



“I’m Still Hungry!”



Those of us with children have heard the phrases ‘I’m hungry’ and ‘what’s for dinner?’ hundreds of times over the years! We all know that children eat so much more during school holidays than they ever would in a school day. Here are some quick, easy and healthy suggestions to keep tummies fuller during this time away from school

If you want to share any pictures of your budget friendly meals, please email them to office@compassprimary.org

Super Snacks

Quick and easy:

Sliced Cucumber, Cherry Tomatoes, Raisins, Carrot Sticks, Grapes, Nuts, Celery Sticks, Sliced Peppers, Hard Boiled Eggs, Crackers, Oatcakes, Crispbreads, Plain popcorn

Up Level it:

Cheese and pineapple on cocktail sticks – Cut some cheese into cubes and add to chunks of pineapple on cocktail sticks (variations could include cheese and pickled onions, cheese and grapes etc.)

Magic Trail Mix – Mix dry cereal (cheerios works well but anything will do) with raisins (or another dried fruit), plain popcorn, nuts and add a few sprinkles or chocolate chips, it will keep well in an airtight container

Make it Fancy:

Fabulous Fruit salad – Mix pineapple (tinned is fine), raspberries (frozen are generally cheaper), melon (any variety) with tinned peaches and/or mandarins, squeeze a lime over it and it should keep in the fridge for 3 days.

Terrific Toast

Quick and easy: Jam, Marmite, Chocolate Spread, Peanut Butter, Marmalade, Lemon Curd, Cheese Spread, Pate, Honey, Butter, Banana, Hummus

Up level it:

Pizza Toasts: Top toast with passata/tomato puree/tinned tomatoes mixed with garlic and herbs, top with cheese before melting (add peppers? Sweetcorn?)

Cheesecake Toast : Spread toast with soft cream cheese and top with raspberry jam/lemon curd (you could add fruit too?)

Banana Toast – spread chocolate spread on toast, add sliced banana and sprinkle cinnamon on top

Make it Fancy:

Fairy Toast: top toast with soft cheese, grilled pineapple and sprinkles

Cinnamon Apple Toast : Put apples, a sprinkle of sugar and some cinnamon on toast then grill for 2/3 minutes

Tasty Tatties

Quick and Easy:

Jacket Potato with cheese/beans/tuna/ham/leftover chilli/Bolognese/curry/stew

Up Level it:

Homemade Wedges – slice potatoes into wedges, add to a pan of boiling water for 8 minutes, drain and let steam dry for a few minutes. Sprinkle the potatoes with seasoning (Cajun/salt and pepper/paprika) and cook in a bit of oil in a roasting tin in the oven.

Make it Fancy:

Loaded Skins – Make a jacket Potato (in the oven rather than the microwave for this), slice in half, scoop out the middle and mash in a bowl with some butter and cheese, you can add sweetcorn, spring onions, peppers, ham or anything else you like. Put the mixture back into the potato skin, sprinkle with cheese and return to the oven to melt, serve with cherry tomatoes and cucumber.