

## LUNCH MEAL IDEAS (No.2)

### Hot Lunch

- ✓ Vegetable Noodles
- ✓ Pizza Wrap
- ✓ Potato Wedges
- ✓ Poached, boiled or scrambled Eggs
- ✓ Baked Beans on Toast
- ✓ Omelette
- ✓ Spanish Tortilla
- ✓ Baked Potato & Various Fillings
- ✓ Pasta Bolognaise
- ✓ Tuna Pasta Bake
- ✓ Lentil Stew

### Cold Lunch

- ✓ Pasta Salad
- ✓ Egg sandwich/wrap
- ✓ Tuna & Sweetcorn sandwich/wrap

### Dessert

- ✓ Yogurt and fruit
- ✓ Rice pudding and fruit
- ✓ Fruit muffin
- ✓ Fruit smoothie
- ✓ Jelly and fruit



## EXAMPLE 2 WEEK LUNCH PLANNER

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>	Spanish Tortilla & Side Salad  Yogurt & Fruit	Pasta Bolognaise  Fruit Muffin & Glass of Milk	Vegetable Noodles  Fruit Smoothie	Baked or Mashed Potato & Beans  Rice Pudding & Fruit	Chicken Soup & Tuna Salad Sandwich  Jelly & Fruit
<b>WEEK 2</b>	Pizza Wrap & Potato Wedges  Fruit Smoothie	Veggie Noodle Soup  Fruit Muffin & Glass of Milk	Lentil Stew  Yogurt & Tinned Fruit	Tuna Pasta Bake  Jelly & Fruit	Poached eggs on Toast  Rice Pudding & Tinned Fruit

## RECIPES

The example lunch planner has been compiled using recipe ideas from *safe food '101 square meals - Easy recipes for everyday life'*, available at <https://www.safe food.net>. The recipes can be easily tweaked to suit your likes and dislikes and contents of the food parcel.

Some recipes may make more than one portion so try to reduce waste by meal planning and safely storing any leftovers to enjoy at another meal time. Effective food safety and hygiene are very important, through safe cooking and chilling, and checking best before and use by dates. For further information visit the Food Standards Agency at <https://www.food.gov.uk/food-safety>.

## SPECIAL DIETARY REQUIREMENTS

For information on allergens or special diets please contact the school in the first instance. Please take time to read the labels on each food item included, for ingredient information.