

Lancashire Schools Catering Service- 5-Day Schools Lunch Menu

Your 5-day lunch food parcel includes the following items:



- 2 oranges
- 1 whole cucumber
- 2 carrots
- 1 punnet of tomatoes
- 2 baking potatoes
- 1 large tin of baked beans
- 1 tin of tuna fish
- 1 large tin macaroni cheese
- 1 large tin tomato soup
- 1 large tin vegetable chilli
- 4 bread rolls
- 1 pack of sweet biscuits
- 1 pack of cream crackers
- 2 portions of cheese
- 1 sachet of fruit jelly
- 1 pot of rice pudding
- 1 pot of custard

To produce your food menus you will need:



1 in Opener



Knife

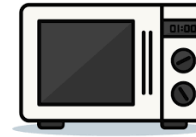


Peeler



Fork

AND

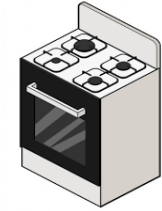


Microwave



Toaster

OR



Hob with Grill



Saucepan

To serve your menus you will need:



Plate



Bowl



Knife



Fork



Spoon

Hygiene & Health Advice: Before you start creating your meals ensure you do as follows:

Wash your hands - One of the main ways that germs are spread is from hands. It's important to wash them thoroughly with soap and warm water before handling food.

Clean Surfaces - Keep surfaces clean and keep any pets away from food or surfaces where food is prepared or eaten.

Be Careful with Knives - Always use a cutting board so that you can cut downwards and away from you.

Food Temperature - Cook all food thoroughly and cool it until lukewarm before giving it to your child. Follow cooking instructions on the tin.

Allergen Information

All of the allergens in the pre-packaged food can be found on the ingredients list on the back of the packaging – please read this prior to creating your menus.

Food businesses can use phrases such as 'may contain' to inform customers that there may be small amounts of an allergen in a food product. Manufacturers may also choose to mark products as 'Not suitable for'. Where you see this precautionary allergen labelling, there is a risk of the unintentional presence of the allergen in the food.

MONDAY - MENU 1 - TOMATO SOUP AND TUNA ROLL

For the Tuna Sandwich

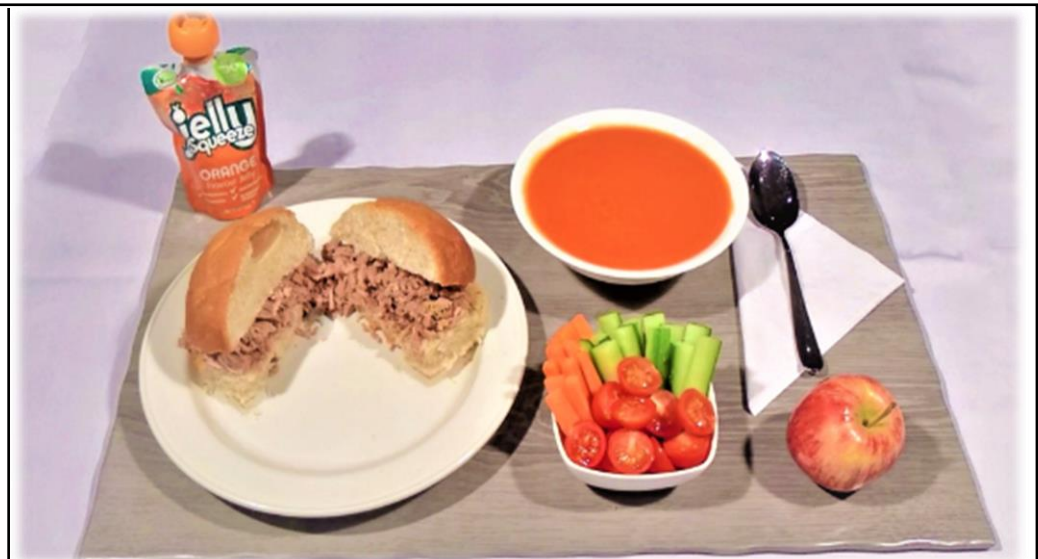
1. Take a bread roll and cut it in half lengthways
2. Open tuna with a can opener, drain off the liquid into the sink.
3. Put the tuna in a bowl and mash up with a fork.
4. Spread tuna onto the roll and cut in half.

For the Tomato Soup

1. Pull the ring back on top of the can towards yourself to open.
2. Pour contents into a small pan, place on a stove and heat gently,
OR if using a microwave, pour into a microwavable dish and heat, stirring occasionally.
3. Pour soup into a bowl and serve.

For the Additional items

1. Choose a piece of fruit - orange, apple or banana
2. Choose and slice your vegetables – carrot, tomatoes and / or cucumber
3. Choose a dessert - custard, rice pudding, cheese and crackers, jelly, or biscuits.



Tip

1. If you have any mayonnaise mix a table spoon in with the tuna
2. Slice thin pieces of cucumber and add this to your sandwich.
3. You could add butter or any spread to the bread roll.

TUESDAY - MENU 2 – BEANS ON A TOASTED ROLL

For the Toasted Roll

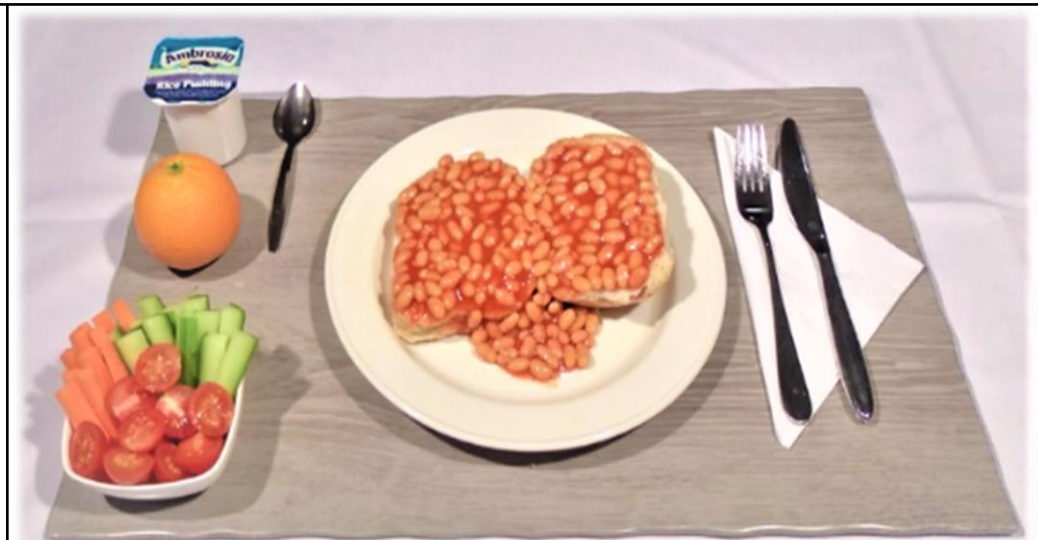
1. Take a bread roll and cut it in half lengthways.
2. Place the 2 halves of the bun into the toaster, the toaster will pop up when it is ready.
OR place under the grill to toast, if a toaster isn't available.

For the Beans

1. Pull the ring back on top of the can towards yourself to open.
2. Place half the beans in a small pan and heat gently, stirring occasionally.
OR If using a microwave, pour into a microwavable dish and heat as required.
3. Put the other half of the tin of beans in a plastic bowl with lid or cover with cling film. Place in the fridge as these will be used in Thursday's lunch menu.
4. Spoon the heated beans onto the toasted bun and serve.

For the Additional items

1. Choose a piece of fruit - orange, apple or banana
2. Choose and slice your vegetables – carrot, tomatoes and / or cucumber



Tip

1. If you have any spread you could butter your roll before adding the beans.
2. If feeling hungry, you could use an extra bread roll for more toast.
3. You could add thin slices of cheese on the beans

WEDNESDAY - MENU 3 – MACARONI CHEESE

For the Macaroni Cheese

1. Pull the ring back on top of the can towards yourself to open.
2. Empty contents in to a small pan and heat gently
OR if using a microwave, pour into a microwavable dish and heat as required, stirring occasionally until warmed through.
3. Spoon into a bowl and serve.

For the Additional items

1. Choose a piece of fruit - orange, apple or banana
2. Choose and slice your vegetables – carrot, tomatoes and / or cucumber
3. Choose a dessert - custard, rice pudding, cheese and crackers, jelly, or biscuits.



Tip If you have any ham you can add this to your macaroni cheese.

THURSDAY - MENU 4 – JACKET POTATO AND BEANS

For the Jacket Potato:

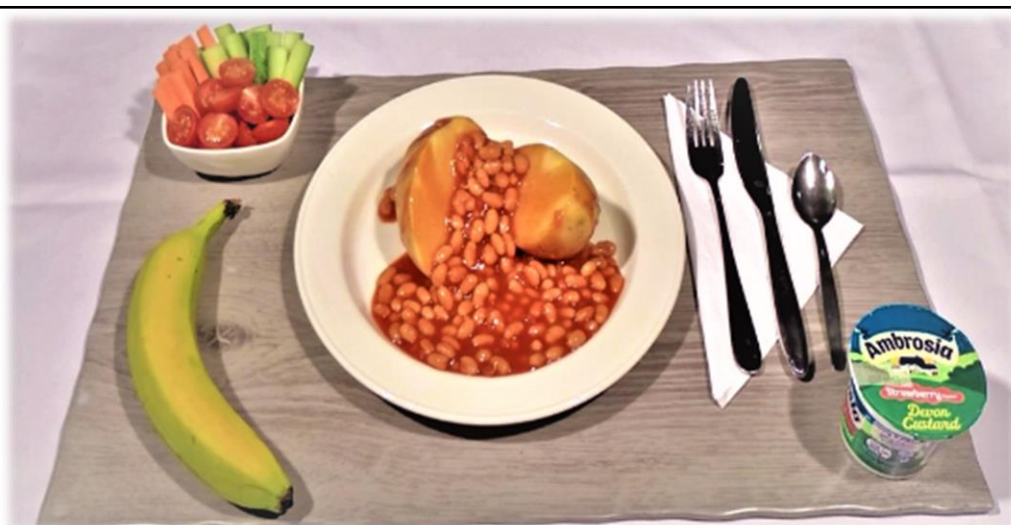
1. If using an oven: Pre-heat oven to 200 degrees / gas mark 6.
2. Wash then prick potatoes with a fork and place on a baking tray in the top of the oven, bake for an hour until the potato is soft. **OR**, if using a microwave to cook potato: prick potato as above and cook in a microwavable container on a high heat for approximately 8 minutes, turning halfway through the programme.

For the Beans

1. Use the beans saved from Tuesday.
2. When potato is cooked, empty beans in to a small pan and heat gently
OR if using a microwave, pour into a microwavable dish and heat as required.
3. Once warmed through spoon onto the potato and serve.

For the Additional items

1. Choose a piece of fruit - orange, apple or banana
2. Choose and slice your vegetables – carrot, tomatoes and / or cucumber



Tip

1. If you have spread add this to the potato after cooking to soften and add flavour
2. You could melt some finely sliced cheese on to the beans.

FRIDAY - MENU 5 – JACKET POTATO WITH VEGETABLE CHILLI

For the Jacket Potato:

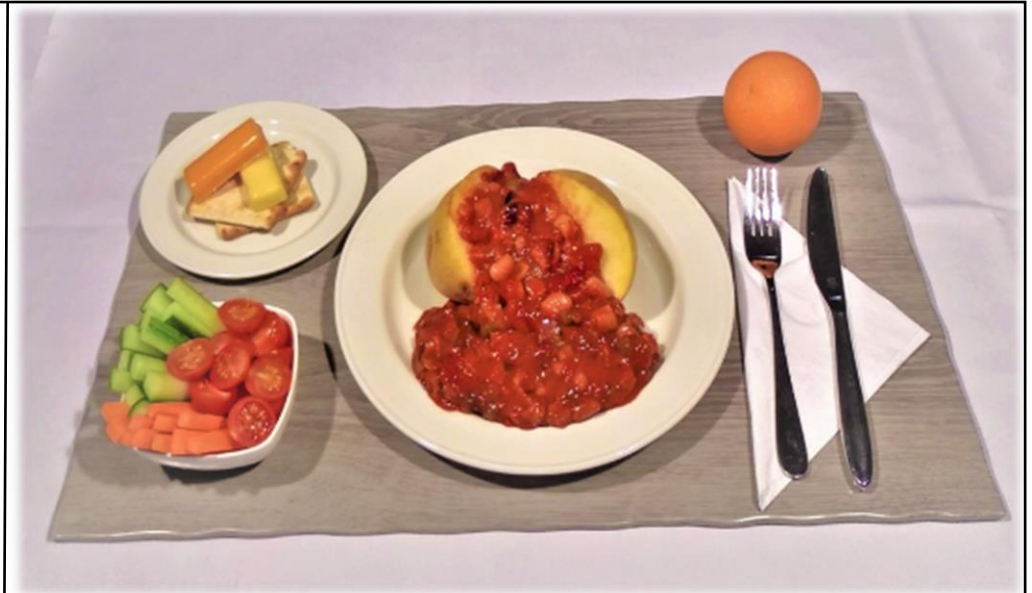
1. If using an oven: Pre-heat oven to 200 degrees / gas mark 6.
2. Wash then prick potatoes with a fork and place on a baking tray at the top of the oven, bake for an hour until the potato is soft. **OR**, if using a microwave to cook potato: prick potato as above and cook in a microwavable container on a high heat for approximately 8 minutes, turning halfway through the programme.

For the Chilli

1. Pull the ring back on the top of the can towards yourself to open.
2. When potato is cooked, empty the chilli into a small pan and heat gently.
OR if using a microwave, pour into a microwavable dish and heat as required.
3. Once warmed through spoon the chilli onto the potato and serve.

For the Additional items

1. Choose a piece of fruit - orange, apple or banana
2. Choose and slice your vegetables – carrot, tomatoes and / or cucumber



Tip

1. If you have any butter or spread you can add this to the potato once it comes out of the oven or microwave to soften and add flavour.

HEALTHY SNACKS

For the Vegetables:

1. Rinse the carrots, cucumber and tomatoes under cold water.
2. To peel the carrots you will need a vegetable peeler. Pull the peeler down the carrot and turn the carrot after each top-to-bottom motion to expose more skin.
3. Place the carrot onto your chopping board and cut it into approx. 3.5cm batons.
4. Next, place your cucumber onto the chopping board and cut into batons.
5. For the cherry tomatoes place them on the chopping board and cut in half.



Tip

1. If you have hummus or mayonnaise use as a dip for the carrot sticks and cucumber.

TIP: USE ANY LEFT OVER FOOD TO MAKE EXTRA SNACKS OR SAVE FOR SUPPER!

PLEASE KEEP THIS INFORMATION PACK SO YOU CAN REFER BACK TO THE RECIPES AND TIPS WHEN PREPARING MEALS IN THE FUTURE!

