Include 1 portion of fruit, 1 portion of veg, some protein and wholegrains plus water to drink

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| **FRUIT** | **VEGETABLE** | **MAIN SNACK – WHOLEGRAIN OR RYE BREAD / WRAP / PITTA / BAGEL**  **WITH**  **PROTEIN (Listed below)** | **ADD ON** |
| Apple / Pear | Mangetout | Hardboiled egg with mayonnaise\* | Oatcakes and pesto / mango dip |
| Plum | Carrot sticks | Cheddar and tomato / brie and grapes | Sesame sticks |
| Banana | Celery sticks | Chicken & sweetcorn in mayonnaise\* | Rice cakes with peanut butter (if permitted) or cheese |
| Grapes | Sliced pepper | Tuna with sweetcorn and diced pepper and mayonnaise\* | Chunks of cheese |
| Berries | Sugarsnap peas | Tinned salmon (or smoked) with cucumber and mayonnaise | Wholegrain crackers with ***pea & mint spread*** |
| Mandarin | Baby corn | Falafel pitta with hummus lettuce and cucumber | ***Smoothie*** |
| Peach / nectarine | Radish | Ham / turkey, lettuce, tomato | ***Hummus*** |
| Pineapple / Melon chunks | Cucumber sticks | Chicken, pesto# and cherry tomato pasta | Yogurt (Full fat if possible) |
| Kiwi sliced | Cherry tomatoes | Slice of quiche or frittata | ***Easy banana oat cookies*** or pancake |
| Fruit salad | Vegetable soup | Couscous or Rice with chicken, grated carrot, cucumber and sweetcorn | Sliced brown bread or ***Wholemeal scone with raspberry chia jam*** |

\*For ‘healthy mayonnaise’ mix mayonnaise with probiotic natural yoghurt

#Nut free pesto if required is available in the Lidl (and other supermarkets)

A variety of small portions often prove more popular and less come home uneaten

Protein fills us up for longer so even a small amount is worth including

Snacks like popcorn can take too long to eat & result in the rest of lunch not been eaten so for that reason, we don’t recommend including it

Your kids may not eat everything but try and introduce variety 1 or 2 days over the course of the week

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| **Pesto Dip**  2 Tablespoons natural yoghurt  1 Tablespoon green or red pesto  Mix yoghurt and pesto together.  Use in sandwiches, as a dip or in pasta salads | **Mango Dip**  2 Tablespoons natural yoghurt  1 Tablespoon mild mango chutney   * Mix yoghurt and mango chutney together. * Use in sandwiches, as a dip or in pasta salads | **Raspberry Chia Jam**  Stew a punnet of raspberries in a small amount of water  Add sugar to taste (if needed)  When soft, add 1 – 2 tbsps chia seeds  Allow to cool & store for 5 days in the fridge  Chia seeds are a great source of protein! | **Wholemeal Scones**  100g self-raising flour  180g wholemeal flour  1 heaped tsp baking powder  25g oats  Handful mixed seeds  Pinch salt  60g cold butter, cut into cubes  1 egg  200ml buttermilk +3 tbsp. milk   * Preheat oven to 190oC * Mix flours, baking powder, salt, seeds and oats and rub in butter until mixture resembles fine breadcrumbs * Briefly mix in milk to form soft dough. Do not overhandle. * Turn onto floured surface pat out to 4 cm thick and cut out scones * Put on baking sheet, brush with milk, sprinkle over mixed seeds and bake for 10 – 12 minutes until golden. Cool on a wire tray * For **cheesy scones** add ½ tsp mustard powder and 85g mature cheddar into flour mix. * For **sweet scones** add in 1 tbsp castor sugar and a large handful of raisins or frozen berries at the breadcrumb stage |
| **Hummus**  1 tin chickpeas  1 clove garlic  1 tbsp. tahini juice of ½ - 1 lemon  2 tbsp. extra virgin olive oil / rapeseed oil  ½ tsp ground cumin (optional)   * Put the chickpeas and garlic in a blender and blend until small crumbs * Add tahini, lemon juice, oil, cumin and blend. If required add some water to make thinner. * For variety, add sundried tomatoes / harissa / roasted peppers to the hummus and blend. * Use in sandwiches, as a dip or spread on rice cakes | **Savoury Pumpkin Seeds**  6 tablespoons pumpkin seeds  ½ - 1 tablespoon soya sauce (use tamari for wheat free version)   * Preheat oven to 160oC * Mix pumpkin seeds and soya sauce, place in a single layer on a preheated baking tray and roast for 10 – 15 minutes. * Remove from the oven and allow to cool and ‘dry out’   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Fruit smoothie**  Blend together ½ banana, handful frozen berries, 1 tbsp. probiotic natural yoghurt, ½ tbsp. ground linseeds / ½ avocado and splash of apple juice. Thin with water if necessary.  NB always ensure to add protein e.g. natural yoghurt / nuts / seeds | **Easy banana oat cookies**  80g porridge oats  20g ground linseeds  2 bananas, mashed  1 tbsp. chocolate chips (optional)   * Preheat oven to 180 oC * Mix all ingredients together in a bowl and place teaspoons of mixture on baking sheet lined with baking paper. Flatten slightly * Bake for 10 – 12 minutes until lightly browned   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Pea & mint spread**  3 cups frozen peas, thawed (just pour boiling water over them)  ½ clove of fresh garlic, crushed  5 tablespoons extra virgin olive oil  ½ - 1 cup fresh mint leaves, roughly chopped   * Blend ingredients in food processor * To make this dip/spread creamier, add 2 – 4 tbsp. full fat cream cheese |