

Breakfast ideas

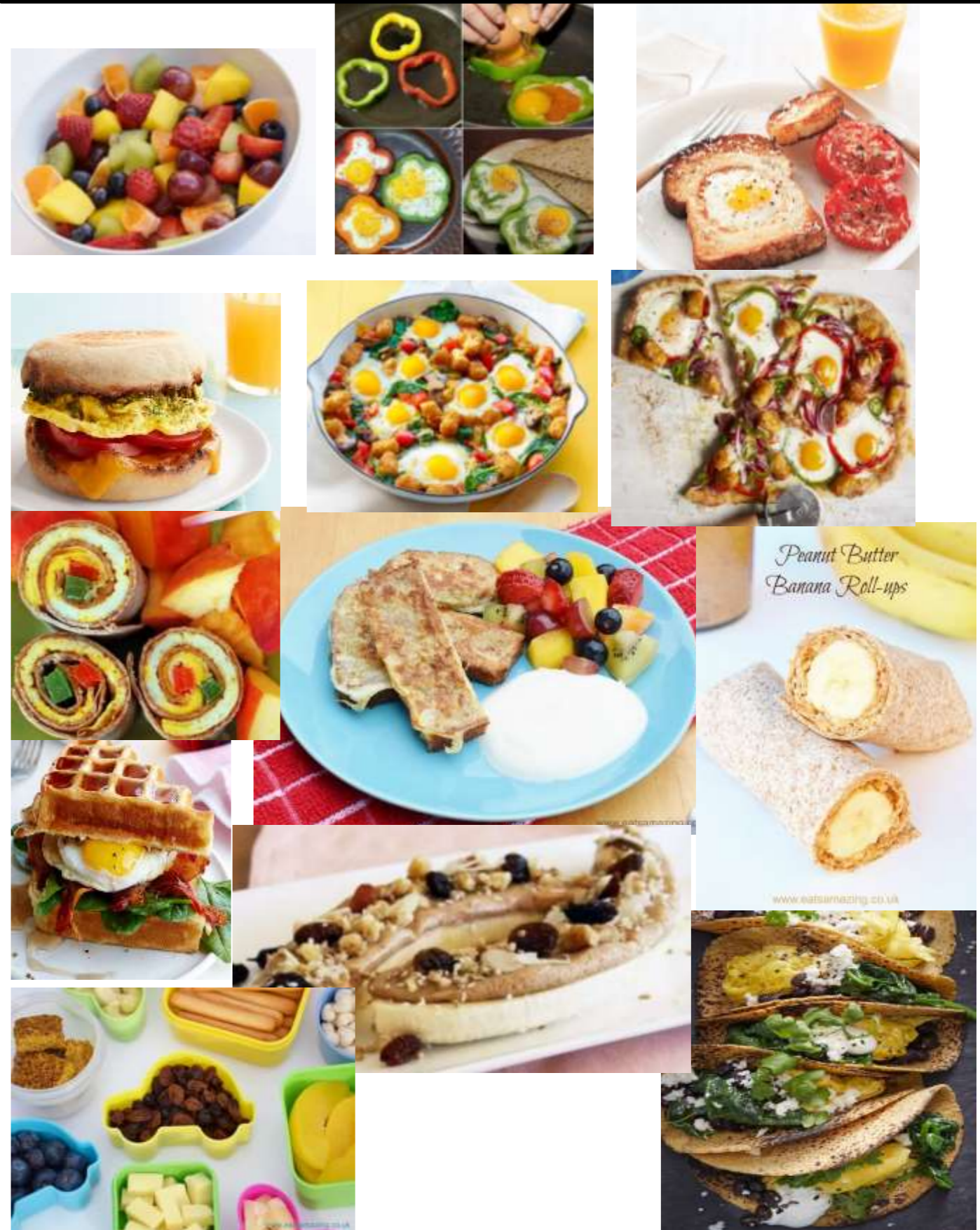
- French Toast With Berries
- Egg-in-a-Pepper
- One-Minute Blueberry Citrus Shake
- Fruity Breakfast Parfaits
- Breakfast Burrito Bites
- Almond Butter and Banana Open Sandwich
- No-Bake Quinoa Crumble Bars
- Apple, Cinnamon, and Strawberry Muffins
- Blueberry Pie Oatmeal
- Whole Grain Breakfast Porridge
- Whole Wheat Banana Pancakes
- Banana muffins
- Broccoli and Zucchini Egg Bars for Kids
- Tater Tot Pizza
- Scrambled Egg Tacos
- Buttermilk Waffle, Quorn, and Egg Sandwich
- Egg and Tater Bake
- Egg Sandwich
- Egg in a Hole
- Potato, and Onion Scramble
- Fruit Salad
- Snack Pots
- Banana and Peanut Butter Tortilla Roll-ups
- Eggy Bread Fingers
- Cereal (almonds, raisins)
- Egg/beans on toast
- Overnight oats (no cook) with grated apple

Look out for
0% Fat/ Sugar
free options

Eat a rainbow
mix of food
colours

Give your child
a variety of
food

Choose foods which you know your child likes, mix it with some healthy options to give your child a kick start to their day's learning!



Lunch ideas

- Cheese-and-Herb Quiche
- Wrap filled with vegetables
- Pitta pockets
- Sliced apple and peanut butter
- Peanut hummus with fruit & veg sticks
- Chicken, carrot & avocado rolls
- Tuna rice salad
- Green bean & penne salad
- Taco Salad Bento Lunch for Kids
- Shak and rotli
- Pasta salad
- Hard boiled egg with tomatoes
- Corn on the cob- boiled or roasted
- Stir fried noodles with vegetable
- Risotto
- 1 pot salad or 1 pot soup
- Flatbread with hummus
- Half an avocado
- Dolma, rice and yoghurt
- French bread pizza
- Chana masala with rice
- Dhal, shak and rotli

High protein
content provide
energy

Reduce
carbohydrates

Prepare the
food over night

Add fruit &
vegetables to
the lunchbox

Choose foods which you know your child likes, mix it with some healthy options to give your child the boost of energy to sustain their learning!

