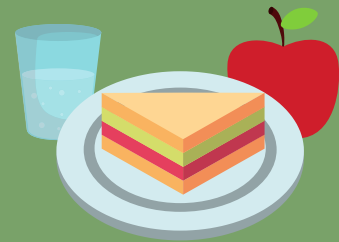


# CHARTWELLS WEST SUSSEX TAKE HOME LUNCH GUIDE

## TAKING LUNCHTIME HOME



### MEAL IDEA 1

#### Beans on Toast with veg sticks

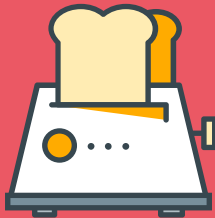
##### You will need:

Bread slices x 2, toasted  
Baked Beans, heated through thoroughly  
(follow instructions on tin).  
Pepper or carrot or cucumber, washed &  
sliced into fingers.

Once all items are prepared, pop the beans on top of the toast with the veg sticks on the side. Now dig in!

##### To be served with:

1 yoghurt\*or custard pot\* OR  
1 Malt Loaf bar  
1 portion of fruit



### MEAL IDEA 2

#### Jacket Potato with Cheese &/or Beans

Cook your potato & beans, top with cheese, serving with a fresh side salad.

##### You will need:

1 Jacket Potato, cooked in the oven or microwave until piping hot.  
Baked Beans, heated through (follow instructions on tin).  
Handful of cheese, grated.  
Any combination of tomato, pepper, lettuce, carrot or cucumber, washed & served as a side salad.

##### To be served with:

1 yoghurt\*or custard pot\* OR  
1 Malt Loaf bar  
1 portion of fruit



### MEAL IDEA 3

#### Cheese Crunch Sandwich

##### You will need:

Bread slices x 2.  
Cheese, 30g grated or thinly sliced.  
Any combination of tomato, carrot or cucumber, washed & sliced thinly.



##### To be served with:

1 yoghurt\*or custard pot\* OR  
1 Malt Loaf bar  
1 portion of fruit

Pop the cheese on top of the first slice of bread, add your veggies, finish with second slice of bread and serve, yum!



### EXTRA NOTES

#### BOXES

Each box contents varies according to what is available. You are free to use the food however best suits you, These meal ideas have been provided as a guide only in order to support you in serving well balanced meals.

#### PUTTING MEALS TOGETHER AS PART OF A HEALTHY DIET

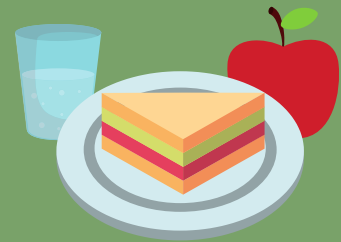
These 5 meal ideas provide children with:

- ✓ 2 of their 5-a-day.
- ✓ Fibre from wholegrain, beans or vegetables.
- ✓ A portion of protein
- ✓ A portion of starchy carbohydrates
- ✓ Child friendly snack items



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## PLEASE NOTE



the MALT LOAF BAR, BANANA CUSTARD POT, ORIGINAL CUSTARD POT, STRAWBERRY FRUBE YOGHURT, PEACH FRUBE YOGHURT, BAKED BEANS and CHEESE are labelled.

In this instance, please refer to label for most accurate and up-to-date nutrition information.

Please be sure to store your food appropriately, such as putting cheese in the fridge. Cheese is a source of calcium which is good for strong bones and teeth!

Wash vegetables before serving. We've included fresh veggies which are packed full of vitamins and minerals to keep our bodies healthy.

Keeping hydrated is important, encourage children to drink a glass of water with their lunch daily.



## ALLERGENS

<b>Brown Malted Bloomer Bread</b>	<u>GLUTEN (WHEAT, BARLEY,)</u> <u>SESAME</u> , <u>SOYA</u>
<b>Cheese</b>	<u>MILK</u>
<b>Baked Beans</b>	<u>NONE</u>
<b>Malt Loaf Bar</b>	<u>MILK, GLUTEN (BARLEY, WHEAT)</u>
<b>Banana Custard Pot</b>	<u>MILK</u>
<b>Original Custard Pot</b>	<u>MILK</u>
<b>Strawberry Frube yoghurt</b>	<u>MILK</u>
<b>Peach Frube yoghurt</b>	<u>MILK</u>

**14 EU ALLERGENS  
UNDERLINED**

