










































Low cost packed lunch menu for parents and carers of primary aged children
Three week menu cycle compliant with the final food-based and nutrient-based standards

| Week 1 | Main course | Dessert | Drink | Price Guide | Time in advance | Time night before / on morning | Recipes included in menu cycle |
|------------------|---|--|-------------------------------|-------------|--|---|--|
| Monday | Tuna mayonnaise sandwich Cucumber chunks (2.5cm) | Carrot and apricot cake Handful of Grapes | Flavoured milk drink (200ml)* | £ |    |  | Carrot and apricot cakes Rice salad with turkey Seeded flapjack |
| Tuesday | Rice salad with turkey Red pepper strips (1/4 pepper) | Fruit fromage frais 1 Apple | Water | £ |    |   | Chocolate bran flake slice Carrot and pumpkin seed salad Pasta salad with Chicken and vegetables |
| Wednesday | Meatballs (2) and mixed salad in a wholemeal pitta Celery sticks (1 trimmed stick) | Seeded flapjack 1 Pear | Flavoured milk drink (200ml)* | £ |    |  | Equipment needed Insulated lunch box Freezer pads |
| Thursday | Pasta salad with chicken and vegetables 3 cherry tomatoes or 1 large tomato | Chocolate bran flake slice 1 Banana | Water | £ |    |   | |
| Friday | 3 x pizza fingers (purchased) Carrot and pumpkin seed salad | Low fat rice pudding pot 2 dried plums (prunes) | Water | £ | |  | |










* Flavoured milk drinks should contain at least 90% low fat milk, and less than 5% added sugar or honey

** Allergen alert – contains sesame or nuts

| Week 2 | Main course | Dessert | Drink | Price Guide | Time in advance | Time night before / on morning | Recipes included in menu cycle |
|------------------|--|--|-------------------------------|-------------|--|---|--|
| Monday | Sliced beef and mixed salad in a roll 3 cherry tomatoes or 1 large tomato | Crème caramel 1 Kiwi fruit | Water | £ |    |  | Couscous salad with lamb and apricots Banana cake Potato and egg salad |
| Tuesday | Couscous salad with diced lamb and apricots Celery sticks (1 trimmed stick) | Low fat fruit yogurt 1 Banana | Flavoured milk drink (200ml)* | £ |    |   | Seeded flapjack Smoked mackerel spread |
| Wednesday | Cheddar and coleslaw In a wholemeal pitta Carrot sticks (1/2 peeled carrot) | Banana cake Slice of fresh pineapple | Water | £ |    |  | Equipment needed Insulated lunch box Freezer pads |
| Thursday | Smoked mackerel sandwich Cucumber chunks (2.5cm) | Seeded flapjack 1 Apple | Flavoured milk drink (200ml)* | £ |    |  | |
| Friday | Potato and egg salad Yellow pepper strips (1/4 pepper) | Uniced fruit cake (purchased) 2 Clementines | Water | £ |    |   | |

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** Allergen alert – contains sesame or nuts

| Week 3 | Main course | Dessert | Drink | Price Guide | Time in advance | Time night before / on morning | Recipes included in menu cycle |
|------------------|---|--|-------------------------------|-------------|---|---|--|
| Monday | Pork sausage in a bread roll Coleslaw (purchased) | Fresh fruit salad (kiwi, orange and grapes) | Flavoured milk drink (200ml)* | £ | |  | Crustless sweet potato and mushroom quiche Pasta salad with pork and peas |
| Tuesday | Sweet potato and mushroom Spanish omelette Carrot and pumpkin seed salad | Blueberry muffin (purchased) 1 Banana | Water | £ |  |  | Chilli chicken and red kidney bean wrap |
| Wednesday | Pasta salad with pork and peas Celery sticks (1 trimmed stick) | Strawberry trifle (purchased) 1 Tangerine | Water | £ |  |  | Equipment needed Insulated lunch box Freezer pads |
| Thursday | Beef and beetroot sandwich 3 cherry tomatoes | Low fat fruit yogurt (purchased) 1 Apple | Water | £ |  |  | |
| Friday | Chilli chicken and red kidney bean tortilla wrap Mixed green leaves | Cheddar stick Raisins (14g box) | Flavoured milk drink (200ml)* | £ |  |  | |

* Flavoured milk drinks should contain at least 90% low fat milk, and less than 5% added sugar or honey

** Allergen alert – contains sesame or nuts

Low cost packed lunch menu

Three week menu cycle compliant with the final food-based and nutrient-based standards

Time Guide:

Time estimates in advance include time to cook meat and bake desserts

Time estimates for the night before/morning include time to prepare salads and sandwiches



A little time (15 minutes or less)



More time (16 to 30 minutes)



A lot of time (31 minutes or more)

Price Guide:

£ A little cost (£1.50 or less) ££ Similar cost to a school meal (£1.51 to £2.00) £££ Costing more than a school meal (£2.01 or more)

Please refer to individual purchased products for allergen information, and ensure all products stored according to manufacturer's instructions

Nutrient content of low cost 3 week packed lunch menu cycle Nutrient content equates to an average lunch within the 3 week cycle

| | Energy kcal | Fat g | Saturated fat g | Carbohydrate g | NMES g | Fibre g | Protein g | Iron mg | Calcium mg | Vitamin A ug | Folate ug | Vitamin C mg | Sodium* mg | Zinc mg |
|--|---------------|-------------|-----------------|----------------|-------------|------------|------------|------------|------------|--------------|-----------|--------------|------------|------------|
| Nutrient content of average lunch | 519 | 16.3 | 5.4 | 71.5 | 12.2 | 6.4 | 23.1 | 3.2 | 317 | 268 | 64 | 34.7 | 480 | 2.8 |
| Nutrient-based standards for primary school lunches | 530 +/- 5% | 20.6 max | 6.5 max | 70.6 min | 15.5 max | 4.2 min | 7.5 Min | 3.0 min | 193 min | 175 min | 53 min | 10.5 min | 499 max | 2.5 min |
| Standard met? | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |

* Sodium levels assume home cooked meat

Couscous Salad with Lamb and Apricots

| INGREDIENTS | Weights g (household units) |
|----------------------------|------------------------------|
| Couscous, raw | 110g |
| Boiling water | 225ml |
| Apricots, dried, chopped | 50g (6 whole dried apricots) |
| Lamb, roasted, lean, diced | 80g |
| Lemon juice | 5g (1 teaspoon) |
| Olive oil | 10g (1 tablespoon) |
| Mint, fresh, chopped | 1g |
| Parsley, fresh, chopped | 3g (3 sprigs) |
| Ground black pepper | 2g (1 teaspoon) |

Method

| | |
|----|--|
| 1. | Cook the couscous according to directions by adding boiling water. |
| 2. | Add the rest of the ingredients and toss with a fork to separate the granules. |
| 3. | Add black pepper to taste. |
| 4. | Cover and refrigerate. |

Notes

2 servings – 245g servings

Pasta Salad with Chicken and Vegetables

| INGREDIENTS | Weights / Units Metric |
|--|-------------------------|
| Cooked pasta shapes | 240g (100g dried pasta) |
| Chicken, cooked, lean, diced or sliced | 100g |
| Sweetcorn | 40g |
| Peppers, red, diced | 40g (¼ pepper) |
| Peas, boiled | 40g |
| Yogurt, plain, low fat | 80g |
| Ground black pepper | 2g (1 teaspoon) |

Method

| | |
|----|---|
| 1. | Mix all ingredients together |
| 2. | Pack into airtight container and refrigerate until required |

Notes

2 servings – 270 g servings

Sweet Potato and Mushroom Spanish Omelette

| INGREDIENTS | Weights / Units Metric |
|----------------------------------|----------------------------|
| Sweet potatoes, peeled and diced | 300g |
| Oil, vegetable | 10g (1 dessert spoon) |
| Onion, small, finely sliced | 200g (1 medium or 2 small) |
| Chestnut mushrooms, sliced | 125g |
| Spinach, fresh | 100g |
| Eggs, medium (6) | 300g |
| Milk, semi-skimmed | 90g |
| Flour, plain | 40g (2 level tablespoons) |
| Cheddar cheese, grated | 50g |

Method

| | |
|----|--|
| | Set the oven to 180°C; 350°F; Gas mark 4 |
| 1. | Grease a six well muffin tin. |
| 2. | Boil the sweet potato for about 10 minutes or until just cooked. |
| 3. | Meanwhile fry the finely sliced onion and mushrooms in the oil in a non-stick pan. |
| 4. | When the onions are transparent add the spinach, cover and cook until the spinach is wilted. |
| 5. | Mix the eggs and milk and flour in a large bowl until well mixed. Add the sweet potatoes and the vegetables. |
| 6. | Spoon evenly into the tin and cover with the cheese. Bake until firm and an inserted skewer comes out clean. |
| 7. | Cool and refrigerate. |

Notes

6 servings – 160g servings

Egg and Potato Salad

| INGREDIENTS | Weights / Units Metric |
|-------------------------------|--------------------------------|
| Eggs, medium (2) | 100g (2 eggs) |
| New potatoes, boiled in skins | 200g (5 potatoes) |
| Sweetcorn, frozen, boiled | 40g |
| Peas, boiled | 40g |
| Spring onions | 10g (1 spring onion) |
| Ground black pepper | 2g (1 teaspoon) |
| Yoghurt, plain, low fat | 50g |
| Peppers, yellow | 20g (1/8 th pepper) |

Method

| | |
|----|---|
| 1. | Boil the eggs for 8 minutes. Plunge into cold water and peel when cool. Cut each egg into 8 wedges. |
| 2. | Dice the boiled potatoes into a medium sized bowl. Add the cooked sweetcorn, peas, spring onions, and black pepper. |
| 3. | Gently stir in the yogurt until the potatoes are coated. |
| 4. | Add the eggs and diced yellow peppers before giving it a final stir. |
| 5. | Cover and refrigerate. |
| | Optional: add chopped fresh herbs, such as parsley or coriander. |

Notes

2 servings – 230 g servings

Pasta Salad with Pork and Peas

| INGREDIENTS | Weights / Units Metric |
|---------------------------|-------------------------|
| Cooked pasta shapes | 240g (100g dried pasta) |
| Pork, lean, cooked, diced | 100g |
| Sweetcorn, frozen, boiled | 80g |
| Peas, frozen, cooked | 80g |
| Yogurt, plain, low fat | 80g |
| Ground black pepper | 2g (1 teaspoon) |

Method

| | |
|----|---|
| 1. | Add the cold cooked pasta shapes into a bowl and add all other ingredients. |
| 2. | Mix together so that all ingredients are evenly coated with the yogurt. |
| 3. | Pack into airtight container and refrigerate. |
| | Tip: cook the vegetables from frozen together in the microwave. |

Notes

2 servings – 291g servings

Chilli Chicken and Bean Tortilla Wrap

| INGREDIENTS | Weights / Units Metric |
|-----------------------------------|--------------------------------|
| Chicken, cold, roast, lean | 50g |
| Chilli powder, pinch | 1g |
| Yogurt, plain, low fat | 30g |
| Red kidney beans, canned, drained | 30g (1 heaped tablespoon) |
| Peppers, red, sliced finely | 20g (1/8 th pepper) |
| Lettuce, shredded | 20g (4 small leaves) |
| Tortilla wrap (1) | 50g |

Method

| | |
|--|--|
| <ol style="list-style-type: none"> 1. 2. 3. 4. 5. | <p>Mix chilli powder into the yogurt and spoon over the diced chicken.</p> <p>Lightly mash the red kidney beans with a fork.</p> <p>Place the chicken mixture and kidney beans on to the tortilla, together with the peppers and a handful of shredded lettuce.</p> <p>Wrap tightly and cut diagonally.</p> <p>Cover and chill until required.</p> <p>Optional: add sliced tomatoes, onions, cucumber and coriander as desired</p> |
|--|--|

Notes

1 serving – 200g serving

Rice Salad with Turkey

| INGREDIENTS | Weights / Units Metric |
|----------------------------|------------------------|
| Rice, white, boiled | 240g (90g uncooked) |
| Lean turkey, cooked, diced | 100g |
| Cucumber, diced | 50g |
| Parsley, fresh chopped | 3g(3 sprigs) |
| Yogurt, plain, low fat | 80g (2 tablespoons) |
| Ground black pepper | 2g (1teaspoon) |

Method

| | |
|--|--|
| <ol style="list-style-type: none"> 1. 2. 3. | <p>Put the cold rice into a medium sized bowl and add the turkey and cucumber.</p> <p>Stir in the parsley, yoghurt and pepper.</p> <p>Cover and refrigerate.</p> <p>Optional: add diced mixed peppers.</p> |
|--|--|

Notes

2 servings – 238g servings

Smoked Mackerel Spread

| INGREDIENTS | Weights / Units Metric |
|------------------------|------------------------|
| Smoked mackerel | 70g |
| Lemon juice | 5g (1 teaspoon) |
| Parsley, fresh chopped | 3g (3 sprigs) |
| Yogurt, plain, low fat | 30g |
| Ground black pepper | 2g (1 teaspoon) |

Method

| | |
|--|---|
| <ol style="list-style-type: none"> 1. 2. 3. 4. 5. | <p>Remove the skin from the mackerel and put the flesh into a small bowl.</p> <p>Remove any remaining bones.</p> <p>Add the lemon juice, parsley and yoghurt. Mash together to a rough paste with a fork, or use a blender.</p> <p>Season with black pepper.</p> <p>Cover and refrigerate.</p> <p>Optional: add a pinch of paprika or half a teaspoon of horseradish sauce.</p> |
|--|---|

Notes

2 servings – 55 g servings

Carrot and Pumpkin Seed Salad

| INGREDIENTS | Weights / Units Metric |
|--------------------------------|------------------------|
| Carrot, raw, peeled and grated | 80g (1 medium carrot) |
| Pumpkin seeds | 10g |
| Lemon juice | 5g (1 teaspoon) |

Method

| | |
|--|--|
| <ol style="list-style-type: none"> 1. 2. 3. | <p>Grate the carrot and pat dry. Sprinkle with a little lemon juice to prevent browning.</p> <p>Stir pumpkin seeds into the carrot and put into an airtight container.</p> <p>Refrigerate.</p> <p>Option: replace pumpkin seeds with sunflower seeds</p> |
|--|--|

Notes

2 servings – 45g servings

Banana Cakes (Individual)

| INGREDIENTS | Weights / Units Metric |
|----------------------|------------------------|
| Fat spread (60% fat) | 125g |
| Sugar, white | 125g |
| Eggs, medium (2) | 100g |
| Bananas, over ripe | 110g (1 medium banana) |
| Flour, wholemeal | 125g |
| Baking powder | 8g (2 teaspoons) |

Method

| | |
|--|---|
| <ol style="list-style-type: none"> 1. 2. 3. 4. | <p>Set oven to 190°C; 375°F; Gas mark 5</p> <p>In a large bowl, cream the fat spread and the sugar until light and fluffy.</p> <p>Add the eggs one at a time, beating well after each addition.</p> <p>Mash the bananas with a fork and add to the above.</p> <p>Mix the flour and the baking powder and fold into the mixture.</p> |
|--|---|

| | |
|------------------------------------|--|
| 5. | Spoon the mixture evenly into 12 cake cases in cake tins. |
| 6. | Bake for 15 minutes or until cakes spring back when lightly touched. |
| 7. | Cool on a wire rack. When cold store in an airtight container |
| Optional: add walnuts or sultanas. | |

Notes

12 servings – 45 g servings

Carrot and Apricot Cakes (individual)

| INGREDIENTS | Weights / Units Metric |
|---------------------------------|--------------------------------|
| Fat spread (60% fat) | 50g |
| Sugar, Demerara | 150g |
| Flour, plain | 150g (5 heaped tablespoons) |
| Baking powder | 8g (2 teaspoons) |
| Flour, wholemeal | 100g (5 level tablespoons) |
| Apricots, dried, chopped | 100g (12 whole dried apricots) |
| Mixed spice | 4g |
| Eggs, medium (2) | 100g |
| Vegetable oil | 100g |
| Carrots, raw, peeled and grated | 100g |

Method

| | |
|---|---|
| | Set oven to 190°C; 375°F; Gas mark 5 |
| 1. | Cream the fat spread and Demerara sugar until light and fluffy. |
| 2. | Sieve the plain flour and the baking powder into a large bowl. Add the wholemeal flour, dried apricots and the mixed spice, and stir to combine. |
| 3. | Beat the eggs and the oil together. Stir into the fat spread and sugar mixture. Add the grated carrots and quickly stir into the dry ingredients. |
| 4. | Spoon the mixture evenly into 19 cake cases in cake tins. |
| 5. | Bake for 15 minutes or until cakes spring back when lightly touched. |
| 6. | Cool on a wire rack. When cold store in an airtight container. |
| Optional: add the grated rind of an orange. | |

Notes

19 servings – 40g servings

Chocolate Bran Flake Slice

| INGREDIENTS | Weights / Units Metric |
|---------------------|----------------------------|
| Fat spread, 60% fat | 200g |
| Sugar, white | 125g |
| Flour, plain | 160g (8 level tablespoons) |
| Cocoa powder | 40g |
| Bran flakes | 100g |

Method

| | |
|----|--|
| | Set oven to 180°C, 350°F, Gas mark 4 |
| 1. | Cream the fat spread and sugar until the mixture is light and fluffy. |
| 2. | Sieve flour and cocoa powder. Stir into creamed mixture. |
| 3. | Fold in the Bran flakes. |
| 4. | Press into lightly greased square baking tray, 20cm x 20cm. |
| 5. | Bake for 25 minutes or until set. |
| 6. | When cool cut into 16 pieces. |
| 7. | Store in an airtight container. |
| | Optional: add chopped walnuts |
| | Please note that this slice can be quite crumbly and so children are advised to eat it over their lunch boxes. |

Notes

16 servings – 37g servings

Seeded Flapjacks

| INGREDIENTS | Weights / Units Metric |
|-----------------------------|------------------------|
| Fat spread, 60% fat | 150g |
| Treacle, black | 75g |
| Porridge oats | 225g |
| Sugar, Demerara | 50g |
| Cinnamon | 3g (1 teaspoon) |
| Pumpkin and sunflower seeds | 45g (3 tablespoons) |

Method

| | |
|----|--|
| | Set oven to 180°C, 350°F, or Gas mark 4 |
| 1. | Put the fat spread and treacle into a pan and heat gently. Stir to mix. |
| 2. | Put the oats, sugar, cinnamon and seeds into a bowl. |
| 3. | Pour the melted mixture into the dry ingredients and stir well. |
| 4. | Press into a 10-inch (25cm) round sandwich tin. |
| 5. | Bake for 30 minutes. |
| 6. | Mark into 12 wedges while still warm. Break apart when cold. |
| 7. | Store in an airtight container. |
| | Tip: Measure out the treacle with a metal spoon that has been standing in hot water for a few seconds. The treacle will drop off easily. |

Notes

12 servings – 45 g servings

Composition of sandwiches, rolls and wraps assembled at home

Tuna mayo sandwich

Tuna and 2 teaspoons of mayonnaise mixed together and served on 2 slices of white bread (with added fibre) with a thinly spread layer of low fat

polyunsaturated spread.

2 Meatballs and mixed salad in a wholemeal pitta

2 meatballs cooked as instructed, 30g salad in 1 wholemeal pitta.

Sliced beef and salad in a roll

40g roasted topside lean beef with 30g salad in a white roll with added fibre thinly spread layer of low fat polyunsaturated spread.

Cheddar and coleslaw in a wholemeal pitta

25g cheddar and 45g of coleslaw (reduced calorie dressing) in a wholemeal pitta

Beef and beetroot sandwich

40g roasted topside lean beef with 40g raw beetroot on 2 slices of white bread (with added fibre) with a thinly spread layer of low fat polyunsaturated spread.