

School Lunch Planner



Monday

TURKEY & CHEESE SANDWICH

Ingredients:

Wholemeal bread
Sliced cooked turkey breast
Sliced cheese
Cucumber
Tomato
Lettuce

Assemble the sandwich and cut into halves or quarters for easier handling

Tuesday

VEGETABLE PASTA SALAD

Ingredients:

Cooked pasta (penne or fusilli)
Chopped mixed vegetables (pepper, cucumber, tomato)
Olive oil
Lemon juice
Salt and pepper to taste

Mix the pasta and vegetables.
Drizzle with oil and lemon juice.
Season with salt and pepper.

Wednesday

TUNA WRAP WITH CRUDITES

Ingredients:

Wholemeal wrap
Tuna mixed with mayonnaise
Shredded lettuce
Carrot and cucumber sticks

Spread the tuna mixture onto the wrap.
Add the shredded lettuce.
Roll tightly.
Serve with the carrot and cucumber sticks.

Thursday

CHEESE & TOMATO MINI PIZZA

Ingredients:

Wholemeal english muffin
Tomato sauce
Grated cheese
Sliced tomato

Cut the muffins in half.
Spread muffin halves with tomato sauce.
Top with sliced tomatoes & grated cheese.
Bake in the oven until the cheese is melted.

Friday

CHICKEN & VEGETABLE COUSCOUS

Ingredients:

cooked couscous
cooked chicken breast, diced
Mixed Vegetables (pepper, peas, carrots)
Olive oil
Lemon Juice
Fresh herbs (parsley or coriander)

Mix couscous, chicken and vegetables.
Dress with olive oil and lemon juice.
Add herbs and mix well.