

## Lunchbox ideas for Galactosaemia

Giving your child a healthy lunch is very important as it provides them with the energy to concentrate and get the most out of their school day.

School age is the perfect time for children to learn about the lactose/galactose-free diet and also develop tastes for new foods.

Good food habits created during childhood will last a lifetime and school lunches are a great way for your child to get hands on experience with healthy eating and managing their diet.

### What should go into a Lunchbox?

A wide variety of foods from different food groups including starchy foods, protein, lactose and galactose-free calcium sources and fruits and vegetables should be included in your child's lunchbox.

This will ensure your child is getting a variety of different vitamins and minerals as well as meeting your child's energy needs.

**The following are some healthy recipes and ideas to help you decide what will go into your child's lunchbox.**

### The Humble Sandwich

#### Filling ideas:

- Egg, salad and dairy-free mayonnaise
- Ham, suitable cheese\*\* and pineapple
- Jam and Banana
- Tuna sweetcorn and dairy-free mayonnaise
- Turkey and avocado
- Chicken relish, lettuce and grated carrot
- Chicken, lettuce, tomato and onion
- Grilled chicken, salad leaves and 1 teaspoon tomato relish\*

Make it a balanced lunch by adding a piece of fruit/vegetable and a lactose/galactose-free yoghurt.

Vary the types of bread used to keep things interesting. Try pitta breads, bagels, wraps, rolls\*. Keep a stock in the freezer to prevent waste!

Also why not try and cut sandwiches into squares, triangles or fingers to mix things up!

\* *Always check the label*

\*\**Ask your dietitian for a list of suitable galactose/lactose-free cheeses.*

## Pizza Wrap

### Ingredients:

- 1 tortilla wrap\*
- Ham
- Chopped Red Onion
- Chopped Red Pepper
- Tomato puree to cover wrap
- Suitable cheese\*\*

### Method:

- Preheat oven to 200C/400F/Gas Mark 6
- Place the wraps on some parchment paper and splash with a few drops of water.
- Bake in the oven for 3 – 4 minutes until slightly toasted.
- Remove from the oven and place the tortilla on a flat surface.
- Spread 1 ½ tablespoon tomato puree onto the tortilla, then add the vegetables, ham and top with cheese. Return to the oven and bake for 6 – 8 minutes, then remove from the oven and immediately fold to create wrap sandwiches.
- Wrap with foil and place into the lunchbox if not using immediately.

Mix the toppings up and try different vegetables and different types of lactose/galactose-free cheeses\*\* for taste!

## Turkey Salad bowl with Italian Parmesan

### Ingredients:

- Torn Green lettuce leaves
- 2 slices of thinly sliced deli turkey\*
- Baby tomatoes sliced
- ¼ avocado cut into bite sized pieces
- Sprinkle of chopped red onion
- 1 tablespoon of extra virgin olive oil
- 1 dessertspoon of balsamic vinegar
- Italian Parmesan cheese\*\* to top

### Method:

- Mix it all up together in a bowl!

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Make it balanced by serving with a slice of wholemeal bread/crackers/crispbread\* or a portion of rice.

## Sweet potato cubes

### Ingredients:

- 2 large sweet potato
- 4 tablespoons of olive oil
- 1 tsp cumin
- 1 tsp paprika
- 2 teaspoon of garlic granules
- ½ tsp of cayenne pepper

### Method:

- Preheat the oven to 200C/400F/Gas Mark 6
- Wash and cube the potatoes, leaving the skin on
- Mix the oil and all the spices in a bowl together
- Mix in the sweet potato cubes to the oil and spice mixture
- Once covered lay out on a baking tray
- Bake in an oven for 30-35 minutes, turning at half way until crispy.

These are delicious both hot and cold. Great addition to bulk out any salad or veggie bowl. If served hot – try with some grated galactose/lactose-free cheese – yum!

## Vegetable Fried Rice

### Ingredients:

- 2 cups of uncooked rice
- Olive oil for cooking
- 2 lean rashers
- 2 shallots, finely chopped
- 40g of sweetcorn
- 40g cup of peas
- 1 carrot, finely chopped
- 2 tablespoons low salt soy sauce
- 2 eggs lightly beaten

### Method:

- Prepare all ingredients before starting to cook
- Cook rice as per packet instructions

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- Heat olive oil in frying pan
- Add rashers, shallots, sweetcorn, peas and carrots and stir until lightly cooked.
- Add rice. Cook for about 5 minutes, stirring only once a minute.
- Add soy sauce, and stir once a minute for another 2 minutes.
- Move ingredients over to one side of the pan, pour in egg and let cook for 30 seconds. With a fork, scramble and then combine through rest of rice.
- Serve. (Can be served both hot and cold)

To mix it up add different vegetables or add chicken/prawns.

## Sweet Potato and Leek Soup

### Ingredients:

- 2 tablespoons olive oil
- 450g leeks, trimmed, cleaned, and chopped
- 2 cloves garlic, crushed
- 450g sweet potatoes, washed and cubed (peeling is optional)
- 1.5l of low salt vegetable stock\*
- 400ml Coconut milk
- ½ teaspoon ground black pepper or to taste

Serve with whole meal brown bread, a sandwich of choosing, crispbread etc.

### Method:

- In a large sauce pot, heat the oil over medium heat. Once warm, add leeks to the pot and sauté for about 5 minutes.
- Add minced garlic to the pot, stir, and cook until the leeks are translucent (about 3-5 more minutes)
- Add stock and pepper to the pot and bring to a boil.
- Once are boiling, add the potatoes to the pot. Turn the heat down to medium-low, cover, and allow the soup to simmer for 20 minutes.
- Using a blender, puree the soup until it has a smooth consistency. Add coconut milk to the soup and stir to combine. Check for flavour and add salt and/or pepper to adjust to your personal taste.
- Enjoy the soup warm, garnished with red pepper flakes or paprika.

Ideal for school days over winter – bring to school in a flask.

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## Quiche Lorraine

### Ingredients:

- Short crust pastry, ready rolled\*
- 1 tablespoon olive oil
- 6 lean rashers chopped
- 5 large Sliced mushrooms
- 1 onion, finely sliced
- 5 large eggs
- 300 ml carton soya cream
- 150ml soya milk
- 140g Gruyere cheese\*\*, finely grated
- Nutmeg

### Method:

- Preheat the oven to 180C/gas 4.
- Cover a greased flan dish with the pasty sheet, trim off excess and fill with baking beans or something similar to keep flat in centre while it's in the oven for around 15-20 minutes.
- Remove from the oven, take out the baking beans and allow to cool.
- Heat the oil in a frying pan. Cook the onions and mushrooms and stir fry the bacon until lightly cooked.
- Beat the eggs, soya cream and soya milk together with a fork then add the cheese and nutmeg. Stir in half the bacon and carefully pour the mixture into the baked pastry case then scatter over the remaining bacon.
- Bake for 35-40 minutes until the filling is set, starting to turn golden and slightly puffed up above the pastry case.
- Allow to cool.

### Lunchbox Filler Ideas

Berries/Raisins mixed with soya yoghurt  
Chopped vegetables e.g. carrots, peppers and hummus\*  
Crackers and a suitable cheese  
Cherry tomatoes  
Cucumber slices  
Mixed Nuts\* (Not for under 5 years)  
Plain Popcorn  
Portion of fruit  
Cubes of a suitable cheese  
Rice cakes

Cut into mini pieces and pop into a lunchbox.

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## Confetti Macaroni Salad

### Ingredients:

- Cooked shredded chicken/turkey slices
- 225g macaroni
- ¼ cup small broccoli florets
- 1 large carrot, peeled and chopped up small
- ¼ cup peas
- ¼ cup chopped red pepper
- ¼ cup Italian parmesan cheese\*\*
- 1 tablespoon extra-virgin olive oil

### Method:

- Cook the pasta according to package directions. Add the broccoli to the boiling water (along with the cooking pasta) during the last minute of cooking.
- Drain the pasta and broccoli. Then toss together with the carrots, peas, and bell pepper. Drizzle with olive oil or melted butter, sprinkle with cheese.
- Top with pre-cooked shredded slices of chicken/turkey.

## Calcium-rich Dairy Alternatives

Calcium is so important as part of a healthy diet for strong bones and teeth. Always try and include at least 1-2 portions of calcium at lunch time.

Ways to include calcium:

- 1 pot of soya yoghurt
- Portion of soya custard with fruit
- Matchbox size portion of lactose/galactose-free cheese\*\* (Gruyere, Italian Parmesan, Jarlsberg, Emmental, Grana Padano, French Comte )Add to a sandwich, on crackers, top off a salad or pasta dish. Why not try cutting it up into cubes for a snack!
- 200ml of unsweetened soya/nut milk enriched with calcium

Vary it up each day. If your child is not having added cheese to their sandwich/salad/pasta, be sure to include a yoghurt or carton of milk to ensure they get calcium with their lunch.

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