

## Food Hamper Ideas

Our catering provider, CATERed, has shared some ideas about meals that you can prepare using the food from your food hamper. The following ideas for the 5 meals, use the ingredients from a 1 child food hamper. The only item used not provided in the parcel is a small amount of oil and sprinkle of paprika.



Meal 1:  
Ham and eggs with wedges, beans & cherry tomatoes  
Yoghurt & fruit  
227ml Glass of Milk



Meal 2:  
Cheese, egg and tomato wrap with cucumber & cherry tomatoes & side snack of crispy paprillas (paprika tortillas!)  
Yoghurt & fruit  
227ml Glass of milk



Meal 3:  
Jacket potato with ham & cheese, side salad, beans and sweetcorn  
Yoghurt & fruit  
227ml Glass of milk



#### Meal 4:

Cheese & tomato 2 egg omelette with wedges, salad, beans & sweetcorn

Yoghurt & fruit

227ml Glass of milk



#### Meal 5:

1 x ham & cheese wrap, 1 x cheese, tomato & sweetcorn wrap, sliced cucumber and cherry tomatoes

Yoghurt & fruit

227ml Glass of milk

The left-over ingredients are 1 egg and 6 wraps. These could be used for adding to other recipes for example using the egg to make cookies with your child. The wraps could form the base for a homemade pizza or if you brush them lightly with oil, sprinkle with paprika (or another spice) and cut into 8, they can be baked in the oven to make tortilla crisps.

We also hope to share some recipe ideas on our website over the coming weeks.