



Healthy Lunchbox Ideas

Recently the children in Year 2 had a food tasting session which is part of the IPC curriculum on Health. The idea was for the children to try healthy alternatives to foods that they often have in their packed lunch boxes. The children really enjoyed this activity and they were so sensible when 'having a go' and trying foods that were new to them. Some of the children surprised themselves by what they liked and the most popular by far, was the chilli chicken sandwich filling. Many parents have expressed an interest in obtaining the recipes so they can include the new foods in their child's lunchbox. Therefore I have produced this pack and I hope you find it useful.

The children tried 4 different sandwich fillings on fingers of wholemeal bread. These were:

Chilli Chicken

Chicken, Pepper Mayo

Mackerel Paté

And good old Ham and Tomato!

They also tried;

Chick pea and pear dip with carrot and cucumber sticks

Sultana loaf cake

The children also had a choice of four drinks:

Strawberry and banana smoothie

Orange and mango smoothie

Orange juice

Cloudy apple juice

The most popular was the orange juice and cloudy apple juice. (Some of the children found the smoothies too thick.)

All of the ingredients for the recipes I purchased easily from the supermarket.

A useful tip I have found over the years to cut down on the cost of sandwich meat and to provide a healthier option to all the additives in sandwich meat is to buy a whole chicken at the weekend, cook it and pull the meat off the bones and store in the fridge to use in a variety of ways during the week. It is also very handy when you need to quick meal just serve with jacket potatoes or oven chips and some salad.

I hope you enjoy the recipes as much as the children did.



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<p>Chilli Chicken This is the easiest recipe ever! Chopped cooked chicken Sweet Chilli Sauce (I used Blue Dragon sauce which is available in every supermarket.)</p> <p>Simply stir in enough sweet chilli sauce to taste.</p>	<p>Chicken, Pepper, Mayo Chopped cooked chicken Finely chopped red pepper according to your child's tastes. Reduced fat mayonnaise Black pepper</p> <p>Simply stir all the ingredients together.</p>
<p>Mackerel Paté</p> <p>250g Extra light soft cheese 1x125g tin mackerel fillets 2 tsp creamed horseradish sauce 1-2 tsp lemon juice Black pepper</p> <p>Beat the cheese, horseradish sauce and lemon juice together with a wooden spoon until soft and creamy. Drain the mackerel fillets and flake with a fork. Add to the cheese mixture with a little black pepper.</p> <p>* To add extra nutrition to the sandwiches try adding some cress or baby spinach leaves (surprisingly mild but packed with vitamins)</p>	<p>Adult's mackerel paté</p> <p>125g (4oz) Extra Light soft cheese 10ml (2 tsp lemon juice) 10ml (2tsp) creamed horseradish 225g (8oz) smoked mackerel fillets Black pepper</p> <p>Beat the cheese, lemon juice and horseradish sauce together with a wooden spoon. Flake the smoked mackerel fillets with a fork taking care to remove all of the bones. Add to the cheese mixture and pepper to taste. Enjoy!!</p>
<p>Chickpea and Pear Dip</p> <p>125g (4½oz) canned chickpeas, rinsed and drained 60 ml of tin pears in natural juice blended in a processor (This is approx 2 pear halves and some of the juice) 2 garlic cloves 2 tablespoons of olive oil 2 tablespoons of water Black pepper Ground salt (if needed after tasting)</p> <p>Combine all the ingredients except the salt and pepper in a food processor. Blend until smooth. The mixture should be the consistency of thick mayonnaise. Season (if required) with salt and pepper. Serve with any vegetable sticks your child will eat or with fingers of pitta bread.</p>	<p>Sultana Loaf Cake</p> <p>This recipe is great because it doesn't have any fat, but it has a high proportion of fruit and uses wholewheat flour.</p> <p>225g (8oz) sultanas 225g (8oz) wholewheat self-raising flour 175g (6oz) demerara sugar 170ml (6fl oz) cold tea 1 size 1 egg (or two smaller ones work perfectly well)</p> <p>A well greased 900g (2lb) loaf tin</p> <p>Pre-heat the oven to gas mark 4 or 180 degrees Celsius</p> <p>Place the sultanas in a basin and pour over the cold tea and leave to soak for about 5 hours or preferably overnight. Then simply stir in the flour and the sugar. Beat the egg(s) and stir this in too. Spoon the mixture into the prepared tin, spread it out evenly and bake the cake in the middle shelf of the oven for about an hour. Leave the cake in the tin for about 10-15 minutes before turning out to cool. The taste of this cake develops with keeping and it stores extremely well.</p>

I hope this information is of use and you and your child enjoy making the recipes.

Have fun

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