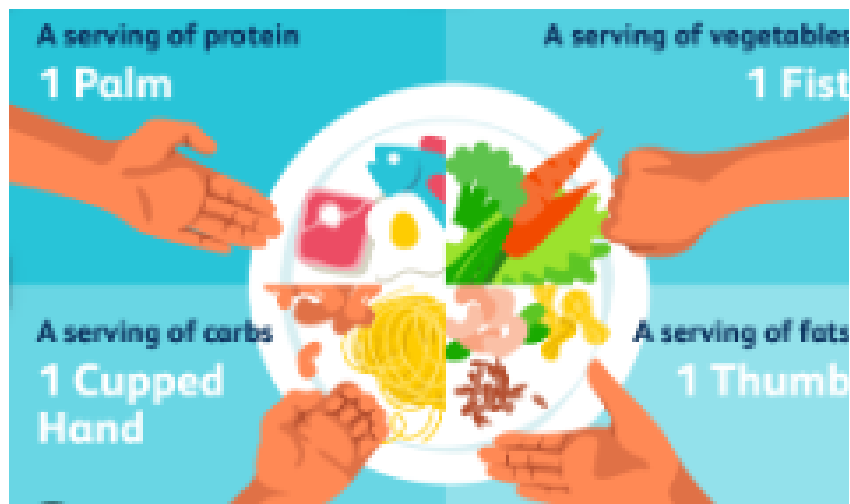
Ingredients

- 2 tbsp. of butter or coconut oil, melted
- 150g mashed banana (about 2 small)
- 250g porridge oats
- 150ml of milk
- 2tbsp maple syrup
- 1tsp vanilla essence
- 150g fresh or frozen blueberries
- 1-2tsp cinnamon

Method

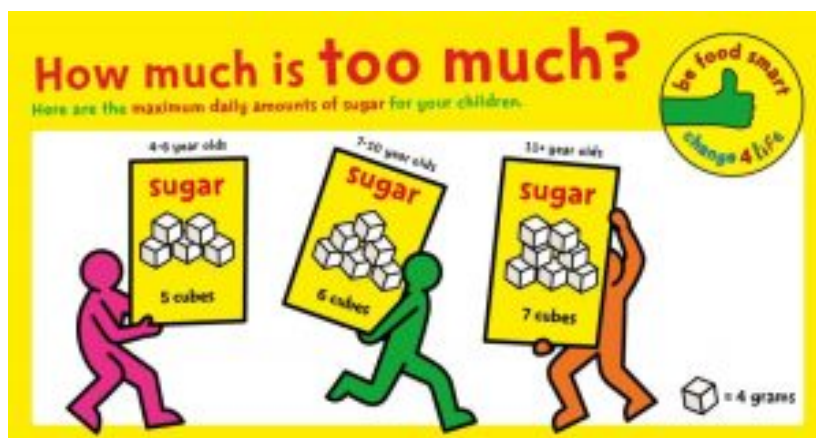
1. Preheat the oven to 180C.
2. Grease an 8-10 inch square baking dish with a little butter or line with parchment paper.
3. Add all of the ingredients together, folding in the blueberries last.
4. Pour the batter in to the baking dish and cook for 25-30 minutes until golden brown.
5. Cool on a wire rack before slicing into 12 squares.
6. Delicious served warm with a dollop of plain yoghurt.

*Use any berries you can get hold of. You could try adding some seeds for protein and healthy fats too.



Use the size of your child's hand to help guide portion size:

- Carbohydrate-size of child's fist
- Protein-size of child's palm
- Fruit and veg-size of child's cupped hand
- Fats-size of child's thumb



Please speak to your child's Key Person or Mrs Macdonald if you have any questions or need support to embrace these principles.

Other places to find simple recipes:

<https://beezeebodies.com/blog/category/recipes/>

<https://www.familyfoodbank.org/uploads/7/9/9/6/79964306/food-bank-recipe-book-final-web-and-email.pdf>

<https://www.bbcgoodfood.com/howto/guide/10-budget-ideas-for-kids-lunchboxes>

<https://www.nhs.uk/healthier-families/recipes/lunch/>