



SLUMMY MUMMY LUNCHBOX PLANNER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Hummous & grated carrot in a pitta bread	Tuna, cucumber and balsamic/mayo	Turkey breast, swiss cheese and cranberry sauce on wholegrain bread	Smoked salmon & cream cheese bagel	Sunbutter & banana on brown bread
WEEK 2	Ham, cheese & pickle/kimchi on brown bread	Chicken salad sandwich	Rice cracker sandwich of mashed avocado and tomato	Salmon, cucumber and yoghurt on brown bread	Roast beef, tomato & mayo in a tortilla wrap
WEEK 3	ALT - avocado, lettuce and tomato in a rice paper roll	Smoked salmon & cream cheese bagel	Egg mayonnaise in a wholemeal pitta	Mozzarella, tomato and basil on focaccia	Mixed bean salad (from can) in olive oil & balsamic
WEEK 4	Pastrami and cornichons on rye bread	Tuna, sweetcorn and mayonnaise on brown bread	BLT -bacon, lettuce, tomato and mayo in a roll	Cheese & marmite on rice crackers	Sunbutter & jam (PB&J without the nuts)



YUMMY MUMMY LUNCHBOX PLANNER

MM Fresh...™

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Cherry tomato, mozzarella and pasta salad with vinaigrette	White bean/chickpea humous and grated carrot sandwich	Vietnamese chicken noodle salad	Poached salmon, cucumber and tablespoon of crème fraiche on brown bread	Roast beef, parmesan & rocket on wholegrain bread
WEEK 2	Smoked mackerel pate & cucumber on bread	BLT + avocado	Smoked salmon, grated raw beetroot, horseradish & cream cheese bagel	Greek salad kebabs	Avocado & fried/poached egg with dash of soy sauce on brown bread
WEEK 3	Grilled tofu & crunchy veg wrap	Tuna Nicoise salad	Chicken, bacon & avocado sandwich	Ham, cream cheese and spinach wraps	Roast lamb, feta, mint sauce and cucumber wraps
WEEK 4	Boiled egg, grated parmesan and wilted spinach on brown bread	Quinoa superfood salad with grilled chicken	Orzo pasta salad with feta, sweetcorn & vinaigrette	Tuna and mixed bean salad	New potato, chive and bacon salad

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WEEK 1	Cherry tomato, mozzarella and pasta salad with vinaigrette	White bean/chickpea humous and grated carrot sandwich	Vietnamese chicken noodle salad	Poached salmon, cucumber and tablespoon of crème fraiche on brown bread	Roast beef, parmesan & rocket on wholegrain bread
Recipe & Shopping Tips	<i>Boil pasta night before. Make dressing of 3 tbs olive oil, 3 tbs apple cider vinegar, 1 tsp honey, salt & pepper</i>	<i>Combine can of chickpeas/ beans in blender with juice of 1/2 lemon, 1/4 cup olive oil, 1 garlic clove minced and salt to taste.</i>	<i>Grill chicken and boil noodles the night before. Add carrot & cucumber. Dressing is equal parts fish sauce, lime juice, rice vinegar, teaspoon of sugar + minced garlic</i>	<i>Poach/grill the salmon the night before. Assemble in morning.</i>	<i>Use leftover fillet from a roast - buy a half tenderloin from mmfreshfood.com and cook it around 30 minutes</i>
WEEK 2	Smoked mackerel pate & cucumber on bread	BLT + avocado	Smoked salmon, grated raw beetroot, horseradish & cream cheese bagel	Greek salad kebabs	Avocado & fried/poached egg with dash of soy sauce on brown bread
Recipe & Shopping Tips	<i>Mash smoked mackerel (can be bought pre-cooked in supermarket) with tablespoon of crème fraiche and squeeze of lemon i</i>	<i>Grill the bacon the night before but assemble (add tomato, lettuce, avo and mayo) in the morning. Use bread or tortilla to wrap.</i>	<i>Tasmanian sustainable smoked salmon available from mmfreshfood.com</i>	<i>Skewer feta/ balloumi, tomatos, cucumber and olives on cocktail sticks</i>	<i>Cut the avocado on the morn and assemble then otherwise it will go brown</i>
WEEK 3	Grilled tofu & crunchy veg wrap	Tuna Nicoise salad	Chicken, bacon & avocado sandwich	Ham, cream cheese and spinach wraps	Roast lamb, feta, mint sauce and cucumber wraps
Recipe & Shopping Tips	<i>Marinate extra firm tofu in maple syrup, oj, soy sauce & sesame seeds. Add sugarsnap peas & carrots and wrap in a tortilla</i>	<i>Tinned/ grilled tuna steak with new potato and french beans (boil the night before) + tomato, cucumber and french dressing</i>	<i>Grill chicken and bacon the night before. Cut avo on the morning.</i>	<i>Place your ham on a board, smear it cream cheese and spinach leaves then roll up. Add some crackers for carbs.</i>	<i>Roast lamb topside the night before. Use leftovers. Lamb topside miniroast from MIM Fresh</i>
WEEK 4	Boiled egg, grated parmesan and wilted spinach on brown bread	Quinoa superfood salad with grilled chicken	Orzo pasta salad with feta, sweetcorn & vinaigrette	Tuna and mixed bean salad	New potato, chive and bacon salad
Recipe & Shopping Tips	<i>Boil egg and wilt the spinach the night before</i>	<i>Boil quinoa the night before and mix with avocado, edamame, mint, lemon juice and spring onion. Grill chicken and place on top</i>	<i>Boil orzo pasta and add crumbled feta, sweetcorn and vinaigrette (equal parts oil and vinegar with seasoning + teaspoon of Dijon mustard)</i>	<i>Combine a tin of tuna with tin of mixed beans and add finely chopped red onion and vinaigrette (recipe yesterday)</i>	<i>Boil potatos and grill bacon the night before and mix with mayo and spring onions/ scallions/ chives</i>

VEGETARIAN LUNCHBOX PLANNER

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

WEEK 1	Chickpea hummous & grated carrot on brown bread	Pesto with green beans and pasta	Cheesy Veggy Bites	Marinated tofu & crunchy veg in a tortilla wrap	Sunbutter & banana on wholegrain bread
WEEK 2	Avocado & grilled peppers on brown bread	Falafels, lettuce, cucumber and yoghurt in a pitta	Tempeh, rice noodles and raw carrot strips in a rice paper roll	Greek pasta salad	Quinoa superfood salad
WEEK 3	Grated cheddar and marmite/vegemite on brown bread	Mixed bean salad	Egg mayonnaise with wilted spinach on brown bread	Roasted veg, couscous & goats cheese	White bean hummous and cucumber on wholegrain bread
WEEK 4	Ploughmans baguette	Soba noodles with sundried tomatoes, Parmesan, basil and olive oil	Blackbean rotini pasta with feta, sweetcorn and a honey dressing	Cream cheese & celery on brown bread	Avocado, egg and tamari on brown bread

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WEEK 1	Chickpea hummous & grated carrot on brown bread	Pesto with green beans and pasta	Cheesy Veggy Bites	Marinated tofu & crunchy veg in a tortilla wrap	Sunbutter & banana on wholegrain bread
Recipe and shopping tips	Hummous : blend 1 can of chickpeas + juice of 1/2 lemon + 1 garlic clove minced + 1/2 cup olive oil + salt + pepper	Pesto: blend 20g fresh basil, 1 cup pine nuts (if school allows nuts, otherwise omit)+ 1 cup grated parmesan + 50 ml olive oil. Season to taste.	Grated zucchini, broccoli, cheese, egg, breadcrumbs and mustard. Bake at 190c for 15-20 minutes. You can grate anything!	Marinate and bake the tofu at 190c for 15 mins in 1 tbsl each of maple syrup, OJ and tamari + sesame seeds	Sunbutter is made from sunflower seeds so a nut-free alternative to peanut butter
WEEK 2	Avocado & grilled peppers on brown bread	Falafels, lettuce, cucumber and yoghurt in a pitta	Tempeh, rice noodles and raw carrot strips in a rice paper roll	Greek pasta salad	Quinoa superfood salad
Recipe and shopping tips	Grill peppers the night before	Add mint leaves or a teaspoon of mint sauce to the yoghurt to make a quick minty yoghurt dressing, Falafel mix available from iherb.	Fry tempeh strips in dash of oil & tamari for a few mins.	Feta, tomato, cucumber and olives (optional for kids) in olive oil, lemon juice and freshly chopped mint with cooked pasta shapes.	1/2 cup of cooked quinoa + 1/2 avocado chopped + 1/4 cucumber chopped + 1/4 cup edamame + 1 tbsl of lemon juice + 1 tablespoon of olive oil + salt + pepper
WEEK 3	Grated cheddar and marmite/vegemite on brown bread	Mixed bean salad	Egg mayonnaise with wilted spinach on brown bread	Roasted veg, couscous & goats cheese	White bean hummous and cucumber on wholegrain bread
Recipe and shopping tips		Can of mixed beans + vinaigrette: 1 tablespoon olive oil, 1 tablespoon balsamic, 1 teaspoon of honey, 1 teaspoon of mustard, salt + pepper)	Boil and egg and mashed with 1 heaped tsp of mayo, salt & pperp	Roast chunks of eggplant, zucchini, bell pepper + red onion in olive oil the night before. Cook couscous according to packet and combine with veg, cheese plus drizzle of olive oil and lemon juice.	Same hummous recipe as above but using white beans (butter beans/cannellini)
WEEK 4	Ploughmans baguette	Soba noodles with sundried tomatoes, Parmesan, basil and olive oil	Blackbean rotini pasta with feta, sweetcorn and a honey dressing	Cream cheese & celery on brown bread	Avocado, egg and tamari on brown bread
Recipe and shopping tips	Cheese, tomato & pickle in a baguette		Dressing is 1 tbsl olive oil, 1 tbsl balsamic, 1 teaspoon honey and 1 teaspoon Dijon mustard		Hardboil/poach the egg the night before.



GLUTEN FREE LUNCHBOX PLANNER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Falafel, salad and yoghurt in a coconut wrap	Blackbean rotini pasta with feta, sweetcorn and a honey dressing	Ham, Comte cheese and Dijonnaise on gluten-free bread	Roasted root veg (pumpkin, beets), brown rice couscous & goats cheese/feta/halloumi in olive oil and lemon juice	Sunbutter & banana on lemon poppyseed GF bread
WEEK 2	Jacket potato with chickpea & apple coleslaw and grated cheese	Chicken chow mein using rice noodles and stirfried veg	Avocado, egg and tamari on GF bread	Salmon, new potato and chive salad	White bean humous with GF crackers and par boiled broccoli and cauliflower to dip.
WEEK 3	Halloumi, cherry tomatoes, lettuce, mint leaves and tahini mayo in a coconut wrap	Tuna bean pasta salad	Smoked mackerel pate with cucumber on brown rice cakes	Sesame tofu with orange ginger broccoli and brown rice	Pastrami, pickles on GF bread
WEEK 4	Ham salad on GF bread	White bean humous with GF crackers and cherry tomatoes and carrots to dip.	Soba noodles wth sundried tomatoes, Pecorino, basil and olive oil	Bacon, avocado and cream cheese in a rice paper wrap	Chieken and avocado on GF bread

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WEEK 1	Falafel, salad and yoghurt in a coconut wrap	Blackbean rotini pasta with feta, sweetcorn and a honey dressing	Ham, Comte cheese and Dijonnaise on gluten-free bread	Roasted root veg (pumpkin, beets), brown rice couscous & goats cheese/feta/halloumi in olive oil and lemon juice	Sunbutter & banana on lemon poppyseed GF bread
Recipe & shopping tips	Coconut wrap available from Green Vitamin. Gluten free falafel mix available from Orgran on iherb	Dressing: 1 tbs olive oil, 1 tbs lemon juice, 1 teaspoon honey and 1 teaspoon Dijon mustard. GF blackbean rotini pasta available from Spicebox Organics.		Roast chunks of eggplant, zucchini, bell pepper + red onion in olive oil the night before. Cook couscous according to packet and combine with veg, cheese plus drizzle of olive oil and lemon juice. Brown rice couscous available from iherb.	Sunbutter is a sunflower spread available on iherb. Lemon poppyseed bread available from Choice Coop via Eatfresh.com.hk
WEEK 2	Jacket potato with chickpea & apple coleslaw and grated cheese	Chicken chow mein using rice noodles and stirfried veg	Avocado, egg and tamari on GF bread	Salmon, new potato and chive salad	White bean humous with GF crackers and par boiled broccoli and cauliflower to dip.
Recipe & shopping tips	Coleslaw: grate 1 large carrot + 100g white/red cabbage + 1 apple + 1/2 cup cooked chickpeas + 1 tsp (apple cider) vinegar + 1 tbs mayo + salt + pepper	Can be cooked the night before.	Hardboil the egg the night before.	Grill/poach salmon the night, boil the potatoes and steam the broccoli the night before. Add chopped chives and a dollop of crème fraiche	Hummous : blend 1 can of butter/cannelini beans + juice of 1 lemon + 1 garlic clove + 50ml olive oil + salt + pepper. GF flaxseed crackers from Green Vitamin.
WEEK 3	Halloumi, cherry tomatoes, lettuce, mint leaves and tahini mayo in a coconut wrap	Tuna bean pasta salad	Smoked mackerel pate with cucumber on brown rice cakes	Sesame tofu with orange ginger broccoli and brown rice	Pastrami, pickles on GF bread
Recipe & shopping tips	Coconut wrap available from Green Vitamin. Tahini mayo = 1/2 cup mayo, 1 tbs tahini	Mix tuna, mixed beans, small GF pasta shapes in olive oil & vinegar	Remove the skin and mash a smoked mackerel fillet with lemon juice and crème fraiche/mayo/greek yoghurt	Marinate firm tofu in equal parts OJ, tamari, maple syrup and tablespoon of sesame seeds. Bake for 15 mins at 190C.	
WEEK 4	Ham salad on GF bread	White bean humous with GF crackers and cherry tomatoes and carrots to dip.	Soba noodles with sundried tomatoes, Pecorino, basil and olive oil	Bacon, avocado and cream cheese in a rice paper wrap	Chicken and avocado on GF bread
Recipe & shopping tips	Ham available from Terroirs.hk	Mix tuna, mixed beans, small pasta shapes in olive oil & vinegar	GF soba noodles available on iherb	Bacon available from Golden Pig	



VEGAN LUNCHBOX PLANNER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	White bean hummous & grated carrot on dairy free bread	Red lentil penne with chopped tomatoes, basil and olive oil	Jacket potato with apple coleslaw	Marinated tofu & crunchy veg in a coconut wrap	Avocado, blackbean and sweetcorn salad
WEEK 2	Avocado & grilled peppers on brown bread	Falafel, lettuce, cucumber and Tahini-aise (tofu/tahini dressing) in a pitta	Tempeh, rice noodles and raw carrot strips in a rice paper roll	Greek pasta salad	Quinoa superfood salad
WEEK 3	ALT - avocado, lettuce and tomato in a rice paper roll	Mixed bean salad with flaxseed crackers	Eggless (tofu) mayonnaise in a wholemeal pitta	Roasted vegetables with couscous	Sprouted chickpea hummous and cucumber on wholegrain bread
WEEK 4	Sunbutter & banana on wholegrain bread	Vegan sloppy Joe	Blackbean rotini pasta with sweetcorn and parsley in a vinaigrette.	Vegan cheese and salad on brown bread	Quinoa, mint, and mango salad

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	White bean hummous & grated carrot on dairy free bread	Red lentil penne with chopped tomatoes, basil and olive oil	Jacket potato with apple coleslaw	Marinated tofu & crunchy veg in a coconut wrap	Avocado, blackbean and sweetcorn salad
Recipe and shopping tips	Hummous : blend 1 can of white beans + juice of 1/2 lemon + 1 garlic clove minced + 1/4 cup olive oil + salt + pepper.	Red lentil penne available from SpiceBox Organics	Coleslaw: grate 1 large carrot + 100g white/red cabbage + 1 apple + 1/2 cup cooked chickpeas + 1 tsp (apple cider) vinegar + 1 tbsl Veganaise + salt + pepper	Marinate and bake the tofu at 190c for 15 mins in 1 tbsl each of maple syrup, OJ and tamari + sesame seeds. Coconut wraps available at Green Vitamin.	Mix above with coriander, lime juice, olive oil + pinch of cumin, sugar, salt & pepper. Serve with tortillas
WEEK 2	Avocado & grilled peppers on brown bread	Falafel, lettuce, cucumber and Tahini-aise (tofu/tahini dressing) in a pitta	Tempeh, rice noodles and raw carrot strips in a rice paper roll	Greek pasta salad	Quinoa superfood salad
Recipe and shopping tips	Grill peppers the night before	Tahini-aise - combine half cup of veganaise with 1 tablespoon of tahini and 2 tablespoons of lemon juice.	Fry tempeh strips in dash of oil & tamari for a few mins.	Tomato, cucumber, firm tofu (cubed) and olives (optional) in olive oil, lemon juice and freshly chopped mint with cooked pasta shapes.	1/2 cup of cooked quinoa + 1/2 avocado chopped + 1/4 cucumber chopped + 1/4 cup edamame + 1 tbsl of lemon juice + 1 tablespoon of olive oil + salt + pepper
WEEK 3	ALT - avocado, lettuce and tomato in a rice paper roll	Mixed bean salad with flaxseed crackers	Eggless (tofu) mayonnaise in a wholemeal pitta	Roasted vegetables with couscous	Sprouted chickpea hummous and cucumber on wholegrain bread
Recipe and shopping tips	Slice your avocado on the morning	Can of mixed beans + vinaigrette: 1 tablespoon olive oil, 1 tablespoon balsamic, 1 teaspoon of brown sugar, 1 teaspoon of mustard, salt + pepper). Flaxseed crackers from Green Vitamin	Mix chopped firm tofu with Veganaise	Roast chunks of eggplant, zucchini, bell pepper, sweet potato + red onion in olive oil the night before. Cook couscous according to packet and combine with veg plus drizzle of olive oil and lemon juice.	Soak dry chickpeas overnight then keep moist in a jar (unsealed) while they sprout for a day or so. Then apply same recipe as wk 1, day 1.
WEEK 4	Sunbutter & banana on wholegrain bread	Vegan sloppy Joe	Blackbean rotini pasta with sweetcorn and parsley in a vinaigrette.	Vegan cheese and salad on brown bread	Quinoa, mint, and mango salad
Recipe and shopping tips	Sunbutter is made from sunflower seeds so a nut-free alternative to peanut butter	Combine precooked lentils with onions, tomato, garlic and spices and stew for 20 mins - serve in pitta bread	Dressing is 1 tbsl olive oil, 1 tbsl balsamic, 1 teaspoon honey and 1 teaspoon Dijon mustard. Blackbean rotini pasta available from SpiceBox Organics	Vegan cheese available at Jason's	Combine above with yellow pepper, olive oil, lemon juice, salt and pepper