

Food Hamper for children self- isolating (14-day isolation – 10 lunches)

Ingredients:

- 10 x Cheese slices
- 145g tuna
- 6 eggs
- 210g baked beans
- 1 x loaf medium sliced bread
- 500g dried pasta
- 2x jacket potatoes
- 500g jar tomato pasta sauce
- 500g carrots
- 1 x cucumber
- 250g tomatoes
- 1 x banana
- 1 x apple
- 1 x satsuma
- 4 x 80g yoghurts
- 225g sponge mix
- $\frac{3}{4}$ pint custard powder

Lunch suggestions:

Meal Suggestion	Lunch 1 – Baked Beans & Scrambled Egg on Toast, Roasted Tomatoes and Yoghurt	Lunch 2 – Cheese and Tomato Pasta, Boiled Carrots and Apple	Lunch 3 – Jacket Potato with Beans, Cherry Tomatoes, Grated Carrot and Sponge Cake with Custard	Lunch 4 – Cheese Sandwich, Carrot and Cucumber Sticks and Yoghurt	Lunch 5 – Tuna, Cucumber and Tomato Pasta Salad with Satsuma
School Food Standards portion sizes	2 x slices of bread, 70g baked beans, 1-2 eggs, 60g vegetables, 80g yoghurt	60g dried pasta, 30g cheese slices, 60g vegetables, 1 x apple	1 x jacket potato, 70g beans, 60g vegetables, 50g sponge cake, 80g custard	2 x slices of bread, 30g cheese slices, 60g vegetables, 80g yoghurt	60g dried pasta, 70g tuna, 60g vegetables, 1 x satsuma
Meal Suggestion	Lunch 6 – Tuna and Cucumber Sandwich, Carrot Sticks and Yoghurt	Lunch 7 - Cheese Omelette with Toast, Roasted Tomatoes, and Sponge Cake with Custard	Lunch 8 - Cheese and Tomato Pasta with Boiled Carrots and Banana	Lunch 9 – Jacket Potato with Beans, Diced Cucumber and Yoghurt	Lunch 10 - Cheese Sandwich, Carrot and Cucumber Sticks and Sponge Cake
School Food Standards portion sizes	2 x slices of bread, 70g tuna, 60g vegetables, 80g yoghurt	1-2 eggs, 2x slices of bread, 60g vegetables, 50g sponge cake, 80g custard	60g dried pasta, 30g cheese slices, 60g vegetables, 1 x banana	1 x jacket potato, 70g baked bean, 60g vegetables, 80g yoghurt	2x slices of bread, 30g cheese slices, 60g vegetables, 50g sponge cake

For allergen information, please check food packaging.