

THE TINY

RECIPE BOOK – PACKED LUNCH

RYEFIELD PRIMARY SCHOOL

Packed lunches can be a daily challenge. Trying to come up with healthy and exciting ideas can be a battle.

In this little booklet there are some ideas that you can mix and match or replace with an option your child would prefer.

Try not to get into the habit of an easy option of high fat/sugary/salty snacks. Remember, everything in moderation.

Mrs Avery



CHEESEY COLESLAW WITH WHOLEMEAL PITTA

Ingredients

Serves 1

1 tsp reduced-calorie mayonnaise
1 tbsp low-fat Greek style yoghurt
1 thin slice of white cabbage, shredded (to give a handful)
1 small carrot, grated
2 spring onions or a slice of onion, chopped
20g reduced-fat cheddar cheese finely chopped or grated
Parsley, chopped (optional)
1 large wholemeal pitta bread.

Method

Step1

In a bowl, mix the mayonnaise and yoghurt.

Step2

Add the vegetables, cheese and if using, parsley and mix.

The coleslaw keeps well in the fridge so make it the previous evening to help with the morning rush!

Step3

Carefully split open the pitta bread and fill with the coleslaw.



Complete your lunchbox with:

5 cherry tomatoes, small box of raisins, whole/semi-skimmed milk or water.

Note: Replace cheese with another filling e.g. ham.

Reduced calorie and low-fat items do not have to be used as long as they are used in moderation.

CREAMY HUMMUS DIP WITH PITTA BREAD & VEGETABLE STICKS

Ingredients

Serves 1

2 heaped tbsp tinned chickpeas
Juice of ½ lemon
1 tbsp low-fat Greek style yoghurt
1 tbsp olive oil
¼ tsp paprika (or to taste)
¼ tsp cumin (or to taste)
1 clove of garlic (peeled)
1 large wholemeal pitta bread, cut into strips
1 small carrot, cut into sticks
1 stick of celery, cut into sticks.

Method

Step 1

Put the chickpeas, lemon juice, yoghurt, oil, spices and garlic in a bowl.

Step 2

Using a hand blender, mix together until smooth.

Make the hummus the previous evening and store in the fridge. As well as saving time, the flavours will have time to develop.

Step 3

Serve with the pitta bread strips and carrot and celery sticks.

Complete your lunchbox with:

Banana
Sugar-free jelly pot
Small bottle of water

Note: Hummus makes a great after-school snack. If you're using a shop-bought hummus, choose a reduced-fat version. You can add your own flavourings e.g. lemon juice, paprika.



EGG MAYONNAISE & LETTUCE BAP

Ingredients

Serves 1

1 egg
1 level tbsp reduced-calorie mayonnaise
Large pinch of black pepper
1 large wholemeal bap
Small wedge of lettuce, to give 2 tbsp when shredded.

Method

Step 1

Place the egg in a small saucepan covered with water, bring to the boil and cook for 10 minutes. Plunge in cold water and leave to cool.

Cook the egg the night before to save time in the morning rush.

Step 2

Remove shell and mash the egg with the mayonnaise and pepper.

Step 3

Use the egg mixture to fill the bap, topping with the lettuce.



Complete your lunchbox with:

5 cherry tomatoes
Fruit snack pot (tinned fruit in juice)
200ml semi-skimmed milk.

Note: Try cress or baby spinach instead of the lettuce. Pat it dry before adding to the bap, to avoid soggy bread.

Soft cheese and salad sandwich

Ingredients

Serves 1

2 thick slices of wholemeal bread
2 tbsp medium-fat soft cheese
3cm piece of cucumber, finely chopped
20g celery (about $\frac{2}{3}$ of a stick), finely chopped
Small wedge of lettuce, to give 2 tbsp when shredded
Pinch of black pepper or paprika, optional.

Spreading the cheese on both slices of the bread – and patting the salad dry – helps prevent a soggy sandwich!

Method

Step 1

Spread both slices of bread with the cheese.

Step 2

Pat the salad dry and use to fill the sandwich, sprinkling with pepper or paprika if using.

Try other salad vegetables, or even some pineapple.



Complete your lunchbox with:

An apple
Yogurt
Small bottle of water.

Note: If your child doesn't like brown bread, use white.

There are lots of different cheeses, try something new.

Tuna and bean salad

Ingredients

Serves 1

3 tsp olive oil Juice of ½ lemon
Large pinch of dried mixed herbs
Large pinch of mustard powder
Large pinch of black pepper
1 slice of pepper, chopped 2 spring onions, sliced
3cm piece of cucumber, chopped
1 heaped tbsp canned mixed beans in water, drained
½ x 160g can of tuna in spring water, drained
To serve: 1 thick slice of wholemeal bread and lower-fat spread.

Method

Step 1

Mix the oil, lemon juice, mixed herbs, mustard powder and black pepper.

Step 2

Add to the salad vegetables, beans and tuna and mix gently.

Double the recipe to use the rest of the can of tuna and save for the next day.

Step 3

Serve with the bread and lower-fat spread.



Complete your lunchbox with:

A satsuma
Slice of malt loaf
200ml semi-skimmed milk

Note: This would also work well with cold pasta as a pasta salad, instead of serving with bread.

Spicy chicken and salad wrap

Ingredients

Serves 1

- 1 tbsp low-fat Greek style yoghurt
- ¼ tsp of curry powder, to taste
- Large pinch of chilli powder, to taste
- 85g cooked chicken breast, chopped into small pieces
- 1 large wholemeal wrap
- Small wedge of lettuce, to give 2 tbsp when shredded
- 3 slices of cucumber, chopped
- 1 slice of pepper, chopped.

Method

Step 1

Mix the yoghurt and spices to taste and add the chicken.

Step 2

Spread the chicken mixture on the wrap, then sprinkle on the lettuce, cucumber and pepper.

Try other salad vegetables – grated carrot and chopped celery work well, too.

Step 3

Fold opposite edges of the wrap, to keep the filling in, then roll up and cut in half.

Complete your lunchbox with:

Peach and strawberry slices
Homemade popcorn (for example flavoured with cinnamon).

Although there is a picture of squash, this and fruit juice is not allowed in school.

Note: This is a great way to use leftover roast chicken.

Spices do not have to be used or replace with herbs.



Salmon and salad bagel

Ingredients

Serves 1

1 wholemeal bagel
Small can (105g) or half a large can of pink salmon
1 level tbsp reduced-calorie mayonnaise
Large pinch of black pepper
4 slices of cucumber
Small wedge of lettuce, to give 2 tbsp when shredded.

Method

Step 1

Cut the bagel in half, toast and leave to cool.

Step 2

Drain the salmon and remove the bones. Mix with the mayonnaise and pepper.

The fish bones in tinned salmon are edible and contain calcium, but remove them if your child doesn't like the texture.

Step 3

Spread the mixture on one half of the bagel, add the cucumber and lettuce and then top with the other half of the bagel.

Prepare the salmon mixture the night before and keep in the fridge to save time in the morning.



Complete your lunchbox with:

Handful of grapes (about 12)
1 plain rice cake
200ml semi-skimmed milk

Note: Bagels can be large and heavy going. A couple of mini bagels can be an alternative. Also bagels come with different flavours.

ONE MORE NOTE

I hope these ideas will help the morning rush. Remember there are an array of different breads out there. Fruits and vegetables can be changed. Herbs, spices and sauces can be changed. It is up to you to adapt the lunch box to suit your child's needs.

Do not go for the easy option of crisps, biscuits etc. Planning is the key. Plan for five days and you have your week of lunches which can be repeated each week if necessary.

Remember we all need a treat at sometime or another but in moderation. Please keep them out of their school lunchbox, this will help your child and also keep our healthy school ethos.

All recipes are taken from the Change 4 Life website.