What’s for lunch? 

**Stuck for what to eat?** Here are some simple ideas and two recipes to give you inspiration. Get the whole family involved in preparing the meal to eat together.

For more recipe ideas, visit:  
www.letsgetcooking.org.uk/lets-getcooking-at-home

Book to join Family Kitchen, Islington’s free virtual cook–along course:  
www.islington.gov.uk/familiesforlife

- Baked potato with tuna and sweetcorn
- Beans on toast with carrot sticks
- Pasta with tomato sauce
- Carrot salad
- Tuna pasta
- Bread with cheese and apple
- Cereal with milk and apple

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Struggling with coronavirus?  
Call 020 7527 8222 or email weareislington@islington.gov.uk for help  
#WeAreIslington
Tuna pasta

**Ingredients**
- 450g dried pasta
- 2 tbsp vegetable oil
- 1 small onion
- 1 tsp garlic paste or 1 clove of garlic
- 1 tsp dried mixed herbs
- 1 tsp bouillon powder
- 1 can of chopped tomatoes
- 2 cans of tuna in brine

*Serves four adults or teenagers*

**Method**
Boil the dried pasta in a large pan of water until cooked.
Heat the oil in a large saucepan and add the onion, garlic, herbs and bouillon powder and fry, stirring regularly until the onions are soft.
Add the canned tomatoes and tuna and heat through.
Add the cooked pasta and stir thoroughly until the tuna pasta is heated through.

*Recipe from ‘Eating Well Recipe Book’, First Steps Nutrition Trust*
Carrot salad

Ingredients
2 medium carrots
1 orange

*Serves two as a side dish*

Method
Peel the carrot and grate it, holding onto the top.

Peel the orange, divide into segments and cut each segment into three.

Add the cut orange and any juice to the grated carrot and mix.

This can be served with for example baked beans on toast or a cheese sandwich to make it a complete meal.

*Enjoy!*
A fun exercise idea for you to try at home

Line Lunging
1. Mark out a line of different household objects.
2. Stand a distance away so you can reach the objects with your feet and hands.
3. Have a brother, sister or parent give the instructions e.g. right hand to the tin, left foot to the cereal box etc. and aim to touch the object with your foot or hand while keeping your balance.

Variations
- Increase the distance to the objects
- Change the objects to be harder to reach.
- Add more objects.
- Challenge yourself against a timer of 30 or 60 seconds to reach a certain number of objects.
- Stretch to reach and collect the objects and place them next to you.
- Challenge someone else to take part.