



Great Grub

Get the kids to help chop, stir and pack lunch Boxes.

Coming up with meals each week can be a challenge, our example menu may help you with that, plus 2 recipes to try out. We hope you enjoy them.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Cereal - Semi-skimmed milk Fresh banana slices	Weetabix Semi skimmed milk Fruit pieces	Cereal Semi-skimmed milk Raisons	Weetabix with low fat fruit yoghurt	Toast with Jam whole banana	Scrambled eggs on a slice of toast	Soft boiled egg toast in slices like soldiers
Snack	Handful of fresh strawberries	Cheese crackers and low fat cheese spread	Carrot and cucumber sticks	Granola bar	Baby tomatoes / cucumber sticks	Malt loaf and grapes	Apple and orange slices
Lunch / box	Pitta bread pizza with 2 toppings (1 veg topping)	Hummus with pitta bread and vegetable dipping sticks	Egg mayo and cucumber wholemeal wrap, Baby tomatoes	Wholemeal bap with chicken mayo and salad raisins	Tuna Mayo & sweetcorn sandwich cucumber sticks	Veg Soup – Crusty roll	Shepherds pie (inc carrots) Broccoli
Dinner	Tuna Pasta bake salad	Home made burger / bun and oven cooked chips salad	Spaghetti Bolognese salad	Chicken curry and rice	Salmon / green beans / new potatoes	Jacket potato with cheese and baked beans	Carrot and sultana pancakes
Drinks	Try to limit fizzy drinks, but use semi-skimmed milk, water, no added sugar squash or fresh squeezed fruit juice						

For more food ideas and healthy eating tips visit [Healthy Recipes](#) | [Change4Life \(www.nhs.uk\)](#)

For a list of foodbanks please visit [Find a Food Bank - The Trussell Trust](#)



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Start the day with 10 minutes of activity before breakfast



Don't become an ice statue like Anna.

When the music is playing keep moving and dancing.

When it stops stand still – if you don't you need to do 10 star jumps to help melt the ice...

Mind your head and your child's.

It is important to look after how we feel.

Our wellbeing is just as important as looking after our body. For help and

advice please click [here](#)

2 recipes to try out with your kids

Veggie Soup

Use any veggies you have left over, those that are nearly past their best, frozen ones, tinned ones, it really doesn't matter. It's a great way to use up anything that might have been wasted.

For example: 1 medium onion / 2 celery sticks / 2 carrots / 1 courgette / 2 garlic cloves / 50 – 100 g mushrooms / 2 garlic cloves / 1 tbl spn tomato puree / 1 large tin of tomatoes / Vegetable stock cube / Parsley and basil (fresh / dried) / 700ml water

Cook all veg in a little oil gently until soft (5/6 mins) add tomato puree, herbs and tinned tomatoes, simmer for 10 mins. It will thicken a little. Serve as is or put through a liquidiser if you prefer a smooth soup. Add a little salt and pepper before serving with a crusty roll or French bread.

Fruit Crisps

Apples, pears, oranges and pineapples make great alternatives to salty crisps. You will also need some water and lemon juice.

Very finely slice the fruit with a sharp knife. Fill a shallow dish with water and lemon juice, soak the slices of fruit (not the pineapple) for 5 mins.

Drain the pat dry with kitchen towel. Place on a lined baking tray and cook at 120 'c for 1.5 hours or until dry and started to curl up. Cool and store in an airtight container. Reheat at same temp if a bit soft from storage.