



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

Great Grub

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	Pancakes and toppings	Poached eggs on toast
Snack	Breadsticks and soft cheese dip	Banana and kiwi fruit bits.	Pepper and cucumber sticks	Malt loaf and grapes	Baby tomatoes / cucumber sticks	Malt loaf and grapes	Apple and orange slices
Lunch / box	Home made pizza slices Cucumber sticks	Hummus with crackers and vegetable dipping sticks	Tuna Mayo & sweetcorn sandwich cucumber sticks	Wholemeal bap with chicken mayo and salad raisins	Egg mayo and cucumber wholemeal wrap, Baby tomatoes	Home made Pizza	Beef casserole and rice
Dinner	Tuna pasta bake	Sausage hot pot / mashed potatoes, carrots	Spaghetti bolognese	Ham, fried egg and chips	Fish Fingers broccoli and chunky chips	Homemade chicken dippers, tomato dip chunky chips	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](#)



M
a
k
i
n
g

M
o
v
i
n
g

f
u
n

The 10 minute jump challenge



Jesse's skipping challenge

How many skips can you do in 10 minutes?

Use a rope if you have one, try skipping backwards too or skip round the garden or house.

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

Spaghetti Bolognese

2 tbsp olive oil / 400g beef mince / 1 onion / 2 garlic cloves / 100g carrot / 2 x 400g tin chopped tomatoes / 400ml beef stock / dried oregano / 400g dried spaghetti / cheese (parmesan or any you like grated) You can add mushrooms either in quarters or very small to add another vegetable.

Add oil to a pan and cook the chopped onion and garlic until soft. Add the mince and cook until all browned and broken down. Add the stock, tomatoes and oregano and simmer for about 45 minutes. Add salt and pepper. Cook the spaghetti according to the packet. Serve with grated cheese.

Home made chicken dippers and tomato dip

100g skinless chicken breast, cut into thin strips / 100g breadcrumbs, (2 slices crustless white bread) / 1 whole egg / 2 tbsp plain flour / 0.5 whole red pepper / 0.5 whole onion / 0.5 tbsp tomato puree / 1 tbsp olive oil / 1 tsp balsamic vinegar / 250g tomato / 200g canned tomato / 150ml water

Heat the oven to 190C/375F/Gas Mark 5. / Pop the slices of bread in a blender and blend until you have fine breadcrumbs. / Lightly beat the egg and place in a shallow bowl. / Dip each chicken dipper in the flour, then the egg and finally cover in the breadcrumbs. / Place on a lightly prepared baking tray. / Bake for around 20 minutes– but make sure the dippers are cooked right through. / Chop into small pieces that are manageable for your child. / Heat the oil in a large pan and add the onions. / Cook until soft (about 10 -15 minutes) on a medium heat. / Add peppers and puree. / Stir in chopped tomatoes and tinned tomatoes. / Add 150ml water and the Balsamic vinegar. / Cover and simmer for 20-25 minutes. / Allow to cool and then blend to required consistency.