

HOME SCHOOL

Meal planner & recipe ideas

Typical food parcel per pupil for 5 lunch time meals
(this may differ slightly subject to supply)



1 loaf of bread **OR** pack of rolls
5 x 20g portions of sunflower spread
1 bag of salad leaves or lettuce
2 baking potatoes
3 large tomatoes
1 standard tin of sweetcorn
5 fresh portions of fresh fruit
3 cheese portions
1 tin of baked beans
1 tin of tomato soup



1ltr/2pints of semi-skimmed milk
3 individual servings of yoghurt
2 Sreen lunch box loaf portions

2 of the following products:

- 1 tin of tuna
 - 6 eggs
 - 1 pkt of raw sausage
 - cooked slice meat
- EITHER** ham or beef



MENU SUGGESTION

	Lunch	Pudding
Day 1	Jacket potato with beans	Yoghurt and a piece of fruit
Day 2	Tomato soup with bread and butter	Soreen and a piece of fruit
Day 3	Sausage, mash and beans	Yoghurt and a piece of fruit
Day 4	Beans and cheese on toast	Soreen and a piece of fruit
Day 5	Tuna and cheese melt	Yoghurt and a piece of fruit

Below you will find other ideas that can be created from your box

Toasty Melts

- Grate some cheese and combine with either the tuna / ham/ beef / beans / tomato
- Place a slice of bread on an oven tray and top with the mixture, top with another slice of bread
- Place into the oven until the cheese begins to melt and ooze out the side of the sandwich.

Jacket Potato

- Wash the potato and prick several times with a fork
- Pre heat an oven to 180°C/gas mark 4 and cook the potato on a tray for roughly 90 mins
- Alternatively, the potato can be placed in the microwave for 10 – 15 minutes depending on how powerful the microwaves is
- Can be served with the either the beans, tuna, or grated cheese.

Loaded Potatoes Skins

- Using the jacket potato, allow it to cool and cut in half
- Carefully scoop out the soft middle of the potato and put it in a bowl, keep the skins to one side on an oven tray
- To the potato add either chopped ham and mix together
- Refill the potato skins with ham and potato mix
- Grate a little cheese over the top and put them into the oven until the cheese is golden and the potato is hot
- The ham could be changed for beans, beef or tuna.

Omelette

- Heat a frying pan on a medium heat, add a little oil
- Beat 2 egg until combined and fluffy and pour into the pan
- Once the egg has begun to set fold and turnover the omelette
- Cook until the egg is completely firm.
- Ham, beef or grated cheese can be added to the omelette while it cooks.



Mash Potato

- Wash and peel the potato, then chop into a 4cm dice
- Place the potato into water bring to the boil and cook for 20 mins or until the potato is soft when poked with a knife
- Drain the potatoes well and put them back into the dry pan
- Mash until they are a smooth puree
- You can add milk or cheese to the mash.

Fishcakes

- Use the mash potato and add the tuna and some sweetcorn
- Mix together and form into potato cakes
- Fry gently in a pan.
- The tuna could be swapped for ham or beef.

Homemade Oven Chips

- Wash and peel the potato
- Cut the potatoes into chips
- Place in a pan of cold water and bring to the boil. Once boiling drain well.
- Heat a tray in the oven at 180°C/gas mark 4 with a little oil on it
- Carefully add the potatoes to the tray with the hot oil and return to the oven.
- Cook for 40 mins turning every 10 minutes. Carefully remove from the oven.
- These can be served with, ham, eggs, beans.

Potato Wedges

- Wash and peel the potato
- Cut the potatoes into wedge shapes
- Place in a pan of cold water and bring to the boil. Once boiling drain well.
- Heat a tray in the oven at 180°C/gas mark 4 with a little oil on it
- Carefully add the potatoes to the tray with the hot oil and return to the oven.
- Cook for 40 mins turning every 10 minutes. Carefully remove from the oven.
- These can be served with, ham, eggs, beans.

Lettuce Tomato and Sweetcorn Salad

- Wash and chop the tomatoes and place in a bowl
- Add the sweetcorn and the lettuce leave and mix
- Serve as a side dish.

Eggy Bread

- In a bowl mix 2 eggs until they are completely combined
- Soak the bread in the eggs until it has absorbed the egg
- Fry the bread until it is golden, and the egg has firmed up the bread.
- Can be served with beans and ham.



Sausages

- Cut the links and place the individual sausages on an oven tray.
- Place the tray in a pre heated oven at 180°C/gas mark 4 for 20 -25 mins until they are nicely browned on the outside and cooked through in the centre
- The sausages can be served with mashed potato, or chips, with beans.

Soup

- Carefully open the tin and pour into a pan and heat until it is boils. Keep stirring the soup until it boils to ensure it is hot all the way through.

Eggs

- **Hard Boiled Egg** – Place the egg (in its shell) into a pan of boiling water for 8 minutes, once cooked cool under cold running water.
- **Soft Boiled Egg** - Place the egg (in its shell) into a pan of boiling water for 4 minutes, once cooked cool under cold running water – Served with soldiers.
- **Poached Egg** – Boil a pan of water and then turn it down so its simmering, add a splash of vinegar and crack in the egg, cook for 3 mins or until the egg white is firm.
- **Fried Egg** – Heat oil in a frying pan over a medium heat, crack in the egg and cook until the white is firm.
- **Scrambled Egg** – Mix 2 eggs with a splash of milk, cook in a pan over a medium heat for 4-5 minutes stirring constantly until the egg is cooked and firm. This can be done in a microwave by putting the egg and milk mix in a bowl and cooking for 1 minute at a time; stirring each time, until the egg is firm and cooked.

Assorted Sandwich ideas

- Ham
- Cheese and tomato
- Tuna
- Ham and tomato
- Cheese and ham
- Tuna and sweetcorn
- Ham lettuce and tomato
- Cheese ham tomato
- Tuna and lettuce.
- Boiled egg
- and lettuce

On Toast

- Cheese on toast
- Beans and egg on toast (scrambled, fried, poached eggs)
- Cheese and tomato on toast
- Beans and cheese on toast
- Cheese and tuna on toast
- Egg on toast (scrambled, fried, poached eggs)
- Ham cheese and tomato on toast
- Soft boiled egg with soldiers.

