

Healthy Meal Ideas for Children

Breakfast

- Scrambled egg on wholemeal.
- Smoothie made with berries, rice milk and a tablespoon of quinoa flakes.
- Quinoa pops with almond / rice / goat's milk.
- Quinoa / oat porridge made with almond / rice / goat's milk and topped with raisins and seeds, grated apple, blueberries or banana.
- Boiled egg with wholemeal bread fingers.
- Ham omelette with baked beans.
- Whole grain toast or oatcakes with nut butter and banana.
- Low-sugar baked beans on wholegrain toast.
- Goat's / sheep's / plain soya yoghurt with berries and bran flakes.

Lunch

- Tuna salad.
- Chicken and vegetable soup.
- Tomato and lentil soup.
- Wholemeal sandwiches filled with lean meat, chicken, tuna in water, cheese, hummus or egg and salad.
- Wholemeal wrap with chicken and avocado, goat's cheese and ham salad, egg and cress or mashed sardines in tomato sauce.
- Small jacket sweet potato with tuna mixed with a little mayonnaise.
- wholemeal pitta bread with lean turkey or beef, some light mayonnaise and salad leaves or finely grated carrot.
- Rice salad with vegetables, hardboiled egg and fish.

Dinner

- Turkey Bolognese with brown rice pasta — finely chopped carrots, celery and mushrooms can be hidden in the sauce.
- Salmon fish cakes with broccoli and carrots.
- Lamb and baked bean cottage pie with carrots and sweetcorn.
- Brown rice or wholemeal pasta with chicken and tomato sauce — other vegetables can be puréed and added to the sauce.
- Turkey kebabs in wholemeal pitta with tahini dressing and tomato and cucumber salad.
- Homemade beef burgers with organic beef mince in a wholemeal bun with tomato and cucumber and grated carrot salad.

Snacks

- Hummus and vegetable sticks.
- Celery sticks filled with cashew nut butter or pumpkin butter.
- Cherry tomatoes and some cubes of goat's cheese.
- Guacamole with vegetable sticks or oatcakes.
- Butternut squash and tahini dip with vegetable or oatcakes.

