



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	Homemade burgers, chips and salad
Dinner	Chicken dippers, tomato dip and chips and peas	Pizza and salad	Chicken curry and rice	Jacket potato beans and cheese	Home made Fishcakes, broccoli and carrots	Toad in the hole, sweetcorn and peas.	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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## Test your skills



### Captain America's shield skills

Find some empty bottles, loo roll middles etc and stand them up on the floor. Find some old paper (news paper) screw up into balls. Play with a friend by taking it in turns to try to throw the balls to knock the targets down.

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

### Toad in the hole

140 g plain flour / ¼ tsp salt / 3 eggs / 300 ml skimmed milk or mixture of milk/ water / 2 tbsp rapeseed oil / 8 good quality pork sausages

Preheat the oven to 220°C (200°C fan)/400°F/gas mark 7. Place the flour in a mixing bowl with the salt and make a well in the centre. - Drop the eggs into the well and add about 100ml milk. Beat the eggs and milk together gradually incorporating the flour to make a smooth thick batter. - Gradually beat in the remaining milk - Heat the oil in a large shallow baking dish for 5 minutes. Make sure the sides of the dish are oiled too. Cook the sausages in the oven for 10 minutes. - Quickly, remove the dish from the oven and pour in the batter all in one go. Quickly return to the oven. Bake for 25-30 mins until the batter is puffed up, golden brown and crispy.

### Home made fish cakes

300 g potatoes / 100 g salmon fillet , skin on, scaled, pin-boned, from sustainable sources / olive oil / fresh flat-leaf parsley / butter / lemon / 1 tablespoon plain flour , plus extra for dusting / salt and pepper

Peel and chop potatoes, cook in boiling water for 10 minutes - Rub salmon fillet all over with oil, place in a colander and cover with tin foil. - When time is up, place colander directly over the pan of boiling potatoes. Turn the heat down to medium-low and cook for 8 to 10 minutes, or until the salmon and potatoes are both cooked through. - Once cooked, remove the fish from the colander to a plate, remove the skin. - Drain and mash the potatoes add a dollop of butter. Flake the salmon into the bowl, add 1 tablespoon of flour, the chopped parsley and a really good pinch of sea salt and black pepper. Finely grate over the lemon zest, then mash and mix together really well.

Divide the mixture into 4, then lightly shape and pat into circles about 2cm thick, put in the fridge for an hour or so to cool and firm up. Heat oil in a frying pan and cook for 3 to 4 minutes on each side, or until crisp and golden – serve with lots of veggies.