

SNACK Breadsticks with orange wedges and grapes



SNACK Breadsticks with orange wedges and grapes

5-11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Breadsticks	15g
Grapes	40g
Orange	40g
Semi-skimmed milk	150ml



SNACK Currant bun with apple slices



SNACK Currant bun with apple slices

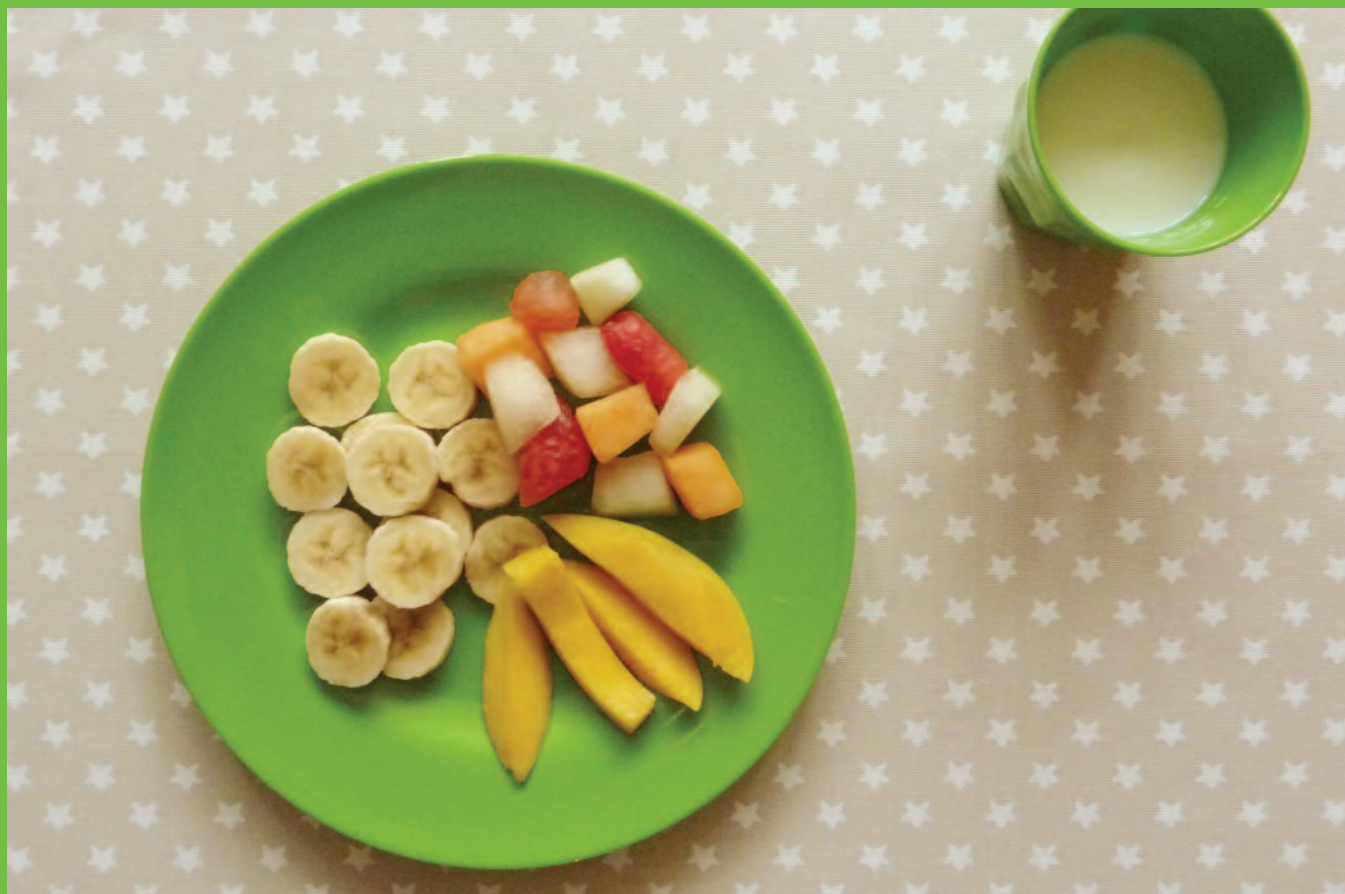
5-11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Currant bun	35g
Vegetable fat spread	4g
Apple	80g
Semi-skimmed milk	150ml

SNACK Fruit platter with mango, banana and melon



SNACK Fruit platter with mango, banana and melon

5-11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Mango	50g
Banana	80g
Melon	100g
Semi-skimmed milk	150ml

SNACK Fruit scone and jam, with melon chunks



SNACK Fruit scone and jam, with melon chunks

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Fruit scone	30g
Jam	5g
Cantaloupe melon	80g
Milk	150ml

Fruit scones

This recipe makes 4 portions of about 30g.

20g wholewheat flour
65g plain flour
1 teaspoon baking powder
15g vegetable fat spread
1 tablespoon beaten egg
3 tablespoons water
15g sultanas

1. Heat the oven to 230°C / 450°F / Gas 7.
2. Sieve the flour and baking powder into a bowl and rub in the vegetable fat spread until the mixture resembles fine breadcrumbs.
3. Mix the egg with the water.
4. Add the egg mix and sultanas to the breadcrumb mixture and mix to a fairly sticky dough.
5. Turn the dough on to a floured board, roll out to ½ inch thick and make four small scones.
6. Bake in the oven for 6-10 minutes.



SNACK Malt loaf with a satsuma



SNACK Malt loaf with a satsuma

5-11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Malt loaf	40g
Vegetable fat spread	2g
Satsuma	80g
Semi-skimmed milk	150ml

SNACK Natural yoghurt with peach slices



SNACK Natural yoghurt with peach slices

5-11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Natural yoghurt	125g
Peach (canned in juice)	80g
Semi-skimmed milk	150ml

SNACK Oatcakes with mozzarella cheese, celery sticks and apple slices



SNACK Oatcakes with mozzarella cheese, celery sticks and apple slices

5-11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Oatcakes	20g
Mozzarella cheese	25g
Celery	40g
Apple	80g
Semi-skimmed milk	150ml

SNACK Popcorn with apple slices



SNACK Popcorn with apple slices

5-11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Popcorn	15g
Apple	80g
Semi-skimmed milk	150ml

SNACK Toasted fruit bread with orange wedges



SNACK Toasted fruit bread with orange wedges

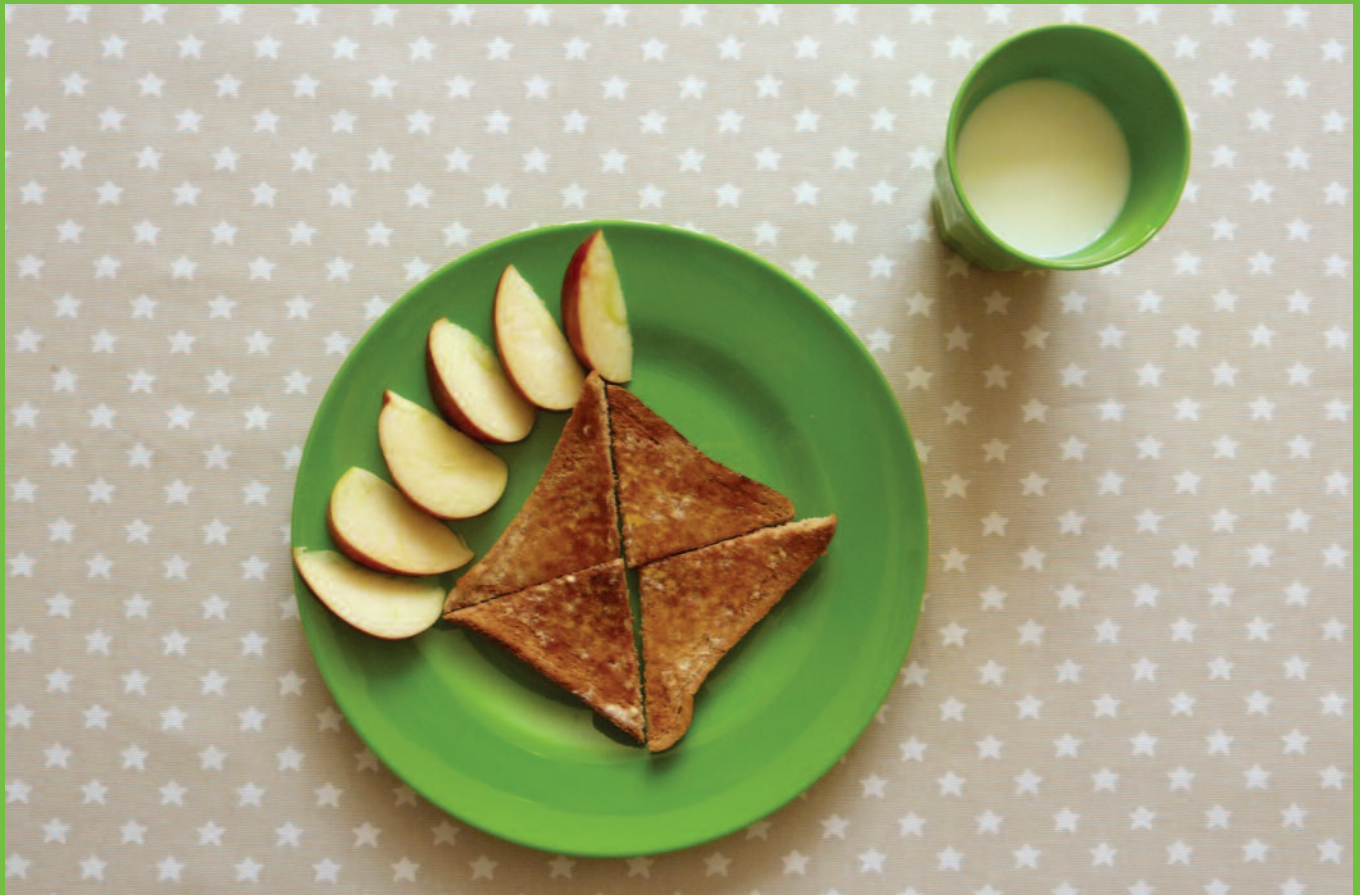
5-11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Fruit bread	30g
Vegetable fat spread	4g
Orange	80g
Semi-skimmed milk	150ml

SNACK Wholemeal toast with honey and apple slices



SNACK Wholemeal toast with honey and apple slices

5-11 year olds

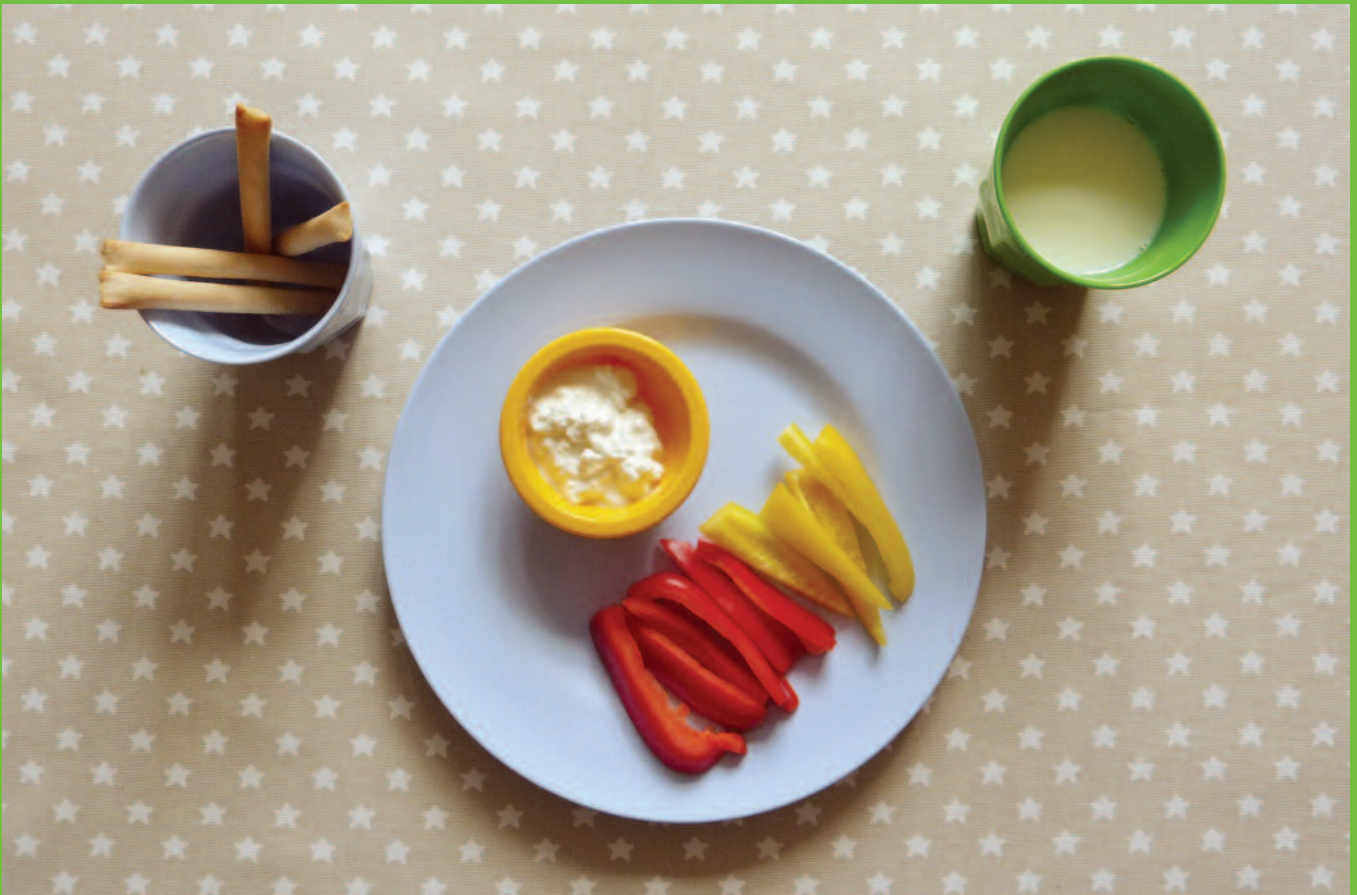


The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Wholemeal toast	30g
Honey	10g
Apple	80g
Semi-skimmed milk	150ml



SNACK Breadsticks and pepper sticks with cottage cheese



SNACK Breadsticks and pepper sticks with cottage cheese

5-11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Breadsticks	15g
Yellow pepper	40g
Red pepper	40g
Cottage cheese	35g
Semi-skimmed milk	150ml

SNACK Breadsticks, red pepper and cucumber sticks with sour cream and chive dip



SNACK Breadsticks, red pepper and cucumber sticks with sour cream and chive dip

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Breadsticks	15g
Red pepper	40g
Cucumber	40g
Sour cream and chive dip	35g
Semi-skimmed milk	150ml

Sour cream and chive dip

This recipe makes 4 portions of about 35g.

50ml sour cream
50ml low-fat natural yoghurt
¼ cucumber, finely diced
1 tablespoon chopped chives
½ teaspoon ground black pepper

1. Mix all the ingredients together thoroughly and chill.



SNACK Curried rice salad with green pepper sticks



SNACK Curried rice salad with green pepper sticks

5-11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Curried rice salad	70g
Green pepper	40g
Semi-skimmed milk	150ml

Curried rice salad

This recipe makes 4 portions of about 70g.

75g long grain white rice
60g raisins
1 teaspoon mild curry powder
¼ teaspoon black pepper powder

1. Boil the rice until tender. Drain and cool.
2. Stir in the raisins, curry powder and pepper.
3. Chill before serving.



SNACK Mashed avocado on melba toast with cherry tomatoes and red pepper sticks



SNACK Mashed avocado on melba toast with cherry tomatoes and red pepper sticks

5-11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Melba toast	15g
Avocado	20g
Cherry tomatoes	40g
Red pepper	40g
Semi-skimmed milk	150ml

SNACK Oatcakes and celery sticks with houmous



SNACK Oatcakes and celery sticks with houmous

5-11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Oatcakes	20g
Celery	80g
Houmous	40g
Semi-skimmed milk	150ml

SNACK Pitta bread and houmous with pepper and cucumber sticks



SNACK Pitta bread and houmous with pepper and cucumber sticks

5-11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Pitta bread	35g
Houmous	40g
Red pepper	40g
Cucumber	40g
Milk	150ml



SNACK Spicy potato wedges with tomato salsa



SNACK Spicy potato wedges with tomato salsa

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Spicy potato wedges	70g
Tomato salsa	40g
Semi-skimmed milk	150ml

Spicy potato wedges

This recipe makes 4 portions of about 70g.

2 medium-sized old potatoes
4 tablespoons vegetable oil
2 teaspoons lemon juice
2 teaspoons mustard powder
2 teaspoons paprika powder

1. Heat the oven to 200°C / 400°F / Gas 6.
2. Scrub the potatoes and cut each one into eight wedges.
3. Place the remaining ingredients in a jug and whisk together.
4. Put the potato wedges in a roasting tin. (They must be in a single layer.) Pour the dressing over them and toss to coat the wedges well.
5. Cook at the top of the oven for 15 minutes.
6. Turn and mix, scraping up all the flavourings that may be browning in the tin, and cook for another 15 minutes or until tender.

Tomato salsa

This recipe makes 4 portions of about 40g.

½ small (200g) can chopped tomatoes
1 spring onion, finely chopped
½ small red pepper, cored and finely chopped
1 tablespoon chopped fresh parsley
½ clove garlic, crushed
½ tablespoon white wine vinegar
½ tablespoon lemon juice
¼ teaspoon black pepper powder

1. Mix all the ingredients together. Chill before serving.



SNACK Tabbouleh with yellow pepper sticks



SNACK Tabbouleh with yellow pepper sticks

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Tabbouleh	70g
Yellow pepper	40g
Semi-skimmed milk	150ml

Tabbouleh

This recipe makes 4 portions of about 70g.

40g couscous
80ml water, boiling
3 spring onions, diced
2 medium-sized tomatoes, diced
2 tablespoons fresh parsley, finely chopped
2 tablespoons fresh mint, finely chopped
2 teaspoons lemon juice
2 tablespoons olive oil
¼ teaspoon black pepper

1. Put the couscous in a bowl. Pour the boiling water over it, mix very gently and leave to stand until the couscous absorbs the liquid (about 4 minutes).
2. Stir in the diced vegetables, herbs, lemon juice, oil and pepper.
3. Stir well and chill before serving.



SNACK Toasted crumpet with soft cheese and celery sticks



SNACK Toasted crumpet with soft cheese and celery sticks

5-11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Toasted crumpet	40g
Soft cheese	20g
Celery	80g
Semi-skimmed milk	150ml

SNACK Wholemeal toast fingers with smoked mackerel pâté and cucumber sticks



SNACK Wholemeal toast fingers with smoked mackerel pâté and cucumber sticks 5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Wholemeal toast	30g
Smoked mackerel pâté	30g
Cucumber	40g
Semi-skimmed milk	150ml

Smoked mackerel pâté

This recipe makes 4 portions of about 30g.

100g smoked mackerel
40g low-fat soft cheese
1 teaspoon lemon juice
¼ teaspoon black pepper powder

1. Remove the skin from the smoked mackerel and flake the flesh into a food processor or blender.
2. Add the soft cheese, lemon juice and pepper.
3. Blend the mixture until smooth.
4. Place the mixture in a small dish or mould and chill for 2-3 hours.

