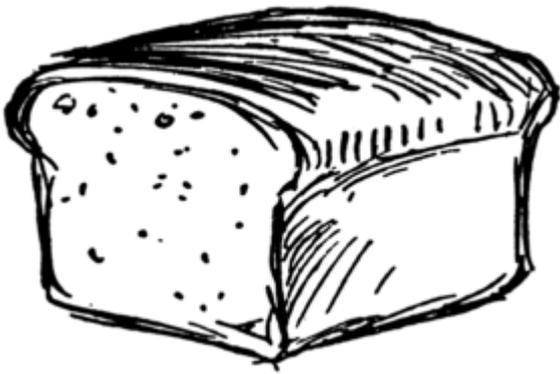


Packed lunches can be as healthy and good for you as the food you serve at home.

## A balanced packed lunch box should contain

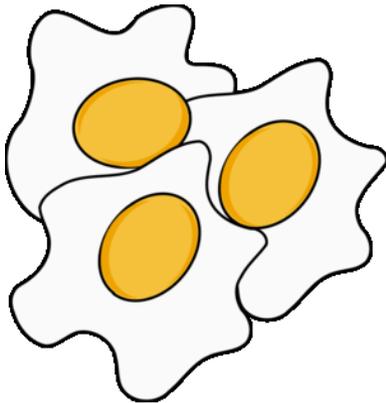
Starchy foods -

bread, potatoes, pasta, rice



Protein foods,

fish, eggs, meat, cheese, beans



## Dairy food -

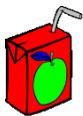
cheese, yoghurt



Plus vegetables or salad and a piece of fruit



And milk, water or diluted fruit juice to drink



*Here are some ideas for good things from the parents and children at Grange*

## Starchy food

Sandwiches - egg, tuna, ham or salad on brown wholemeal bread, or pitta pockets or wraps

Pizza slice

Bread sticks with hummus

Rice with mixed vegetables

pasta

## Protein food

Cheese

Eggs

Chicken

Beans

Hummus

## Dairy food

Yoghurt

Cheese sticks

## Fruit and vegetables

Water melon cubes

Tropical fruit salad

Cherry tomatoes

Raisins

Carrot sticks



Recipes supplied by parents and children from Grange

### Tuna pasta salad

#### ***Ingredients***

*Pasta shapes - 3 handfuls*

*Tuna - 1 small tin*

*Sweetcorn 1 small tin*

*Baby spinach leaves a handful*

*Mayonnaise*

Cook the pasta in a large saucepan of boiling water for 12 - 15 minutes

Drain and put the cooked pasta in a mixing bowl

Drain the tuna and sweetcorn and add to the pasta

Chop up the baby spinach leaves and add to the pasta

Add the mayonnaise, mix to combine all the ingredients and serve

### Omelette

#### ***Ingredients***

*2 eggs*

*Small knob of butter*

*Salt and pepper*

*Grated cheese - a handful*

Crack the egg in a mixing bowl add salt and pepper to taste and beat with a fork until the yolk and white are combined.

Heat a frying pan on a low heat and put in the butter

When the butter has melted add the egg mixture and move the pan around to spread it evenly

When the omelette is nearly cooked (still some raw egg on top) sprinkle on the grated cheese

Ease round the edges of the omelette with a spatula. Fold the omelette in half. When it turns golden brown underneath it is ready.

*You can add cold omelette strips to a packed lunch box or use it as a sandwich filling. Try adding cooked potatoes or grilled green peppers*

Spicy egg sandwich filling

### ***Ingredients***

*2 eggs*

*Third of an onion finely chopped*

*Pinch of salt*

*Half a teaspoon of curry powder*

*Small amount of vegetable oil - enough to coat the bottom of saucepan*

Put oil in saucepan and put on a low heat

Whisk the eggs in a small bowl

Put the chopped onion in another bowl with the salt

Mix the curry powder with the onions

Add the eggs and mix

Cook in saucepan on a low heat until solid

Allow to cool and then use as a sandwich filling

## Naan Bread sandwich

### *Ingredients*

*Naan bread*

*3 slices of ham*

*6 slices of cucumber*

*8 slices of sweet pepper*

Split the naan bread and spread each slice with butter

Fill with the ham cucumber and pepper

