



# 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	Strawberries and grapes	Cheese crackers and low fat cheese spread	Pepper and cucumber sticks	Granola bar	Baby tomatoes / cucumber sticks	Malt loaf and grapes	Apple and orange slices
Lunch / box	Pitta bread filled with peppers, cheese and ham	Hummus with crackers 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	Home made Pizza	Beef casserole and rice
Dinner	Chicken fajitas	Sausage, mash and sweetcorn	Lasagne	Fish Fingers, broccoli and chunky chips	Salmon / green beans / new potatoes	Veggie and Chicken stir fry	Tomato soup and crusty bread
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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## 10 minutes of helpful activity



### Woody's round-up.

Who can be the quickest to round up all the toys to help them find their homes for bed time. Use the same game for getting dressed.

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

### Home made pizza

Have fun with the kids making a pizza together. Use any veggies or left overs you have. It's a great way to use up anything that might have been wasted.

Pizza base: 650 grams Flour (or strong white flour, plus extra for dusting) / 7 grams dried Easy-Blend Yeast / 2 teaspoons Salt / 25 ml Olive Oil / 50 ml Warm Milk / 325 ml warm water – put all the ingredients into a bowl and mix (with a mixer if possible) once it is all in a ball, cover it and leave for an hour. Once risen its ready to roll, press or stretch into what ever shape you like. Make a tomato sauce from tinned tomato's blitzed up with some garlic or use a passata sauce. Spread over the dough and add veggies, ham, chicken, pepperoni, or whatever you fancy and lots of cheese. Place on a flat pizza tray or similar and cook at 180°C for 10-14 mins, Enjoy !

### Veggie spicy rice

400g carrots, halved or quartered / 2 sml sweet potatoes, sliced into rounds / 2 red onions, cut into wedges / 1 tbsp cumin seeds / 1 tbsp ground coriander / 2 tsp mixed spice / 3 tbsp olive oil / 75g cashew nuts / 1 vegetable stock cube and 350ml water / 150g easy-cook long grain / 2 garlic cloves, crushed / 1 broccoli, grated / handful coriander / 100g 0% fat Greek-style yogurt.

Roast the carrots, sweet potatoes and onions on a large baking tray. Mix the dried spices and sprinkle half over the veg. Drizzle with half the oil, season and toss together. Put in the oven for 20 mins at 180°C, add the cashew nuts and cook for a further 10 mins.

Heat the remaining oil in a saucepan on a medium heat. Add the rice, garlic and remaining spice mix, cook for 2-3 mins. Add the stock and boil. Cover with a lid, cook for 10 mins on a low heat or until almost tender. Stir in the grated broccoli, and cook for another 2-3 mins or until the broccoli is just tender.

Mix the roast vegetables and rice in a large bowl. Serve with the yoghurt.