

MEAL PLANNER

It is important for children to have regular meals as growing bodies respond better to routine.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Breakfast at home	1-2 cereal wheat biscuits with low-fat fortified milk. Add some fruit like berries/banana/raisins for variety	A bowl of cereal oat biscuits with low-fat fortified milk. Add some fruit like berries/banana/raisins for variety	A bowl of oat cereal with a teaspoon of nutmeg or cinnamon	A bowl of flake type cereal with low-fat fortified milk. Add banana for variety
Breakfast on the run	Banana or handful of raisins with a slice of toast and a low-fat yogurt drink	Banana, cereal bar, and a glass of low-fat fortified milk	Breakfast milkshake - 200ml low-fat fortified milk or a low-fat yogurt blended with fruit	Apple, a handful of dry cereal and a low-fat yogurt drink
Snack (Little Break)	Low-fat yogurt	Orange segments	Banana	Cheese
Lunch	2 slices of wholemeal bread with a low-fat cheese slice and tomato	Pita bread with cooked ham, low-fat mayonnaise, lettuce and cucumber	Tortilla wrap with a slice of chicken, relish and lettuce and a sliced apple	Cooked pasta with tuna, sweetcorn, spring onion and tomato ketchup
Snack	Fresh fruit	1 thin slice of fruit brack/ banana bread	2 rice cakes	Packet of plain popcorn
Dinner	Shepherd's pie with sweetcorn and green beans	Lamb curry with vegetables and boiled rice	Spaghetti bolognaise	Baked fish with vegetables and pasta

FRIDAY	SATURDAY	SUNDAY
A bowl of porridge needn't be boring. Add honey or yoghurt	Slice of wholemeal toast with baked beans or scrambled egg	Omelette with lots of fresh/frozen vegetables
Slice of wholemeal toast thinly spread with jam or reduced-fat spread		
Carrot sticks	Low-fat yogurt	Chopped apple
Brown roll with mashed hard boiled egg, lettuce, peppers and tomato	1 wholemeal bap with a lean grilled rasher, tomato and avocado	Cooked rice, lettuce, tomato, low-fat cheese or tuna
Sugar-free jelly	Small bowl of homemade soup	Low-fat yogurt
Roast breast of chicken (remove the skin), carrot, parsnip and broccoli with a jacket potato	Stir fried pork with peppers, mushrooms, onions and noodles	Chicken casserole with vegetables and boiled potato

Try to organise around three regular mealtimes – breakfast, lunch, dinner.

- › Breakfast is the most important meal of the day. Don't skip it. Try getting up 15 minutes earlier so you have some time to wake up before breakfast.
- › Most schools have a healthy eating policy – your child cannot bring top-shelf foods. Include healthy snacks in lunchboxes.
- › Eat together whenever you can. Children copy parents, brothers, sisters and friends. When they see you eating lots of different, healthy foods they are more likely to do the same.
- › Involve your child in planning and preparing meals. They are more likely to eat foods they've helped prepare. For recipe ideas download 101 Square Meals from www.healthpromotion.ie/publications/