

BREAKFAST Cornflakes and raisins with milk, and sliced banana



BREAKFAST Cornflakes and raisins with milk, and sliced banana

5-11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Cornflakes	30g
Semi-skimmed milk	150ml
Raisins	20g
Banana	80g
Orange juice	150ml

BREAKFAST Crisped rice with milk, and malt loaf



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The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Crisped rice	30g
Semi-skimmed milk	150ml
Malt loaf	40g
Orange juice	150ml



BREAKFAST Muesli and milk, with apricots and Greek yoghurt



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5-11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Muesli with dried fruit	40g
Semi-skimmed milk	100ml
Apricots	100g
Greek yoghurt	60g
Orange juice	150ml

BREAKFAST Porridge with jam, and a fruit bun



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The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Porridge (made with semi-skimmed milk)	200g
Jam	15g
Fruit bun	35g
Vegetable fat spread	4g
Orange juice	150ml

Porridge

This recipe makes 4 portions of about 200g.

850ml semi-skimmed milk
100g rolled oats

1. Place the milk and oats into a non-stick saucepan.
2. Heat gently until boiling, and then turn the heat down and simmer, stirring occasionally, until the oats are softened and have absorbed the milk.



BREAKFAST Puffed wheat and dried apricots with milk, and apple slices



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5-11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Puffed wheat	30g
Semi-skimmed milk	200ml
Apricots (dried)	40g
Apple	80g
Orange juice	150ml

BREAKFAST Shredded wheat with milk, and toasted fruit bread



BREAKFAST Shredded wheat with milk, and toasted fruit bread

5-11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Shredded wheat	25g
Semi-skimmed milk	150ml
Fruit bread	30g
Vegetable fat spread	4g
Orange juice	150ml

BREAKFAST Weet bisk and raisins with milk, and toast and jam



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5-11 year olds

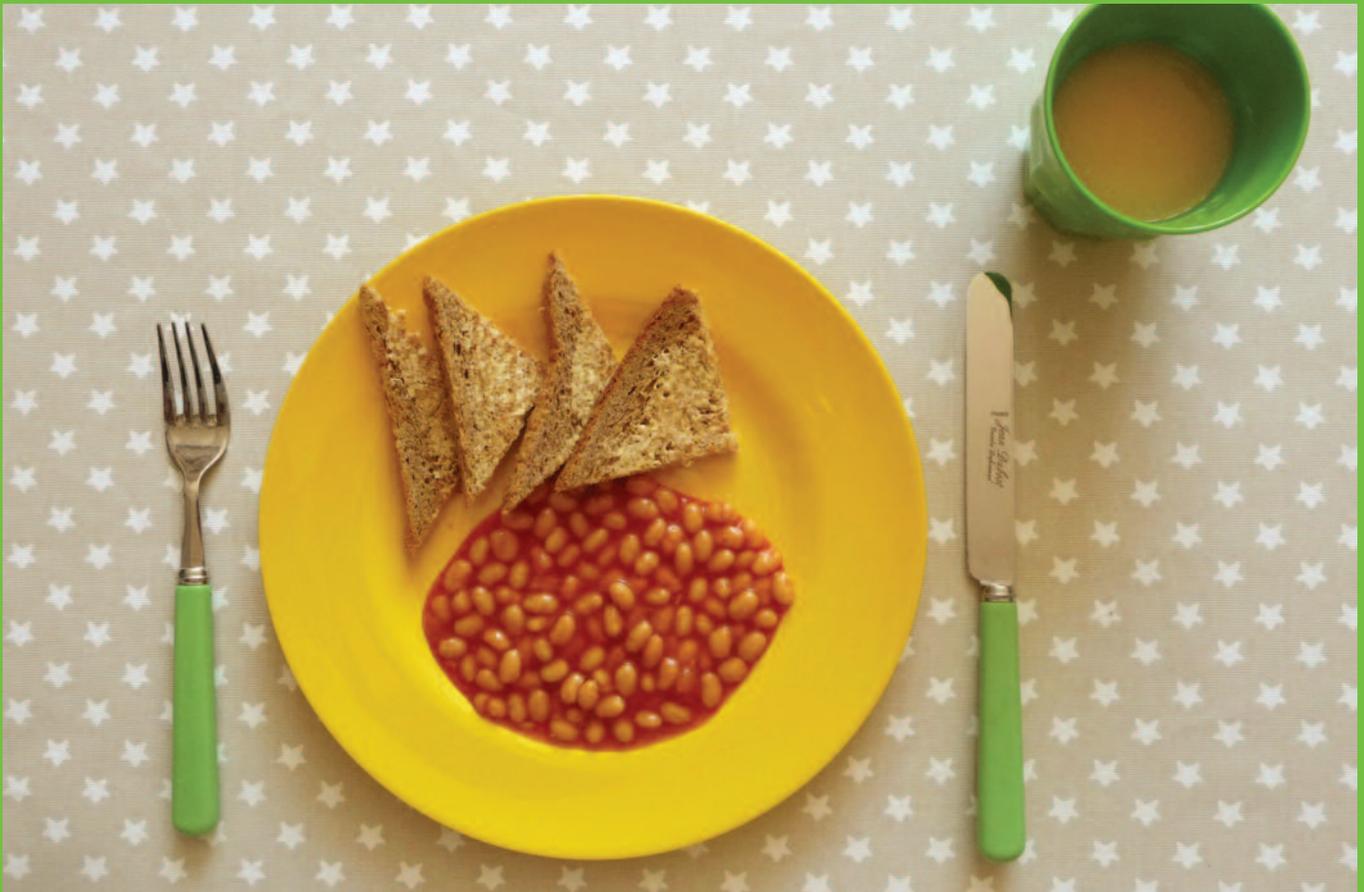


The portion sizes shown in the photo meet the needs of an average 5-11 year old.

1½ weet bisks	30g
Semi-skimmed milk	150ml
Raisins	20g
Wholemeal toast	30g
Jam	10g
Orange juice	150ml



BREAKFAST Baked beans and toast



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5-11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Baked beans	90g
Wholemeal toast	35g
Vegetable fat spread	4g
Orange juice	150ml

BREAKFAST Eggy bread with grilled tomato



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5-11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Eggy bread	80g
Tomatoes (grilled)	80g
Orange juice	150ml

Eggy bread

This recipe makes 4 portions of about 80g.

4 eggs
4 slices wholemeal bread
4 teaspoons butter

Each portion uses 1 egg, 1 slice of bread and 1 teaspoon of butter.

1. Beat the eggs.
2. Dip the bread in the egg on both sides.
3. Melt the butter in a frying pan.
4. Fry the bread in the butter over a gentle heat until the egg coating is well cooked. Turn over and cook the other side.



BREAKFAST Omelette with mushrooms and toast



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5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Omelette	60g
Mushrooms	40g
Wholemeal toast	30g
Vegetable fat spread	4g
Orange juice	150ml

Omelette

This recipe makes 4 portions of about 60g.

4 large eggs
2 tablespoons water
2 teaspoons butter

Each portion of omelette uses 1 large egg, ½ tablespoon of water and ½ teaspoon of butter.

1. Break the eggs into a jug or mixing bowl.
2. Add the water to the eggs and beat together using a fork.
3. Heat an omelette pan or frying pan over a medium heat.
4. Add the butter to the hot pan and as soon as it sizzles, swirl the pan and add the egg mixture. Do not allow the butter to brown.
5. Allow the egg mixture to cook until the omelette is set.
6. Fold the omelette in half and serve.

Mushrooms

This recipe makes 4 portions of about 40g.

350g mushrooms

1. Wipe the mushrooms and slice.
2. Heat a non-stick frying pan and when hot, add the mushrooms, turning until they are browned and cooked through.



BREAKFAST Sausage and tomato with toast



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5-11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Sausages	60g
Tomatoes (canned)	80g
Wholemeal toast	30g
Vegetable fat spread	4g
Orange juice	150ml

BREAKFAST Scrambled egg on toast with tomatoes



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5-11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Scrambled egg	55g
Chopped tomatoes	80g
Wholemeal toast	30g
Vegetable fat spread	4g
Orange juice	150ml

Scrambled egg

This recipe makes 4 portions of about 55g.

4 eggs
2 tablespoons milk
4 teaspoons butter

Each portion of scrambled egg uses 1 egg, ½ tablespoon of milk and 1 teaspoon of butter.

1. Beat the eggs in a bowl with the milk.
2. Melt the butter in a non-stick saucepan.
3. Add the eggs, stirring all the time over a low heat until the egg is set thoroughly.



BREAKFAST Cream cheese bagel with sliced apple



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5-11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Bagel	70g
Cream cheese	25g
Apple	80g
Orange juice	150ml

BREAKFAST Mashed egg sandwich with a clementine



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5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Mashed egg sandwich	120g
Clementine	80g
Orange juice	150ml

Mashed egg sandwiches

This recipe makes 4 portions of about 120g each.

4 eggs
4 teaspoons vegetable fat spread
½ teaspoon black pepper
8 small slices brown or wholemeal bread

1. Boil the eggs for about 10 minutes until hard, and then allow to cool.
2. Peel the eggs and mash them with the vegetable fat spread and pepper.
3. Fill the sandwiches with the mashed egg mixture.



BREAKFAST Peanut butter and mashed banana sandwich



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The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Peanut butter and mashed banana sandwich	135g
Orange juice	150ml

Peanut butter and mashed banana sandwiches

This recipe makes 4 portions of about 135g.

- 3 medium bananas
- 4 tablespoons peanut butter
- 4 large slices brown or wholemeal bread

1. Mash the bananas with a fork.
2. Fill each sandwich with peanut butter and mashed banana