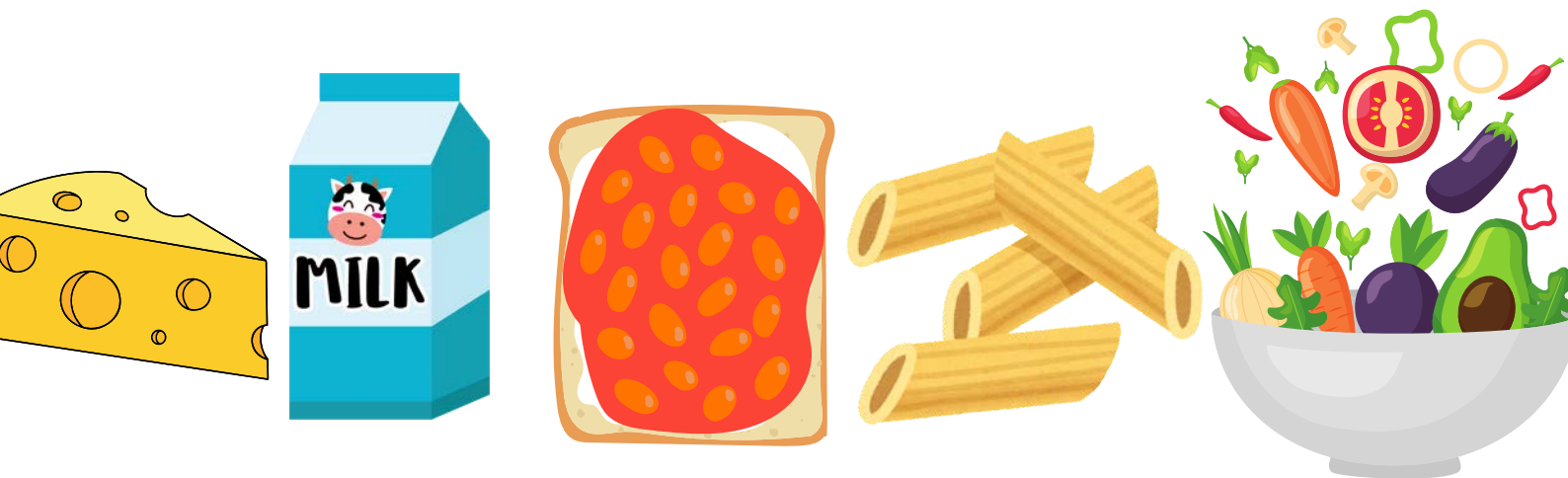


EAT SMART WEEK

with the Lunch Bunch

Recipe Book 2025–26



EAT SMART WEEK

with the Lunch Bunch

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EAT SMART WEEK

with the Lunch Bunch

Dear Parent/Guardian,

We had a fantastic week at school celebrating Eat Smart Week - a fun initiative designed to encourage healthy eating and help children explore new foods and make positive choices at lunchtime.

Throughout the week (29th September - 3rd October), children had the chance to try a variety of delicious new dishes in the canteen - we hope they came home excited to tell you all about them!

To help keep the momentum going at home, we're delighted to share this booklet. It's packed with the recipes we used, along with helpful tips and ideas for making healthy choices as a family. Each recipe is designed to serve a family of four (two adults and two children) but can be adjusted to suit your household.

We'd love to hear what you think! Your feedback means a lot to us, so please take a few minutes to complete our short survey by clicking the link or scanning the QR code below.

<https://forms.office.com/e/gThVYCpFpN>



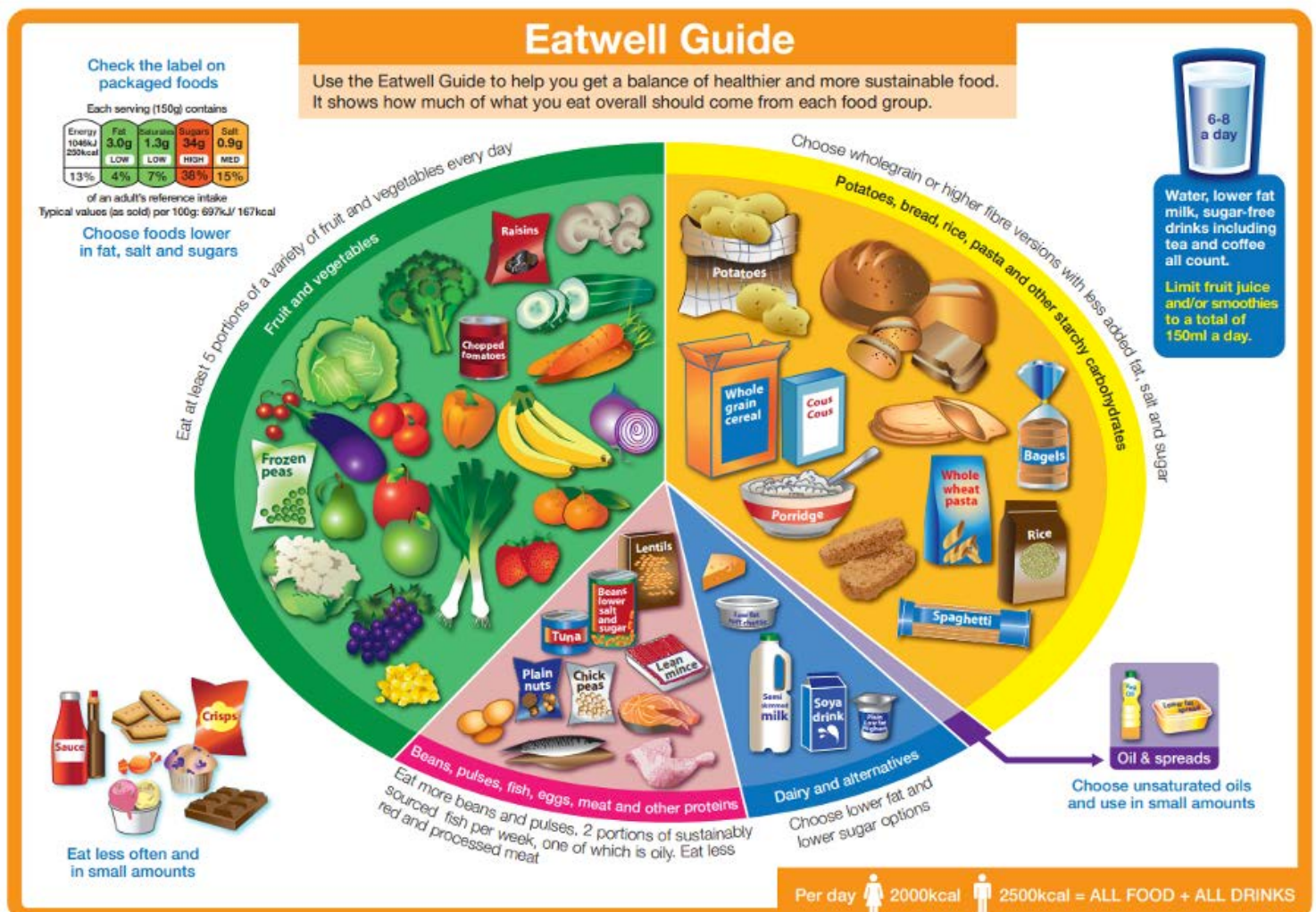
EAT SMART WEEK with the Lunch Bunch

HEALTHY EATING FOR ALL THE FAMILY

No single food can provide all the nutrients we need for good health, so it is important to eat a wide variety of foods. This is especially important for children, as a balanced diet helps them grow, learn, and feel their best.

The Eatwell Guide shows the different types of food we should eat – and in what amounts – to achieve a healthy, balanced diet.

You can learn more about each food group in this [leaflet](#) or [click here](#) to watch a short video that explains the Eatwell Guide and portion sizes.



EAT SMART WEEK

with the Lunch Bunch

Rainbow Rice

SERVES



PREP TIME

15 - 20 mins

COOKING TIME

30 - 40 mins

This simple, family-friendly dish is packed with colourful vegetables, providing lots of essential vitamins, minerals, and fibre – especially if using wholegrain rice.

INGREDIENTS

For the Chicken

- 3-4 chicken breast fillets
- 1 Tbsp low-salt soy sauce
- 1 tsp olive oil
- ½ tsp ground ginger
- 1 garlic clove, minced
- 1 tsp honey
- Black pepper, to taste

For the Rainbow Rice

- 240g wholegrain or white rice
- 1 tsp olive oil
- ½ yellow pepper, finely diced
- ½ red pepper, finely diced
- ½ green pepper, finely diced
- 1 carrot, grated
- 75g frozen garden peas

TOP TIP!

Garlic doesn't need to be fresh to add flavour — frozen, dried, or jarred garlic (often called "lazy" garlic) are all handy options that save time and still taste great.

Herbs and spices are also fantastic for boosting flavour in homemade meals.

Keep staples like oregano, smoked paprika, and mixed herbs in your cupboard.



EAT SMART WEEK

with the Lunch Bunch

Rainbow Rice

SERVES



PREP TIME

15 - 20 mins

COOKING TIME

30 - 40 mins



MAKE IT YOUR WAY!

Customise this dish with any vegetables your family loves!

Great options include: sweetcorn, sliced mushrooms, courgettes, or small florets of broccoli.

Mix and match to suit your tastes —there's no wrong way to make it your own!

METHOD

Preheat the oven to 190°C / 180°C fan / Gas Mark 4.

Prepare the Chicken

- In a small mixing bowl, combine the soy sauce, olive oil, ginger, garlic, honey, and black pepper.
- Place the chicken breast fillets on a baking tray and pour the sauce mixture over them.
- Roast in the oven for 20 minutes or until the chicken is fully cooked. Remove from oven and set aside.

Prepare the Rainbow Rice

- Cook the rice according to packet instructions. Drain and set aside.
- In a large pan, heat the olive oil over medium heat.
- Add the peppers, carrot, and peas. Sauté for 5 minutes until the vegetables are tender.
- Add the cooked rice to the pan and mix well to combine.

To Serve

- Slice the chicken and serve on top of the rainbow rice.

EAT SMART WEEK

with the Lunch Bunch

Beef Bolognese with Wholewheat Spaghetti

SERVES



PREP TIME

15 - 20 mins

COOKING TIME

60 - 90 mins

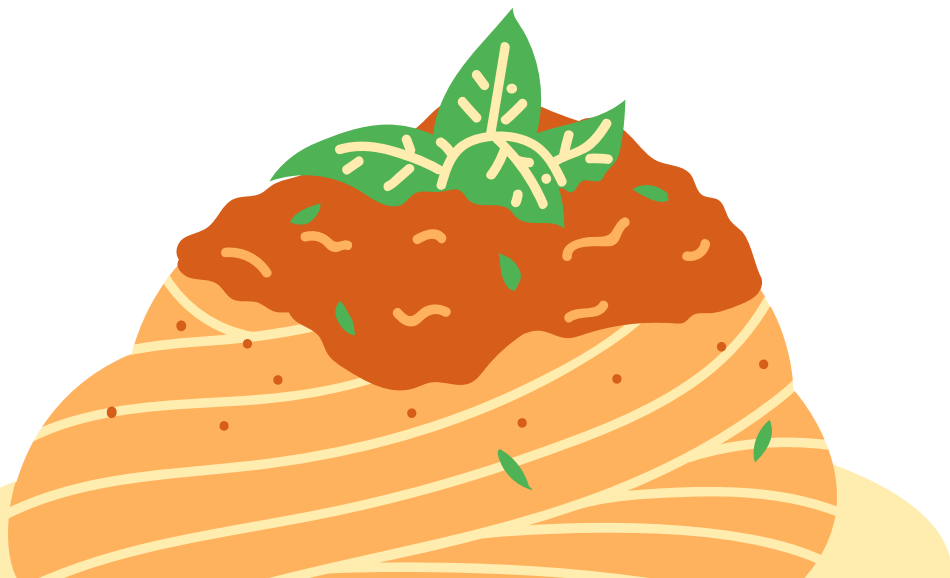
A hearty, wholesome twist on a classic Italian favourite, made with lean beef and fibre-rich wholewheat spaghetti.

INGREDIENTS

- 1 Tbsp olive oil
- 300g lean minced beef
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 1 carrot, finely chopped
- 1 celery stalk, finely chopped
- 2 x 400g tins chopped tomatoes
- 100g tomato puree
- 1 low-salt vegetable stock cube
- 250ml water
- 1 tsp dried basil
- 1 tsp dried oregano
- Black pepper, to taste, if desired
- 280g wholewheat spaghetti

TOP TIP!

Wholemeal pasta contains more fibre than white pasta, which helps keep us feeling fuller for longer and supports a healthy digestive system. It might look a little different, but the taste is very similar—why not try it?



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EAT SMART WEEK

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Beef Bolognese with Wholewheat Spaghetti

SERVES



PREP TIME

15 - 20 mins

COOKING TIME

60 - 90 mins

MAKE IT YOUR WAY!

Turn this dish into a Chilli Con Carne twist!

Just add:

- A pinch of chilli powder for gentle heat
- A handful of kidney beans for texture and protein

It's a simple way to add variety and spice things up.



METHOD

Prepare the Sauce

- In a large saucepan, heat the olive oil over medium heat.
- Add the minced beef and cook until browned all over.
- Stir in the onion, garlic, carrot, and celery. Sauté for 5–7 minutes until softened.
- Add the chopped tomatoes, tomato purée, vegetable stock cube, and water. Stir in the basil, oregano, and black pepper.
- Bring to a gentle simmer, then reduce the heat to low. Cook uncovered for about 1 hour, stirring occasionally, until the sauce thickens. This will help thicken the sauce and deepen the flavours.

Prepare the Spaghetti

- Bring a large pot of water to the boil.
- Cook the spaghetti according to the packet instructions until al dente.

To Serve

- Drain the spaghetti, top with the Bolognese sauce, and stir through.



EAT SMART WEEK

with the Lunch Bunch

Super Duper Couscous Salad

SERVES



PREP TIME

15 - 20 mins

COOKING TIME

5 - 10 mins

A light and vibrant salad packed with fresh vegetables, herbs, and fluffy couscous — perfect for a quick, nutritious meal.

INGREDIENTS

For the Couscous Salad

- 1 low-salt vegetable stock cube
- 300ml water
- 250g couscous
- 125g cherry tomatoes, halved
- ½ cucumber, diced
- ½ red onion, finely diced
- ½ red pepper, finely diced
- 50g black olives, chopped (optional)
- 50g feta cheese, crumbled or cubed
- 400g tin chickpeas, drained
- 1 tsp dried parsley

For the Dressing (optional)

- ½ Tbsp olive oil
- ½ Tbsp lemon juice
- 1 garlic clove, minced
- Black pepper, to taste



EAT SMART WEEK

with the Lunch Bunch

Super Duper Couscous Salad

SERVES



PREP TIME

15 - 20 mins

COOKING TIME

5 - 10 mins

METHOD

Prepare the Couscous Salad

- In a small saucepan, add the stock cube and water. Bring to the boil.
- Once boiling, remove the saucepan from the heat, add the couscous, stir, then cover and leave to one side.
- After 5-7 minutes, fluff the couscous with a fork to separate the grains and allow it to cool slightly.
- In a large mixing bowl, combine the couscous, tomatoes, cucumber, red onion, red pepper, black olives, feta cheese, chickpeas, and parsley.

MAKE IT YOUR WAY!

Couscous is really versatile — perfect for experimenting with your favourite flavours!

- Herbs & spices like cumin, coriander, or fresh parsley
- Vegetables such as roasted peppers, grated carrot, or chopped spring onions
- Dried fruits like raisins, cranberries, or apricots for a touch of natural sweetness
- Protein options like grilled chicken, flaked salmon, or chickpeas to make it a complete meal

It's quick, easy — great for busy families!

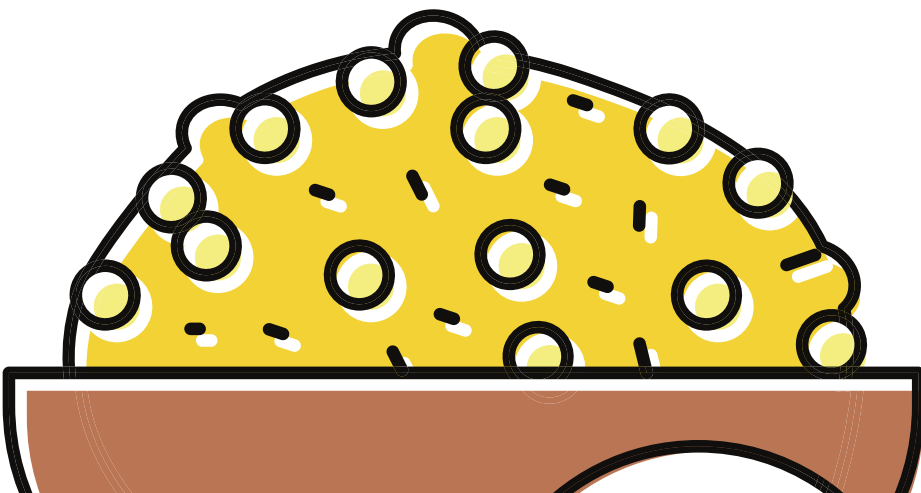
METHOD CONTINUED

Prepare the Dressing

- If using the dressing, whisk together the olive oil, lemon juice, minced garlic, and black pepper in a small bowl until well combined.

To Serve

- Drizzle the dressing over the mixture and toss gently to combine.
- You can serve the salad immediately or chill in the fridge for 30 minutes to allow the flavours to combine.



EAT SMART WEEK

with the Lunch Bunch

Baked Potato with Giant Butter Beans in Tomato Sauce

SERVES



PREP TIME

10 - 15 mins

COOKING TIME

60 - 90 mins

A simple, healthy, and budget-friendly dish combining fluffy baked potatoes with a hearty butter bean topping — perfect for a nourishing meat-free meal.

INGREDIENTS

- 4 baking potatoes
- 1 tsp olive oil
- ½ small onion, finely diced
- 1 garlic clove, minced
- 1 x 400g tin chopped tomatoes
- 3 Tbsps tomato purée
- ½ tsp dried oregano
- ½ tsp smoked paprika
- Black pepper, to taste
- 1 x 400g tin butter beans, drained
- 75g low-fat cheddar cheese, grated
- Fresh herbs to garnish (parsley or basil), optional

TOP TIP!

Short on time? Speed things up by cooking the baking potatoes in an air fryer or microwave!



Baked Potato with Giant Butter Beans in Tomato Sauce

SERVES



PREP TIME

10 - 15 mins

COOKING TIME

60 - 90 mins

METHOD

Preheat the oven to 220°C / 200°C fan / Gas Mark 6.

Bake the Potatoes

- Scrub the potatoes well and prick them a few times with a fork.
- Place the potatoes on a baking tray and bake for 60-70 minutes until the skins are crispy and the insides are tender. *Cooking time will depend on the size of the potatoes.*

Prepare the Sauce

- In a small saucepan, heat olive oil over medium heat.
- Add the onion and cook for about 2-3 minutes until softened.
- Add the garlic and cook for 1 minute.

METHOD CONTINUED

Prepare the Sauce continued

- Stir in chopped tomatoes, tomato purée, oregano, smoked paprika and black pepper.
- Simmer 10-15 minutes to combine flavours.
- Add the butter beans and cook for 5-10 minutes until heated through and coated in the sauce.

Assemble the Dish

- Cut a slit in each baked potato and fluff the insides with a fork.
- Spoon the butter beans in tomato sauce over each potato.
- Sprinkle with grated cheese and return to oven for a few minutes until cheese melts.

To Serve

- Garnish with fresh herbs for an extra burst of flavour!
- Serve immediately.



EAT SMART WEEK

with the Lunch Bunch

Homemade Tomato and Mozzarella Pizza

SERVES



PREP TIME

30 - 40 mins

COOKING TIME

10 - 15 mins

A wholesome take on a family favourite, with a fibre-rich wholemeal base topped with a fresh tomato sauce packed with vegetables and creamy mozzarella. Get the kids involved by letting them help make the dough and choose their own toppings!

INGREDIENTS

For the pizza base

- 120g plain flour
- 40g wholemeal flour
- ½ tsp baking powder
- 2 Tbsps margarine
- 5 Tbsps semi-skimmed milk

For the pizza sauce

- 1 x 400g tin chopped tomatoes
- 250g frozen chopped vegetable mix
(Mediterranean or casserole mixes work best)
- ¼ tsp oregano
- ½ tsp mixed herbs
- 1 bay leaf
- Black pepper, to taste

For the pizza topping

- 140g low-fat cheddar or mozzarella cheese, grated
- ¼ tsp dried oregano

MAKE IT YOUR WAY!

Add your family favourite toppings. Try these healthy options: Chicken, tuna, peppers, mushrooms, sweetcorn, onion, tomatoes, or pineapple.



EAT SMART WEEK

with the Lunch Bunch

Homemade Tomato and Mozzarella Pizza

SERVES



PREP TIME

30 - 40 mins

COOKING TIME

10 - 15 mins

METHOD

Preheat the oven to 240°C / 220°C fan / Gas Mark 9.

Prepare the Pizza Base

- In a large bowl, combine the plain flour, wholemeal flour, and baking powder. Add the margarine and mix well.
- Slowly add the milk to the bowl, to get the right consistency - when mixing fresh pizza dough, aim for a smooth, slightly tacky, and elastic consistency.
- Let the dough rest for 5 - 10 minutes before rolling into a traditional large round pizza shape.

Prepare the Sauce

- In a large saucepan, add the chopped tomatoes, frozen vegetable mix, oregano, mixed herbs, bay leaf, and black pepper.
- Bring to a boil, then lower heat and simmer for 30 minutes.
- Purée using a blender or hand blender until you reach a smooth consistency.

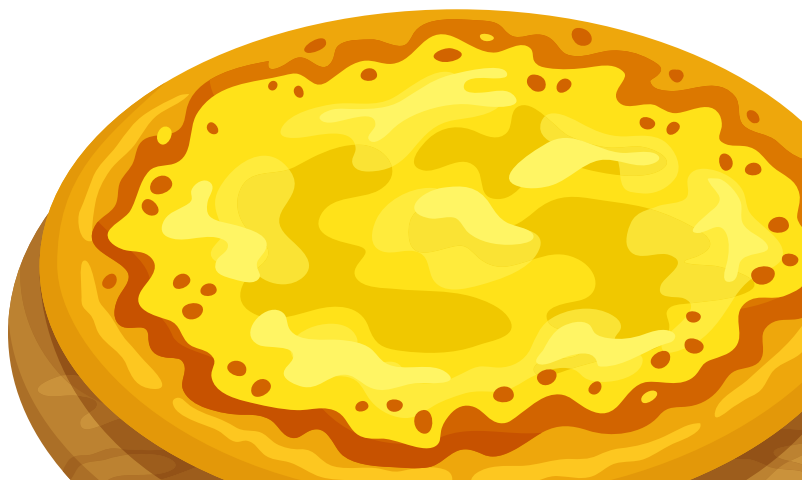
METHOD CONTINUED

Assemble the Pizza

- Evenly spread the pizza sauce on top of the pizza dough.
- Add grated cheddar cheese or mozzarella on top. Sprinkle with oregano.
- Place the pizza in the oven and cook until the cheese is golden and bubbling, approx. 8-10 minutes.

To Serve

- Serve straight from the oven piping hot and enjoy!



EAT SMART WEEK

with the Lunch Bunch

Vegetable Frittata with Garden Salad

SERVES



PREP TIME

20 - 25 mins

COOKING TIME

20 - 25 mins

A fresh and protein-packed meal featuring a golden vegetable frittata served with a crisp, colourful garden salad - perfect for any time of day.

INGREDIENTS

For the Frittata

- 6 medium eggs
- 100ml semi-skimmed milk
- 1 Tbsp dried parsley
- Black pepper, to taste
- 1 tsp olive oil
- 1 small onion, finely chopped
- ½ red pepper, diced
- ½ green pepper, diced
- 1 courgette, sliced
- 1 handful spinach
- 100g low-fat cheddar cheese, grated

For the Garden Salad

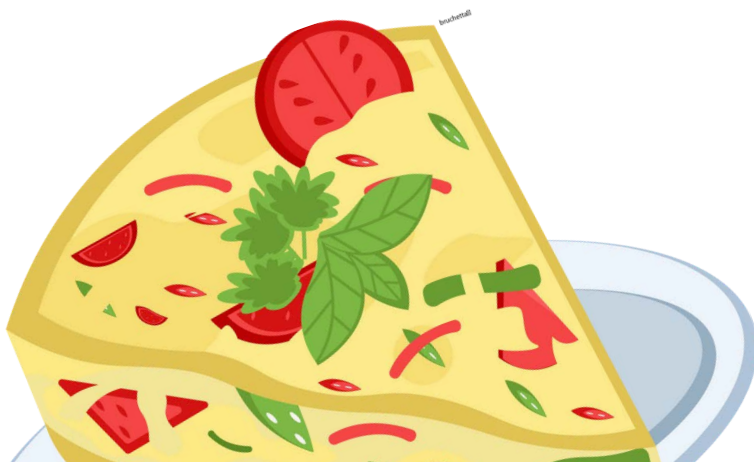
- 200g bag mixed salad leaves, washed
- ½ cucumber, sliced
- ½ punnet cherry tomatoes, halved
- 1 small carrot, grated
- ½ small red onion, thinly sliced
- 30g fresh parsley or basil, chopped (optional)
- Salad dressing of your choice (optional)

TOP TIP!

Frittatas are a great way to turn leftovers into a tasty meal!

They're perfect for using up potatoes, vegetables, or anything lingering in the fridge—great for reducing food waste and saving time.

Try making one at the end of the week to clear out the fridge and create something delicious!



Vegetable Frittata with Garden Salad

SERVES



PREP TIME

20 - 25 mins

COOKING TIME

20 - 25 mins

METHOD

Preheat the oven to 200°C / 180°C fan / Gas Mark 6.

Prepare the Frittata

- In a mixing bowl, whisk together the eggs, milk, parsley, and black pepper.
- In a frying pan, heat the olive oil over a medium heat.
- Add the onion, peppers, courgette, and spinach. Sauté for about 2-3 minutes until softened, draining off any excess liquid.
- Transfer the sautéed vegetables into a small ovenproof dish or quiche tin.
- Pour the egg mixture over the vegetables in the tin, making sure the mixture is evenly distributed.
- Sprinkle the grated cheese evenly over the top.
- Place the tin in the oven and bake for about 20-25 minutes, or until the frittata is golden and fully set in the centre. Check with a knife or skewer - it should come out clean.
- Let the frittata cool for a few minutes

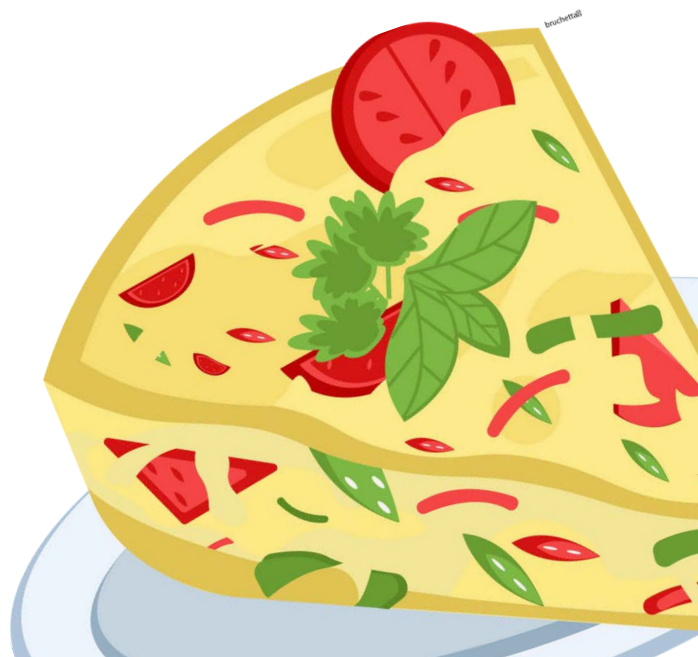
METHOD CONTINUED

Prepare the Garden Salad

- In a large bowl, combine the salad leaves, cucumber, tomatoes, carrots, red onion, and fresh herbs (if using).
- Toss everything together with the dressing of your choice (optional).

To Serve

- Slice the frittata into portions and serve with a generous side of garden salad.



EAT SMART WEEK

with the Lunch Bunch

Homemade Lentil Soup

SERVES



PREP TIME

10 - 15 mins

COOKING TIME

40 - 50 mins

A hearty and comforting soup made with protein-rich lentils and fresh vegetables. Perfect for a warming Winter meal.

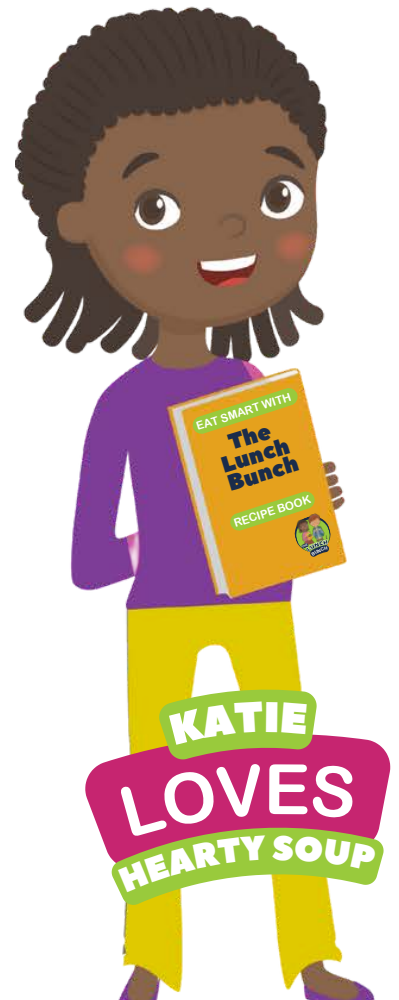
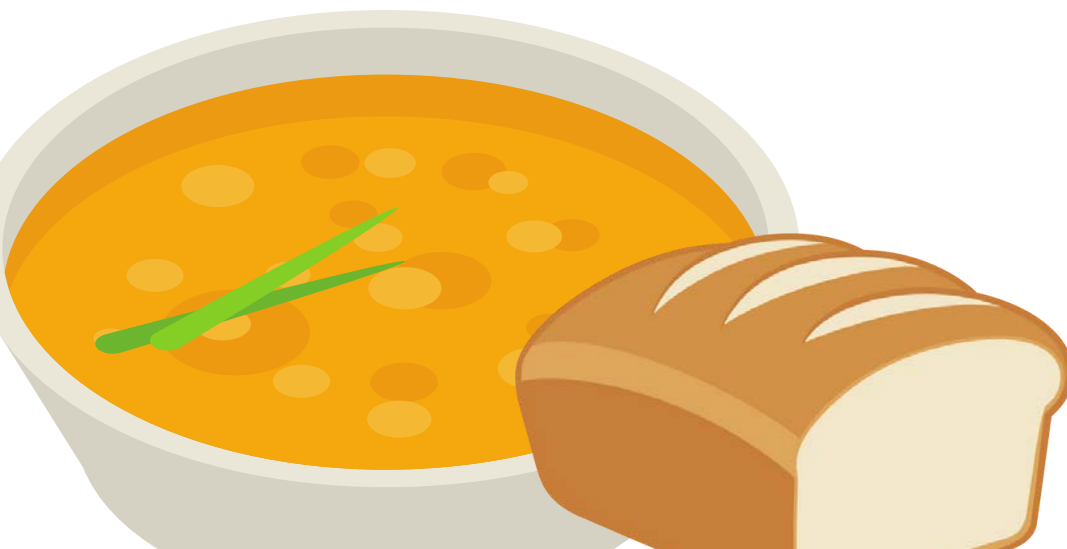
INGREDIENTS

- 200g red lentils, rinsed
- 1 onion, diced
- 2 carrots, peeled and diced
- 2 celery stalks, diced
- 2 medium potatoes, peeled and diced
- 1 tsp vegetable/olive oil
- 1 litre water
- 2 low-salt vegetable stock cubes
- 1 bay leaf
- Black pepper, to taste
- Fresh parsley (optional)
- Wheaten or crusty bread to serve (optional)

DID YOU KNOW?

Lentils are budget-friendly and nutritious, packed with protein and fibre.

They work well in soups, stews, curries, chilli con carne, and Bolognese. Try using them to replace some of the meat you normally use – it's a great way to make meals go further & boost nutrition!



EAT SMART WEEK

with the Lunch Bunch

Homemade Lentil Soup

SERVES



PREP TIME

10 - 15 mins

COOKING TIME

40 - 50 mins

METHOD

Prepare the Vegetables

- Rinse the lentils in a sieve under cold water.
- Chop the onion, carrots, celery, and potatoes into small, bite-sized pieces.

Cook the Soup

- In a large pot, heat the oil over a medium heat.
- Add the onion, stirring occasionally until softened.
- Add the carrots, celery, and potatoes. Cook for another 5 minutes until the vegetables begin to soften.
- Add 1 litre of water, stock cubes, lentils, bay leaf, and black pepper.
- Bring the soup to a boil, then reduce the heat and let it simmer for about 40-45 minutes, or until the lentils are tender and the soup has thickened.
- Stir occasionally and check the consistency. If the soup is too thick, you can add a little more water or stock.
- For a smoother texture, you can use a hand blender to blend the soup.

MAKE IT YOUR WAY!

Some like it hot! If that's you:

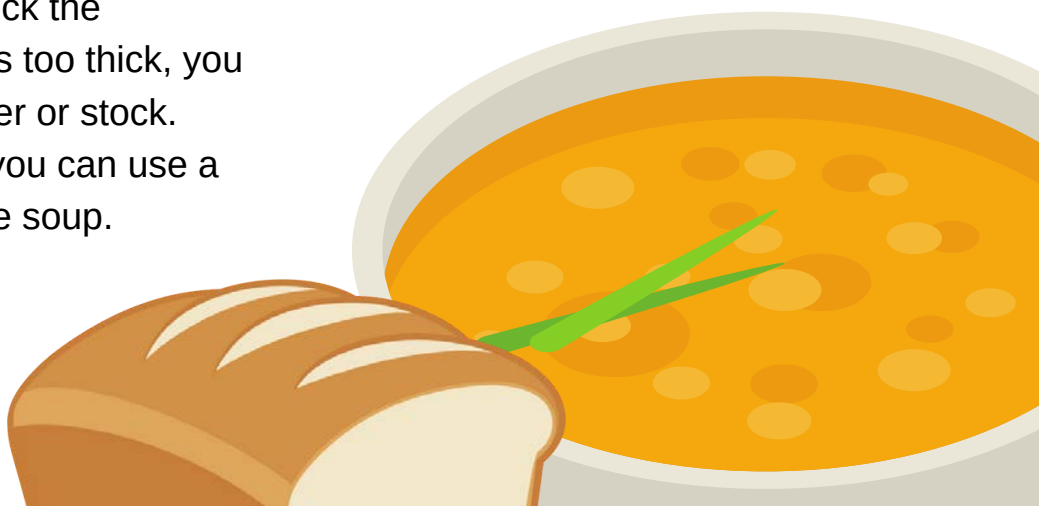
Add 1 tsp of smoked paprika with the other herbs.

or add ½ tsp smoked dried chilli during blending process.

METHOD CONTINUED

To Serve

- Remove the bay leaf.
- Ladle the soup into bowls and garnish with fresh parsley if desired.
- Serve with sliced wheaten or crusty bread.



EAT SMART WEEK

with the Lunch Bunch

Useful Resources

Why not check out the [Public Health Dietitians channel on YouTube](#) for information you can trust from registered dietitians and nutritionists. You'll find videos on everything from healthy snacks for children and eating well on a budget, to simple family recipes—and everything in between!

[Healthy breaks for schools](#)

[Healthy Choices – Choose wisely: advice for parents on nutrition and activity for primary school children](#)