

Monday

Recess

Chopped fruit: canned is fine if served in natural juice rather than syrup (don't forget a spoon)

Lunch

Meatloaf

Recipe: Meatloaf

Serves 6



Olive oil spray*
 $\frac{2}{3}$ cup couscous
 $\frac{1}{3}$ cup boiling water
 1 brown onion, very finely chopped
 800g lean beef mince*
 1 large carrot, peeled, grated
 1 cup grated butternut pumpkin
 2 small zucchini, grated
 $\frac{1}{2}$ cup semi dried tomatoes in olive oil, drained and chopped
 1 egg*
 2 tbs chopped flat leaf parsley
 Cracked black pepper, to season

1. Preheat oven to 200°C (180°C fan-forced). Lightly spray the base and sides of a 7cm x 11cm x 21cm (base) loaf pan with cooking spray.
2. Place the couscous in a large heatproof bowl, pour over boiling water. Cover and stand for 5 minutes then stir the couscous gently with a fork to separate the grains. Set aside to cool.
3. Place the chopped onion on a microwave safe plate, spray lightly with oil and cover with damp paper towel. Microwave for 2 minutes on high/100%. Set aside to cool.
4. Combine the mince, grated vegetables, tomatoes, egg, parsley, onion and couscous together in a large bowl. Season well with pepper and mix well using clean hands. Press mixture into loaf pan. Bake for 40-50 minutes or until firm in the centre. Stand in the pan for 10 minutes before turning onto a board and slicing.

Tuesday

Recess

Sultanas, reduced fat yoghurt (don't forget a spoon)

Lunch

Singapore noodles

Recipe: Singapore noodles

Make this the night before for dinner and use the leftovers for lunches. Serves 4



Olive oil spray*
 2 eggs, lightly beaten*
 1 red onion, thinly sliced
 1 tbs yellow curry paste
 350g fresh Singapore noodles
 2 cups skinless chicken, trimmed of fat, poached and shredded
 1 carrot, peeled and grated
 $\frac{1}{4}$ small green cabbage, shredded
 1 tbs reduced salt soy sauce
 1 tbs dry sherry
 1 cup bean sprouts, trimmed
 4 green onions, thinly sliced
 3 tbs plain, unsalted peanuts*

1. Heat a wok over medium heat until hot. Spray lightly with oil then add egg and swirl to form a thin omelette. Cook for 30 seconds or until egg is almost set. Slide onto a board and roll omelette up.
2. Spray the wok lightly with oil and add the onion, curry paste and 2 teaspoons of water. Cook for 2 minutes.
3. Add noodles and stir-fry for 1 minute. Add chicken, carrot and cabbage and stir-fry 2 minutes or until cabbage is just wilted.
4. Combine soy sauce and sherry, then add to the wok with bean sprouts and green onions. Stir-fry for 1-2 minutes.
5. Thinly slice the omelette and add to noodles. Serve topped with chopped peanuts.

Wednesday

Recess

Portion of fruit; Raspberry mini muffin

Lunch

Salad wrap with grated carrot, boiled egg slices, shredded lettuce, tomato, cucumber and avocado.

Recipe: Raspberry mini muffins

Makes 24



Canola oil spray*
 $\frac{3}{4}$ cup plain white flour
 $\frac{3}{4}$ cup plain wholemeal flour
 $\frac{1}{2}$ tsp baking powder
 $\frac{1}{2}$ tsp cinnamon
 $\frac{1}{4}$ cup brown sugar
 $\frac{1}{4}$ cup barley bran
 1 large egg*
 1 cup buttermilk*
 2 tbs sunflower oil*
 $\frac{3}{4}$ cups frozen raspberries, thawed

1. Preheat oven to 180°C (160°C fan-forced). Spray 2 x 12-hole mini-muffin trays with cooking oil spray.
2. Combine flours, baking powder, cinnamon, brown sugar and bran in a large mixing bowl.
3. Beat eggs in a separate bowl, then stir in buttermilk and sunflower oil.
4. Fold raspberries through wet mixture.
5. Fold wet ingredients into dry mixture. Don't over mix as the batter will become rubbery.
6. Spoon mixture into muffin trays and bake in oven for 15 minutes, or until a skewer inserted into the centre comes out clean. Turn out onto wire racks to cool, then serve.

* Look for products with the Heart Foundation Tick. All fresh fruit and vegetables automatically qualify for the Tick.

Spring Lunchbox Lifesavers

Thursday

Recess

Sultanas, reduced fat yoghurt (don't forget a spoon)

Lunch

Ham, ricotta and pea frittatas

Recipe: Ham, ricotta and pea frittatas

Makes 12



Canola oil spray*
150g reduced salt shaved lean leg ham, roughly chopped*
 $\frac{3}{4}$ cup frozen green peas, thawed*
150g reduced fat ricotta, crumbled
Cracked black pepper, to season
10 large eggs*
2 tbs plain flour
1 tbs basil pesto
 $\frac{2}{3}$ cup reduced fat milk*
2 tbs grated parmesan cheese

1. Preheat oven to 190°C (170°C fan-forced).
2. Lightly grease a 12 hole standard, silicone or non-stick muffin pan with cooking spray.
3. Divide ham, peas and ricotta between the muffin holes and season with pepper.
4. Whisk eggs, flour and pesto together in a large bowl until combined, then whisk in milk. Pour the mixture evenly over filling in muffin holes.
5. Sprinkle with parmesan cheese and bake in preheated oven for 20 to 25 minutes or until frittatas are set and light golden.

Friday

Recess

One boiled egg, portion of fruit

Lunch

Veggie Fritters

Recipe: Veggie Fritters

Serves 4



1 medium zucchini
1 x 310g can sweet corn kernels, drained
1 small carrot
1 small Spanish onion
 $\frac{1}{4}$ cup wholemeal self raising flour
 $\frac{1}{2}$ tsp ground cumin
A pinch of cinnamon
3 eggs, separated
Olive oil cooking spray

1. Preheat oven to 150°C.
2. Grate zucchini, carrot and onion into a large bowl along with the drained corn. Add flour, cumin and cinnamon.
3. Stir through the egg yolks and season with freshly ground black pepper.
4. Whisk the egg whites until firm peaks form and gently fold through the egg yolk mixture.
5. Spray a large frying pan with olive oil and heat over medium heat.
6. Place two tablespoons of the mixture into the pan and cook for two minutes on each side, or until golden brown.
7. Remove the fritters from the pan and keep these warm in the oven. Repeat the process with the remaining mix.

Top Tips

- **Try to vary the type of bread you use for sandwiches:** wholemeal, wholegrain, rye, linseed, hi-fibre white, pita pockets and Lebanese bread. Many of these varieties carry the Heart Foundation Tick.
- **Make the most of leftovers.** Save time and money by packing dinner leftovers for lunch the next day. Use leftover mince (from spag bol or chilli) to make homemade burritos: simply add some shredded lettuce and grated low fat cheese and wrap up tight in foil. Leftover rice and pasta dishes are also perfect for boxing up, as are boiled eggs, cold frittata or rolled up omelette. Be sure to keep these items cool with a freezer block.
- **Water should be the main drink of the day for kids to stay hydrated.** Plain reduced-fat milk is a good, occasional alternative. In warmer months, freeze the milk the night before so it defrosts by lunchtime. Many kids and teenagers aren't getting enough calcium so this is a great way to boost their intake.
- **Use margarine instead of butter: look for a Tick approved variety.** Avocado is also a great alternative as it contains good, monounsaturated fat. Tzaziki and hummus can be used as a spread, or as a dip for carrot, cucumber and capsicum sticks.
- **Look out for the Tick when you're shopping.** Many lunchbox fillers are Tick approved and can make lunches instantly healthier. Tick foods have reduced levels of unhealthy saturated fat, trans fat, salt and kilojoules (energy); and more healthy nutrients such as calcium and fibre.
- **Feeling inspired?** Our recipe finder has lots of family friendly and deliciously good-for-you recipes to try. Check out heartfoundation.org.au/recipes

Mums United is helping Australian families take small, easy steps towards a healthier lifestyle and a healthy weight. For more smart ideas visit heartfoundation.org.au/mumsunited

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