

SCHOOL LUNCH OPTIONS



FOR THE LOW PROTEIN DIET



Sláinte Leanaí Éireann



Children's Health Ireland



Metabolic.ie

National Centre for Inherited Metabolic Disorders

School Lunches

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LOW PROTEIN SANDWICHES/ WRAP/ ROLL



Choose your base:

- Mevalia Pan Carre Bread
- Promin Farmhouse Bread
- Mevalia Ciabattine
- Homemade bread rolls
- Gluten free bread*
- Gluten free wrap*

Choose 1 sauce:

- Tomato puree
- Low protein pesto
- Mayonnaise
- Salsa/relish
- Sweet chilli sauce
- Cream Cheese

Choose 2 + veggies:

- Tomato
- Cucumber
- Courgette
- Sweetcorn
- Beetroot
- Lettuce/ Leafy Greens
- Onion

Choose a filler (optional):

- Violife/Sons of Butchers Cheese
- Quorn ham*
- Falafel*
- Promin Sausages*
- Promin Burger mix*
- +/- Egg (depends on exchanges) *

*count exchanges

If texture is an issue for your child,
be sure to keep the moist/wet
ingredients in their own container!



LOW PROTEIN TOMATO PASTA



Exchange free
Makes 4 servings



Ingredients:

- 6 large tomatoes
- ½ a white onion
- 1 clove of garlic
- ½ tub Violife Creamy
- 1 tbsp tomato puree
- Basil
- Salt
- Olive Oil
- 400g cooked low protein pasta



Invest in a dishwasher safe thermos, so that your child can bring hot foods to school!



Method

1. Roughly chop up your tomatoes, garlic and onion.
2. Place on a baking tray and drizzle with olive oil. Sprinkle some basil and salt on top.
3. Roast in the oven at 180 degrees celsius for 40 minutes until the tomatoes and onion are nice and soft.
4. When cooked, throw into a blender alongside ½ a tub of Violife Creamy and tomato puree. Blitz until a smooth sauce is formed.
5. Boil the 4 portions of low protein pasta according to pack and once cooked divide into 100g portions.
6. Add the sauce and mix altogether and enjoy!



SWEET POTATO SOUP



Exchange free per portion
Serves 3

Ingredients:



- 1 tbsp olive oil
- 100g/4oz onion, thinly sliced
- 150g/6oz carrots
- 75g/3oz celery, thinly sliced
- 200g/8oz sweet potato, diced**
- 100g/4oz parsnips, thinly sliced
- 850 ml (1 ½ pints) vegetable stock
- 1 large bay leaf
- Salt and pepper to taste



If your child has a big appetite, add in some cooked pasta/risotto (low protein or regular depending on exchanges)!

**80g sweet potato is free, if an additional 80 g portion is consumed it should be counted as 1 exchange

Method

1. Add the oil into a large saucepan.
2. Add the onion, cover and cook for 3 minutes over a moderate heat, until the onion is transparent. Stir occasionally during cooking.
4. Add the prepared carrots, celery, sweet potato, parsnips, stock and bay leaf to the pot and bring to the boil. Reduce the heat, cover and simmer for 10 minutes.
5. After 10 minutes, taste the soup, add salt and pepper and continue simmering for a further 8 minutes.

Don't forget to remove the bay leaf before serving!

COUS COUS SALAD

Ingredients:

- 1/2 cup low-protein couscous
- 1/4 finely chopped cucumber
- ½ a grated or finely chopped carrot
- 2 tbsp finely chopped red bell pepper
- 1 tsp olive oil
- 1–2 tsp lemon juice or mild vinegar (apple cider or rice vinegar)
- A tiny pinch of salt
- Optional: chopped mint leaves or parsley
- 2 tbsp olive oil
- 1 tbsp lemon juice

Exchange free

2 servings



Change the taste of the meal by swapping out the lemon juice for siracha, sweet chilli, balsamic vinegar etc. to keep things interesting!

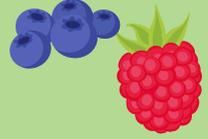
Method

1. Prepare couscous per package instructions – usually by soaking in boiling water for 5 minutes. Fluff with a fork and let cool.
2. Dice or grate the vegetables into tiny, soft pieces your child can easily chew.
3. In a bowl, combine cooled couscous, veggies, olive oil, and lemon juice. Mix gently.
4. You can add a bit more lemon juice or oil to taste. Keep it mild.
5. Serve slightly chilled or at room temperature – perfect for lunchboxes or quick dinners.



PANCAKES

Exchange free
Makes 4 small pancakes



Ingredients:

- 100g Loprofin Low protein Mix
- 10g egg replacer
- 140 mls Loprofin milk
- Small amount oil needed for frying
- Toppings of choice



Pancakes can be frozen when batch cooked, simply add a sheet of parchment paper between each pancake! Reheat in the toaster or microwave and cool before packing!

Method

1. To make the pancakes, mix the low protein mix, sugar, egg replacer and loprofin milk together.
2. Leave to rest for 20 minutes.
3. Heat a little oil in a medium sized frying pan and pour in 2 tablespoons of batter to make small circular pancakes.
4. When the underside is cooked, turn the pancake over and cook the other side.
5. Repeat step 3 & 4 until the batter is all gone.
6. Cool rapidly and store in a lunchbox, keep sauces or jam in a separate container.

FOCACCIA BITES

Ingredients:

- 250g loprofin mix
- ½ sachet yeast
- 1/4 tsp salt
- tsp dried herbs
- 3 ½ tsp olive oil
- 175ml warm water
- 6 large slices of tomato or sundried tomato
- 6 tsp tomato relish or tomato puree
- Violife grated mozzarella cheese 160g

Exchange free

Makes 8



Pack muffins in an airtight container once cooled – they stay soft and tasty for lunch, no reheating needed!

Method

1. Preheat oven to 180°C.
2. Mix Loprofin mix, yeast, salt, and herbs in a bowl. Add warm water and half the olive oil. Beat 1 min until smooth.
3. Fill 8 muffin cases halfway with batter.
4. Top with 1 tsp tomato relish, 1 tomato slice, and optional Violife cheese.
5. Cover with remaining batter. Let rise for 20 minutes.
6. Dimple the tops with oiled fingers and sprinkle with more cheese.
7. Bake for 10 minutes until lightly golden. Serve warm or cold.



LUNCH BOX FILLERS



Veggies



- Cucumber sticks
- Carrot sticks or ribbons
- Red/yellow pepper slices
- Celery sticks (with low-protein dip such as Violife creamy or hummus*)
- Baby corn or peas*

Fruit

- Grapes (halved)
- Watermelon cubes
- Apple slices (can be soaked in lemon water to prevent browning)
- Strawberries, blueberries, kiwi
- Orange segmented

Something crunchy:



- LP Crackers
- Gluten free breadsticks* or pretzels*
- LP Pasta crisps (airfry cooked pasta)
- Plain ricecakes/corncakes/oatcakes*

Other:

- Plant-based Babybels
- Koko/coconut yoghurt*
- Side salad with LP dressing
- Veggie nuggets (strong roots brand* or exchange free version at metabolic.ie)
- Chickpeas/butter beans seasoned*



*count exchanges



TIPS AND TRICKS

- Make it fun: Use bite-sized pieces, colourful foods, and fun shapes.
- Stick to favourites: Pack foods they know and like; involve them in choosing and preparing.
- Easy to eat: Pre-peel, cut, and avoid messy or tricky foods/containers
- Right portions: Small amounts are less overwhelming.
- Watch and adjust: Notice what's left uneaten and tweak future lunches.





SYNTHETIC PROTEIN

- Encourage your child to take their synthetic protein drink during school hours to help distribute intake evenly throughout the day.
- Make sure the container is clearly labelled with their name.
- A flask or cooler bag can be helpful, depending on your child's preferences.
- Bringing the drink regularly helps normalise the routine and supports long-term acceptance of their dietary needs.
- Schools need to have a positive attitude to the synthetic protein, as it is an essential part of your child's management. It may be the first time the school has encountered this so they may have questions or even concerns about how best to support your child. If any issues arise, please contact the dietitians at NCIMD for support.



ADDITIONAL RESOURCES



Metabolic.ie
National Centre for Inherited Metabolic Disorders



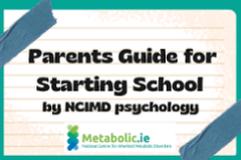
HEALTHY EATING
on a

Low Protein Diet

Healthy Eating on a
Low Protein Diet



Children's Health Ireland



Parents Guide for Starting School
by NCIMD psychology

Metabolic.ie
National Centre for Inherited Metabolic Disorders



A TEACHERS GUIDE TO PUPILS WITH A METABOLIC PROTEIN DISORDER



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Dietary Guidelines for a Low Protein Diet

This diet sheet describes the type of foods which are good sources of protein, (not permitted in a low protein diet), and those foods which are poor sources of protein (allowed freely in a low protein diet). Some foods are allowed but must be counted. These are listed on the exchange lists.

Foods Allowed Freely

Fruit	All fruit apart from dried fruit, bananas (See exchange list). Some need to be counted if eaten in large amounts during the day. Ask your dietitian about these.
Vegetables	All vegetables apart from peas, beans, sweetcorn (See exchange list). Some need to be counted if eaten in large amounts during the day. Ask your dietitian about these.
Sugar	Including sugary drinks, squashes, table sugar, syrup
Other Drinks	Tea, coffee (if milk taken see exchange list).
Jams	Marmalade, jam, golden syrup, treacle.
Fats	Butter, fats, oils. (avoid low fat spreads as may be higher in protein content)
Sauces	Mayonnaise, salad cream, tomato sauce etc Pasta sauces
Seasonings	Salt, pepper, mustard, vinegar, French dressings, salad dressing, All herbs and spices, curry powder, food essences and colourings.
Sweets	Boiled sweets e.g. Barley Sugar or any chewy sweets which are low in gelatin e.g. Opal Fruits, Skittles, Jelly Tots, Ice pops including Mr. Goodbar etc.

Simplified Low Protein Diet Sheet

HOT SCHOOL MEALS INFORMATION



Unfortunately, Government funded hot school meals do not accommodate special diets like a low-protein diet. This has been raised by our service and assurances have been given that this will change. However, we do not know when this will happen

For children with higher protein allowances (10+ exchanges), some adaptations may be possible—for example, omitting meat and replacing it with a suitable alternative provided from home.

However, most children are on less than 10 exchanges and are unlikely to be able to have the hot school meals. That said, there are still ways to ensure they feel included and enjoy a warm, satisfying lunch.

Ask for the same lunchboxes that the catering company use



Match the school weekly menu



Ask staff to include your child in lunch routines, praise their meal, and encourage social eating.



Send a hot low-protein meal in a thermos so your child can enjoy lunch like their peers.





From the National Centre for Inherited Metabolic Disorders

Contact Us



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