



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

Ingredients:

- 500g dried pasta
- ~~2 x 550g~~ 1 x 550g pasta sauce
- 6 free range eggs
- 200g Cheddar Cheese
- 1 x loaf medium sliced bread
- 250g Margarine
- 3x Jacket Potatoes
- 414g Baked Beans
- 1 x cucumber
- 4 x Tomatoes
- 3 x apples
- 1 x banana
- 1 x orange
- 4 x 85g yoghurts
- 2 x packs of assorted biscuits

Lunch suggestions:

Meal Suggestion	Lunch 1 – Baked Beans & Scrambled Egg on Toast, Roasted Tomatoes and Yoghurt	Lunch 2 – Pasta and Tomato Sauce and an Apple	Lunch 3 – Cheese Sandwich, Cucumber Sticks and a Yoghurt	Lunch 4 – Jacket Potato with Beans and a Biscuit	Lunch 5 – Pasta and Tomato Sauce with an Apple
School Food Standards portion sizes	2 x slices of bread, 70g baked beans, 2 eggs, 60g tomatoes, 85g yoghurt	65g dried pasta and sauce, 1 apple	2 x slices of bread, 30g cheese, 60g vegetables, 85g yoghurt	1 x jacket potato, 70g beans, 1 pack of biscuits	65g dried pasta and sauce, 1 apple
Meal Suggestion	Lunch 6 – Jacket Potato with Beans and a Biscuit	Lunch 7 - Cheese Omelette with Toast, Roasted Tomatoes, and a Yoghurt	Lunch 8 - Tomato Pasta and Banana	Lunch 9 – Jacket Potato with Cheese, and Yoghurt	Lunch 10 – Boiled Egg Sandwich, Cucumber Sticks and an Orange
School Food Standards portion sizes	1 x jacket potato, 70g beans, 1 pack of biscuits	1-2 eggs, 2x slices of bread, 30g cheese, 60g vegetables, 85g yoghurt	65g dried pasta and sauce, 1 banana	1 x jacket potato, 30g cheese, 85g yoghurt	2 x slices of bread, 1-2 eggs, 60g vegetables, 1 Orange

For allergen information, please check food packaging.