

The Lunchbox Helper

The components needed + at least one Calcium (Ca) food *(pick 1 from each column)* →

Time Available to you

	Carbohydrate	Protein	Side (add 1 or 2)	Pudding	Drinks
Quick & Easy	Sandwiches or wraps: Bread: Heavy & Grainy bread or wholemeal wraps Fillings: Chicken & Salad / Hummus & Pepper / Egg & Cress/ Salmon & Cucumber / Cheese & Tomato (Ca)		Vegetable Selection (cherry toms, celery, cucumber, raw broccoli (Ca), carrot, sugar snap peas, baby corn, pepper, mushrooms)	Yoghurt (Ca)	Ideally water or milk If your child prefers juice then dilute juice half with water or squeeze some fresh orange into water to give it a sweeter taste
	Oat cakes Rice Cakes Wholemeal crackers Pitta bread slices Bread sticks	Cream cheese (Ca) / Herb cheese (Ca) Boiled Egg Hummus Guacamole Chicken Drumstick Sliced Ham Peanut Butter		Rice Pudding & raspberries (Ca)	
Love making & baking	Easy Cheesy Flapjacks (Ca)		Kale Chips Veggie crisps (Homemade)	Jelly with fruit	Freshly made juices and smoothies are great and are good if you have a thermos to store them in to help them last!
	Mini Quiches (Ca)			Custard, stewed apple & granola (Ca)	
	Sausage Rolls / scotch eggs			Fruity Flapjacks	
	Cheese & Tomato / Cheese & Bacon muffins (Ca)			Oatmeal & Raisin Cookies	
Can do some before bed prep	Left over wholemeal pasta + pesto + chopped chicken / salmon (or cheese if vegetarian) + tomatoes + pepper		Banana Bread		
	Left over wholemeal rice or cous cous + chicken / tuna (or beans if vegetarian) + chopped pepper + sweetcorn + herbs + lemon juice + olive oil				
	Left over potatoes + bacon (omit if veggie) + egg + dressing (mustard, mayo and honey combined) + chives + sweetcorn				

Lunchbox Recipes

Easy Cheesy Flapjacks

50g butter 150g Oats
150g grated cheese 2 Egg
1 carrot grated 2 tbsp seeds (sunflower or pumpkin)

1. Preheat the oven to 180°C / 350°F / gas mark 4.
2. Line and grease a 9" square baking tray
3. Put the oats into a mixing bowl.
4. Melt the butter then pour over the porridge oats.
5. Add the grated cheese, seeds, beaten eggs and grated carrot to the oat mixture and mix until well combined.
6. Pour the mixture into the baking tray and gently flatten using the back of a spoon.
7. Cook for 30-40 minutes, until lightly golden.
8. Allow to cool for a little in the tin before slicing.

Oaty Raisin Cookies

50g butter 80g Oats
1 dstspn honey 1 Egg
50g Spelt Flour 1 tsp baking powder
50g Unrefined sugar 50g Raisins

1. Preheat oven to 180°C
2. Beat together the butter and sugar in a bowl
3. Now beat in the egg
4. In a separate bowl mix together the flour, oats and baking powder
5. Combine the 2 bowls, add the raisins and mix carefully
6. Dollop the mix into piles on a greased baking tray and press down
7. Bake for about 10-12 minutes until golden
8. Leave them on the baking tray for a few minutes to cool
9. Transfer to cool completely on a wire rack

Cheese & Tomato Muffins

1 egg 50g oats
250g wholemeal or spelt flour 50g melted butter
125g Cheddar cheese grated 220ml Milk
1 tspn Pesto 80g sundried tomatoes

1. Preheat oven to 200°C
2. Mix the flour, cheese and oats together
4. Add the chopped tomato and pesto and mix
5. Whisk together the milk, egg & butter and add to the dry mixture
6. Stir gently but do not over mix
7. Spoon into a 12 hole muffin tray (greased or lined)
8. Bake for about 20-25 minutes until golden
9. Allow to cool on a wire rack

Sausage Rolls

Packet Puff Pastry 1 packet dry stuffing
450g turkey or pork mince 1 egg

1. Preheat oven to 200°C
2. Mix together the stuffing and mince so that it is well combined
3. Roll out the puff pastry into a rectangle
4. Arrange one long sausage shape of the mince mix down the centre of the pastry
5. Fold the edges of the pastry into the middle to form a giant sausage roll
6. Cut into smaller ones, brush the top with egg and bake for 25-30 minutes until golden brown.

These freeze brilliantly!

Lunchbox Recipes

Scotch Eggs

9 medium sized organic eggs
10 best quality herb sauces (or plain & fresh herbs)
200gr Dried breadcrumbs

1. Hard boil 8 of the eggs, cool and peel
2. Preheat the oven to 200°C
3. Place the flour in a bowl
4. Whisk the last egg in one bowl, place breadcrumbs in another
5. Squeeze the sausage meat out of the skins and into a large bowl.
6. Divide the sausage meat in to 8 equal portions and mould each portion around an egg to cover it and pinch it all closed
7. For each egg roll in into the flour, then into the breadcrumbs
8. Place on a baking tray and bake for 20-25 minutes until golden

Banana Bread

1 egg
75g butter
170g spelt/wholemeal flour
1 tsp bicarbonate of soda

4 ripe bananas
1 tsp vanilla extract
75g muscovado sugar (unrefined)

1. Preheat the oven to 160°C for a fan oven or 180°C for a non-fan oven.
2. Grease and line a loaf tin.
3. Mash the bananas with a fork, and then mix in the egg, softened butter and vanilla.
4. Next add the flour, sugar and bicarbonate of soda and mix well
5. Pour into the loaf tin and bake for 1 hour

Fruity Flapjack

200g oats
1tbsp molasses (or honey)
2 tbsp pumpkin seeds
75-100g dried fruits

100g coconut butter (or normal butter)
75g unrefined sugar
2 tbsp sunflower seeds

1. Preheat the oven to 160°C fan / 180°C non-fan oven.
2. Line/Grease a baking tin.
3. Melt the butter, molasses and sugar together gently until all combined
4. Add the oats and seeds (If you like seeds just add them in whole - if not blend them to a fine powder in a food processor)
5. Finally add the dried fruit and mix well
6. Press into prepared baking tray – bake for 25 minutes until golden brown – mark out the cutting lines
7. Allow to cool before removing from tin

Chicken Strips

450g chicken breast
50g Oats
1 tbspn Sunflower Seeds
25g Parmesan

1 egg
1 tbspn Pumpkin Seeds
5 to 6 sprigs of fresh lemon thyme
Salt & Pepper

1. Preheat oven to 200°C (180°C fan)
2. In a blender mix together the oats and seeds to a flour
3. Add the lemon thyme and blend again
4. Grate the parmesan and add to the flour mix and season to taste
5. Cut the chicken breast into strips or chunks
6. Beat the egg and pour into a flat dish
7. Dip the chicken into the egg and then coat in the flour mix
8. Place on a lightly greased baking tray
9. Cook in the oven for 15 to 20 minutes until the chicken is cooked but still moist and tender