



Guidance for School Holiday Food Packs

This guidance has been further developed by LACA to include a 2 week food parcel to introduce some more variety. We have also included some helpful and simple menu suggestions.

The guidance prepared by LACA sets out some general principles for putting together a food parcel which will allow parents/carers to prepare simple and healthy lunches for their child/children at home across the week.

We hope LACA members find this of benefit when planning and supplying food to children during school holiday periods when required

The approximate cost per week of this pack equates to £12.00

Week 1

- 1 loaf of bread or pack of rolls / 10-inch wraps
- 2 baking potatoes
- 1 cucumber
- 3 large tomatoes or 1 pack of cherry tomatoes
- 1 standard tin sweetcorn in water
- 2 items from the following:
 - 1 pack sliced cooked meat (e.g. chicken, ham or vegetarian alternative)
 - or 1 tin meat or 1 tin tuna in water or 6 eggs
- 200g block of cheese
- 1 tin baked beans
- 1 500g pot plain low-fat yoghurt or 3 individual serving yoghurt pots
- 5 portions of fresh fruit (e.g. apples, satsumas, bananas) or 3 portions of fresh fruit and 1 tin of fruit in juice (e.g. pears, peaches, fruit cocktail)



the school food people

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Week 2

- 1 loaf of bread or pack of rolls / 10-inch wraps
- 1 baking potato
- 1 pack of pasta
- 1 jar of pasta sauce / tin of chopped tomatoes
- 1 cucumber
- 3 large tomatoes or 1 pack of cherry tomatoes
- 1 standard tin sweetcorn in water
- 2 items from the following:
1 pack sliced cooked meat (e.g. chicken, ham or vegetarian alternative)
or 1 tin meat or 1 tin tuna in water or 6 eggs
- 200g block of cheese
- 1 tin baked beans
- 1 500g pot plain low-fat yoghurt or 3 individual serving fruit/rice pots
- 5 portions of fresh fruit (e.g. apples, satsumas, bananas) or 3 portions of fresh fruit and 1 tin of fruit in juice (e.g. pears, peaches, fruit cocktail)

Here are some ideas the food in this parcel will make:

Beans on Toast/Jacket Potato with Baked Beans

Tuna and Cucumber Sandwich

Tuna and sweetcorn on Jacket Potato

Cheese and tomato sandwich with cucumber sticks

Cheese and tomato omelette

Poached egg on toast

Cheese on toast with tomato and cucumber sticks

Tuna pasta bake: using pasta, tuna and pasta sauce/tinned tomatoes.
Cook the pasta in boiling water, drain and mix all ingredients together,
sprinkle with grated cheese and bake until golden brown.

Meat pasta: using pasta, meat and pasta sauce/tinned tomatoes

Baked tuna, veggie or meat and sweetcorn fajita: using wraps filled with
tinned tuna/meat and sweetcorn, covered in pasta sauce and grated cheese,
popped under the grill to heat and melt cheese

Margherita pizza wrap: using grated cheese mixed with pasta sauce in a
wrap and grilled

Fruit and Yoghurt for pudding