Low effort 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	Salmon and cucumber Best of Both™ roll 3 cherry tomatoes	Slice of parkin cake (purchased) 1 Apple	Flavoured milk drink * (200ml) 	**£££**			Mixed bean salad with nutty salad topping ** in a wholemeal pitta bread
Tuesday	Mixed bean salad with	Fruit fromage	Water				Potato salad with roast
							
							
							

* ***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, couscous salad and watercress 3 cherry tomatoes	Chelsea bun (purchased) 1 Kiwi fruit	Water	**££**		    	Sliced beef, couscous salad and watercress

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Tuesday	Roast chicken and lettuce sandwich Celery sticks (1 trimmed stick)	Low fat fruit yoghurt 1 Pear	Flavoured milk drink ***** (200ml)	**££**			
Wednesday	Cheddar cheese and reduced calorie coleslaw roll Peanuts and raisins**	Slice of malt loaf (purchased) Banana	Water	**£**			**Equipment needed** Insulated lunch box Freezer pads
Thursday	Falafel (3), hummus spread** and green salad leaves in a pitta bread Red pepper strips (1/4 pepper)	Fruit flapjack (purchased) 1 Apple	Flavoured milk drink ***** (200ml)	**££**			

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Friday	Chicken drumstick and a pot of pasta salad (purchased) Carrot sticks (1/2 a peeled carrot)	Strawberry trifle (purchased) 2 Clementines	Water	**££**			

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Week 3	Main course	Dessert	Drink	Price Guide	Time in advance	Time night before / on morning	Recipes included in menu cycle
Monday	Roast pork and apple sandwich Celery sticks (1 trimmed stick)	Crème caramel (purchased) Grapes (handful)	Water	**£**		    	[Boiled egg, canned potatoes and baby spinach in natural yoghurt dressing]

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Tuesday	Chicken tikka, mixed salad leaves and natural yoghurt in a wrap 3 cherry tomatoes	Blueberry muffin (purchased) 1 Banana	Water	**£££**			
Wednesday	Layered tuna pasta salad (purchased) Yellow pepper strips (1/4 pepper)	Low fat fruit yoghurt (purchased) 2 dried figs	Flavoured milk drink * (200ml)	**£££**			**Equipment needed** Insulated lunch box Freezer pads
Thursday	Reduced fat hummus** and cucumber in a bread roll 3 cherry tomatoes	Chelsea bun (purchased) 2 Clementines	Water	**£**			

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Friday	Boiled egg, canned potatoes, baby spinach in natural yoghurt dressing Carrot sticks (1/2 a peeled carrot)	Apple Peanuts and raisins**	Flavoured milk drink * (200ml)	**£**			

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Low effort 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 below) **££ Similar cost to a school meal (£1.51 to £2.00)** **£££ Costs 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 effort 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	Carbo-hydrate 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	514	14.2	4.4	75.1	14.3	8.1	22.0	3.0	290	214	70	35.0	492	2.9
Nutrient-based standard 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?	9	9	9	9	9	9	9	9	9	9	9	9	9	9

* Sodium levels assume home cooked meat

Mixed bean salad with nutty salad topping in a wholemeal pitta bread

**** Allergen alert – contains sesame or nuts**

INGREDIENTS	Weights / Units Metric
Mixed bean salad, canned, drained	80g
Flaked almonds	5g
Sesame seeds	5g
Sunflower seeds	5g
Wholemeal pitta (1)	60g

Method

1.	Split the wholemeal pitta, and spoon in the drain mixed bean salad.
2.	Sprinkle the seeds on top of the mixed beans.

Notes
1 serving – 155g serving

Potato salad with roast chicken

INGREDIENTS	Weights / Units Metric
New potatoes, canned in unsalted water, drained	100g
Yoghurt, low fat, plain	50g
Roast chicken slices (purchased)	40g
Spring onion	10g
Parsley, fresh	1g

Method

1.	Drain the canned new potatoes, roughly chop and mix with the natural yoghurt
2.	Slice the roast chicken, finely slice the spring onion. Mix into the potato salad
3.	Sprinkle with chopped fresh parsley.

Notes
1 serving – 200g serving

Sliced beef, couscous salad and watercress

INGREDIENTS	Weights / Units Metric
Couscous, raw	110g
Boiling water	225ml
Mixed peppers, diced	60g (1/3 of a pepper)
Lemon juice	10g (2 teaspoons)
Olive oil	10ml
Parsley, fresh	3g (3 sprigs)
Black pepper	2g (1 teaspoon)
Sliced beef, cut into 3 strips	80g
Watercress, fresh	10g

Method

1.	Cook the couscous according to packet direction, by adding boiling water
2.	Add the diced peppers, lemon juice, olive oil, parsley and black pepper and mix to combine
3.	Place a spoonful of couscous onto each of the 3 strips of beef and roll tightly
4.	Serve with watercress

Notes
2 servings – 260g serving

Boiled egg, canned potatoes and baby spinach in natural yoghurt dressing

INGREDIENTS	Weights / Units Metric
Egg (1), medium	60g
New potatoes, canned in unsalted water, drained	100g
Yoghurt, plain, low fat	30g (3/4 tablespoon)
Baby spinach leaves	5g

Method

1.	Simmer the egg in boiling water for 8 minutes, then place in cold water, and peel when cool.
2.	Slice the egg and place in a bowl with the drained, sliced potatoes. Add the yoghurt to the bowl and mix to combine.
3.	Serve with the baby spinach leaves.

Notes
1 serving – 195g serving

Composition of sandwiches, rolls and wraps assembled at home.

Salmon and cucumber roll
40g steamed salmon, 4 slices of cucumber, 1 medium sized bread roll with a thin layer of low fat spread.

Hummus and cucumber roll
Allergen alert – contains sesame or nuts
40g/tablespoon of hummus, 4 slices of cucumber, 1 medium sized bread roll with a thin layer of low fat spread.

Roast beef and baby spinach sandwich
36.5g/3 slices of beef and a small handful of baby spinach on 2 slices of white bread (with added fibre) with a thin layer of low fat spread.

Roast chicken and lettuce sandwich
40g of roast chicken and half a large lettuce leaf on 2 slices of white bread (with added fibre) with a thin layer of low fat spread.

Cheddar and coleslaw sandwich
25g of cheddar and 45g of coleslaw (with reduced calorie dressing) on 2 slices of white bread (with added fibre) with a thin layer of low fat spread.

Falafel, hummus and salad pitta
Allergen alert – contains sesame or nuts
3 falafel balls 40g/tablespoon of hummus and a handful of salad leaves in a wholemeal pitta.

Roast pork and apple sandwich
50g of roast pork and a teaspoon of apple sauce on 2 slices of white bread (with added fibre).

Chicken tikka salad and yoghurt wrap
40g of chicken tikka, handful of green salad and a tablespoon of natural yoghurt, rolled up in a flour tortilla wrap.