Vegetarian 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	Curried egg mayo and watercress sandwich	Carrot and apricot cupcake	Flavoured milk drink* (200ml)	**£**	🕒🕒🕒	🕒🕒	Rice salad Carrot and apricot cake Pasta salad with Tofu Chocolate bran flake slice Carrot and pumpkin
	Cucumber chunks (2.5cm)	Grapes (handful)					
Tuesday	Rice salad with meat free hot dog and nutty salad	Fruit fromage frais (child size individual	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 **Tuesday**	Spicy sweet potato and green lentil salad 3 cherry tomatoes Couscous salad with	Kiwi, grape and orange fresh fruit salad Low fat fruit	Flavoured milk drink * (200ml) Water	**£**	   	     	[Spicy sweet potato and lentil salad](#) [Couscous salad](#) [Banana cake](#) [Seeded flapjack](#)

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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	Nut cutlet** (Purchased) and shredded lettuce in a bread roll Carrot and pumpkin seed salad	Low fat fruit yogurt (Purchased) 1 Apple	Flavoured milk drink (200ml)	**£**		   	Potato and egg salad Carrot and pumpkin seed salad Seeded flapjack
Tuesday	Egg and spinach tortilla wrap Pepper strips (1/4 pepper)	Blueberry muffin (Purchased) 1 Banana	Water	**£**			

Wednesday	Mixed bean salad in a wholemeal pitta Carrot sticks (1/2 peeled carrot)	Blackcurrant cheesecake (purchased) 1 Tangerine	Water	**£**			**Equipment needed** Insulated lunch box Freezer pads
Thursday	Cream cheese (low fat), and dates (2) roll 3 cherry tomatoes	Seeded flapjack 1 Pear	Water	**£**			
Friday	Potato and egg salad Cucumber chunks (2.5cm)	Cheddar stick (20g) Small box of raisins (14g)	Flavoured milk drink (200ml)	**£**			

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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 Vegetarian 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	508	16.7	4.8	72.9	14.8	7.4	18.2	3.6	330	357	74	37.1	495	2.5
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

Oily Fish: The food based standards for school lunch states that oily fish should be on the menu at least once every three weeks. As this document is specifically for Vegetarians, no oily fish has been included.

Couscous Salad with Soya Beans

INGREDIENTS	Weights / Units Metric (household)
Couscous, raw	110g
Boiling water	225ml
Green soya beans, frozen, boiled	80g
Yellow peppers, diced	40g (1/4 pepper)
Lemon juice	10g (2 teaspoons)
Oil, olive	10ml
Mint, fresh	3g
Parsley	3g (3 sprigs)
Pepper, fresh ground	2g (1 teaspoon)

Method

1. Cook couscous according to packet 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.
4. Cover and refrigerate.

Notes: 2 servings – 240g servings

Spanish Omelette (Individual)

INGREDIENTS	Weights / Units Metric
Sweet potatoes, peeled and diced	300g
Oil, vegetable	10g
Onion, small, finely sliced	200g
Chestnut mushrooms, sliced	125g
Spinach, fresh	100g
Eggs, medium (6)	300g
Milk, semi-skimmed	90g
Flour, plain	40g
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

Pasta Salad with Tofu

INGREDIENTS	Weights / Units Metric (household)
Boiled pasta, tricolore	200g cooked/90g dried
Tofu, diced	90g
Sweet corn, frozen, boiled	50g
Peppers, green, diced	40g (1/4 pepper)
Yoghurt, plain, low fat	80g
Ground black pepper	2g (1 teaspoon)

Method

1. Steam the Tofu as per the instructions on the pack.
2. Put the cooked, cold pasta shapes into a medium sized bowl.
3. Add the Tofu, sweetcorn, peppers, yoghurt and black pepper.
4. Mix gently until coated.
5. Pack into airtight container.
   Refrigerate.

Notes: 2 servings – 230g servings

Rice Salad with Meat-Free Hot Dog

INGREDIENTS	Weights / Units Metric (household)
Meat-free hot dogs (2)	60g
Rice, white, cooked	200g cooked (70g raw)
Cucumber, diced	50g
Peppers, green, diced	40g
Sweetcorn, frozen, boiled	40g
Parsley, fresh, chopped	3g (3 sprigs)
Yoghurt, plain, low fat	80g
Ground black pepper	2g (1 teaspoon)

Method

1. Cook the meat-free hot dogs as directed. When cool enough to handle chop roughly.
2. Put the cold cooked rice into a medium sized bowl and add the hot dog, cucumber, green peppers and sweetcorn
3. Stir in the parsley, yoghurt and black pepper.
4. Cover and refrigerate.

Notes: 2 servings – 238g servings

Nutty Salad Topping

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

INGREDIENTS	Weights / Units Metric (household)
Almonds, flaked	25g
Sesame seeds	25g (2 tablespoons)
Sunflower seeds	25g (2 tablespoons)

Method

1.	Mix the seeds together and store in the refrigerator in an airtight jar. Optional: replace sunflower seeds with pumpkin seeds

Notes: 5 servings – 15g servings

Egg and Potato Salad

INGREDIENTS	Weights / Units Metric (household)
Eggs, medium (2)	100g
New potatoes, boiled in skins	200g
Sweetcorn, frozen, boiled	40g
Peas, boiled	40g
Spring onions Pepper,	10g (1 spring onion)
fresh ground Yoghurt,	2g (1teaspoon)
plain, low fat Peppers,	50g
yellow	20g (1/8th of a pepper)

Method

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

Notes: 2 servings – 230g servings

Spicy Sweet Potato and Green Lentil Salad

INGREDIENTS	Weights / Units Metric
Sweet potatoes, peeled and diced	200g
Green lentils, dried, boiled	50g
Curry paste	5g
Yoghurt, low fat, plain	60g

Method

1. Cook the green lentils as per the instruction panel on the packet.
2. Peel and boil the sweet potatoes for about 10 minutes or until just cooked.
3. Don't overcook them or they will be too soft. Dice when cool.
4. Add the cooked green lentils to the potatoes.
5. Mix the curry paste into the yogurt. Add to the potatoes and stir gently to mix. Cover and refrigerate.

Notes: 2 servings – 160g servings

Carrot and Pumpkin Seed Salad

INGREDIENTS	Weights / Units Metric
Carrot, raw, peeled and grated	80g
Lemon juice	5g
Pumpkin seeds	10g

Method

1. Grate the carrot and pat dry. Sprinkle with a little lemon juice to prevent browning.
2. Stir pumpkin seeds into the carrot and put into an airtight container.
3. Refrigerate.

Option: replace pumpkin seeds with sunflower seeds

Notes: 2 servings – 45g servings

Banana Cakes (Individual)

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

Method

	Set oven to 190°C; 375°F; Gas mark 5
1.	In a large bowl, cream the fat spread and the sugar until light and fluffy.
2.	Add the eggs one at a time, beating well after each addition.
3.	Mash the bananas with a fork and add to the above.
4.	Mix the flour and the baking powder and fold into the mixture.
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 – 45g servings

Carrot and Apricot Cakes (Individual)

INGREDIENTS	Weights / Units Metric (household)
Fat spread (60% fat)	50g
Sugar, Demerara	150g
Flour, plain	150g
Baking powder Flour,	8g (2 teaspoons)
wholemeal Apricots,	100g
dried, chopped	100g
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 the Demerara sugar until light and fluffy. Sieve
2.	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. Beat the
3.	eggs and the oil together. Stir into the fat spread and sugar mix, 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.

Notes: 19 servings – 40g servings

Chocolate Bran Flake Slice

INGREDIENTS	Weights / Units Metric
Fat spread, 60% fat	200g
Sugar, white	125g
Flour, plain	160g
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

Notes

16 servings – 37g servings

This slice can be quite crumbly and so children are advised to eat it over their lunch boxes

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Seeded Flapjacks

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

Method

Set oven to 180°C, 350°F, or Gas mark 4

1. Put fat spread and treacle into a pan and heat gently. Stir to mix.
2. Put oats and sugar into a bowl with the cinnamon and seeds.
3. Pour the melted mixture into the dry ingredients and stir well.
4. Press into 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 – 45g servings

Composition of sandwiches assembled at home

Egg mayonnaise and watercress sandwich
1 boiled egg, 2 teaspoons of mayonnaise with a pinch of curry powder, a large sprig of watercress on 2 slices of white bread with added fibre, thinly spread with low fat polyunsaturated spread.

Cheese and coleslaw roll
25g/ 1 slice cheddar and 45g/tablespoon of coleslaw in reduced calorie dressing, on a white bread roll with added fibre, thinly spread with low fat polyunsaturated spread.

Hummus and salad pitta
Allergen alert – contains sesame or nuts
50g reduced fat hummus and salad in a wholemeal pitta.

Egg mayonnaise and cress sandwich
1 boiled egg, pinch of cress, 10g mayo and 2 slices of white bread with added fibre, thinly spread with low fat polyunsaturated spread.

Falafel (3) wrap with green salad
3 falafels cooked as instructed with green salad leaves in a wrap

Nut cutlet (1) and shredded lettuce in a roll
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1 nut cutlet cooked as instructed and then cooled with shredded lettuce, on a white roll with added fibre.

Egg and spinach wrap
1 boiled egg chopped, a few fresh spinach leaves and 2 teaspoons of mayonnaise on a wrap.

Mixed bean salad (80g) in wholemeal pitta
3 tablespoons of well drained mixed bean salad in a wholemeal pitta bread.

Cream cheese and 2 dates on a roll
30g of cream cheese and 2 pitted dates on a roll

A portion of homemade fruit salad
1/2 peeled kiwi, 4 grapes,1/4 orange without skin.