

Monday

Recess

Portion of fruit

One bowl banana bread

Lunch

Sandwich made with wholemeal bread, chicken, lettuce, cucumber circles and avocado

Recipe: One bowl banana bread

This banana bread is delicious toasted, and also freezes well. Slice into portions and individually wrap in plastic wrap.



Canola oil spray*
2 cups plain flour
4 tsp baking powder
1 tsp bicarbonate of soda
½ tsp ground cinnamon
⅓ cup brown sugar
¾ cup plain, unsalted pecans*, chopped
¾ cup reduced fat milk*
2 eggs*, lightly beaten together
1 cup (2 large) mashed bananas
1 large apple, peeled and grated
1 tbs natural seed mix* (optional)

1. Preheat oven 170°C fan-forced. Grease a 7cm deep, 14x24cm (base measurement) loaf pan with cooking spray then line with baking paper.
2. Sift the flour, baking powder, bicarbonate of soda and cinnamon into a large bowl. Stir in the sugar and pecans, and make a well in the centre. Add the milk, eggs, banana and apple and stir gently until combined.
3. Pour the batter into loaf pan and smooth the surface. Sprinkle over the seed mix if using. Bake for 50-60 minutes or until a skewer inserted into the centre comes out clean. Stand for 10 minutes in the pan before lifting onto a wire rack to cool, then slice and serve.

Tuesday

Recess

Sultanas

Reduced fat yoghurt (don't forget a spoon)

Lunch

Pasta and meatball bake, chopped vegetable sticks (carrot, cucumber, capsicum, celery) with a low fat dip like hummus or tzatziki

Recipe: Pasta and meatball bake



2 slices wholegrain bread*
500g lean beef mince*
1 egg, whisked*
1 carrot, peeled, grated
1 zucchini, grated
3 tbs chopped flat leaf parsley
Black pepper, to season
2 tsp olive oil*
250g macaroni
700g bottle tomato passata sauce*
125g reduced fat ricotta*
3 tbs reduced fat mozzarella, grated*

1. Process bread into fine crumbs then transfer to a large bowl. Add the mince, egg, carrot, zucchini and parsley. Season with pepper and mix until well combined. Roll into small balls.
2. Heat half the oil in a large non-stick frying pan over a medium heat. Add half the meatballs and cook for 5 minutes, shaking the pan often until browned all over. Remove meatballs to a plate and repeat with remaining meatballs. Preheat oven to 200°C fan-forced.
3. Meanwhile, cook the macaroni in a large saucepan of water following packet directions. Drain well and return pasta to the hot pan. Pour over the passata sauce and stir to combine. Spoon the pasta mixture into a 6-cup capacity oven-proof dish. Poke the meatballs into the pasta.
4. Crumble the ricotta over the pasta and meatballs then sprinkle over the mozzarella. Place into the oven and bake 15 minutes or until hot.

Wednesday

Recess

Portion of fruit

Cheesy vegetable muffin

Lunch

Pasta salad with cherry tomatoes, spinach leaves, sliced boiled egg and grated reduced fat cheese

Recipe: Cheesy vegetable muffins

Make a batch on the weekend and freeze, ready for the week ahead. Makes 12



2 cups self-raising flour
1½ cups lightly packed grated zucchini
1½ cups lightly packed grated carrot
½ cup grated reduced fat tasty cheese*
¼ cup olive oil*
125g can creamed corn
¾ cup reduced fat milk*
1 large egg*
Canola oil spray*

1. Preheat oven to 190°C (170°C fan-forced). Sift flour into large bowl, stir in zucchini, carrot and cheese.
2. Whisk together oil, creamed corn, milk and egg. Add to flour mixture and stir until ingredients are just combined.
3. Grease a 12 x ⅓-cup capacity non-stick muffin pan with cooking spray, and spoon in mixture evenly. Bake in oven for 25-30 minutes or until muffins are light golden and just firm to touch

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

Winter Lunchbox Lifesavers

Thursday

Recess

Chopped fruit
One boiled egg

Lunch

Chicken and corn soup, wholemeal bread roll

Recipe: Chicken and corn soup

Heat soup in the morning and pour into a thermos, and it will keep warm for lunchtime. You can add 250g egg noodles to the soup to bulk it up.



2 (400g total) skinless chicken breast fillets, trimmed of fat*
6 green onions, thinly sliced
2 garlic cloves, crushed
Small pinch dried chilli flakes
Olive oil cooking spray*
3 corn cobs, kernels removed
1 litre salt reduced chicken stock
420g can creamed corn
2 tsp salt reduced soy sauce

1. Place chicken in a deep frying pan. Cover with cold water. Bring to the boil over medium heat. Reduce the heat to low, then cover with a lid and simmer for 8 minutes. Remove the pan from heat and set aside for 15 minutes. Drain the chicken then shred into pieces.
2. Heat a saucepan over medium heat until hot. Add the onions, garlic and chilli, spray lightly with oil. Cook, stirring often for 5 minutes or until soft. Add the corn kernels and cook for 1 minute.
3. Pour in the stock and bring to the boil. Add the cream corn, chicken and soy, cook 4-5 minutes until chicken is warmed through.

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Friday

Recess

Portion of fruit
Reduced fat yoghurt (don't forget a spoon)

Lunch

Mini Pizzas

Recipe: Mini pizzas

Wrap tightly in foil so the topping stays on. Makes 4



2 spring onions
½ small capsicum
1 small zucchini
2 mushrooms
2 English-style muffins
1–2 tbs no added salt tomato paste
¾ cup reduced fat cheese, grated*
Black pepper, to season

1. Preheat the oven to 200°C.
2. Wash the spring onions, capsicum and zucchini and pat dry with paper towels.
3. Wipe the mushrooms with paper towels (don't wash them or they will become soggy).
4. Cut the root ends off the spring onions. Slice finely, then place in a mixing bowl.
5. Remove the seeds from the capsicum, cut into small squares and add to the bowl.
6. Cut the mushrooms and zucchini into slices and add to the bowl.
7. Mix the vegetables together and set aside.
8. Split the muffins in half and place on a clean chopping board, cut side up. Spread the tomato paste evenly over the muffins, then place them on a baking tray.
9. Sprinkle with the vegetables, cheese and pepper.
10. Bake until the vegetables are cooked and the cheese is golden brown – about 15–20 minutes. Remove from the oven and serve.

Top Tips

- **Use wholemeal bread instead of white bread.** 'Zebra' sandwiches are a great way to introduce kids to wholemeal bread: use one slice high fibre white and one slice wholemeal. For extra fibre, why not add some grated carrot and sliced cucumber to a cheese or peanut butter sandwich.
- **Save time in the mornings** by making sandwiches the night before and freezing them. This will also help keep the sandwich cool once in the lunchbox.
- **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. Left over 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.
- **Soup is a great winter warmer.** Simply heat soup in the morning and pack in a thermos, and it will still be nice and hot at lunchtime. Add a wholemeal bread roll for extra fibre.
- **Introduce the kids to vegies** with a small vegie patch in your backyard or on your balcony. This gets them involved and learning about healthy foods, and they'll love eating what they grow!
- **Look out for the Tick when you're shopping.** Many lunchbox fillers are Tick approved and 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