



HEALTHY CATS

LUNCH BOX RECIPES

HI EVERYONE!

A nutritious school lunch is so important for being healthy and for giving you the energy you need to learn and play.

As AFL players, what we eat impacts how we perform on field and off the field. A healthy nutritious lunch is vital to helping us build strong bones and muscles, as well as helping us to concentrate and learn new skills and tactics.

In this book a few of us have shared some of our favourite snack ideas and lunch box recipes, and there's also room for you to design your own healthy lunch using some of our tips!



Joel Selwood
Geelong Cats Captain



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JOEL'S TUNA PASTA SALAD

Prep 5 mins | Cook 10 mins | Serves 4-6

INGREDIENTS

200g mini **spiral pasta**
2 tbsp whole-egg **mayonnaise**
1/2 tbsp **lemon juice**
sea salt and cracked black **pepper**
2 x 95g can **tuna**, drained
1 small **red capsicum**, sliced and diced
1 small **cucumber**, sliced and diced

METHOD

- 1 Cook the pasta in boiling water, according to package instructions. Drain and allow to cool
- 2 Mix together the 2 tablespoons of mayonnaise, 1/2 tablespoon lemon juice, sea salt and cracked pepper in a small bowl until combined
- 3 Cut the capsicum and cucumber into small cubes
- 4 Place pasta, tuna, capsicum, cucumber and mayonnaise mixture in a large bowl and stir gently to combine



FUN FACT

Tuna pasta salad is an excellent source of carbohydrates and energy for your body

PACK JOEL'S LUNCH BOX

- ☐ Tuna pasta salad
- ☐ Air-popped popcorn
- ☐ Carrot sticks
- ☐ Fruit salad
- ☐ Cheese
- ☐ Bottle of water



HARRY'S RICE PAPER ROLLS

Prep 25 mins | Cook 5 mins | Serves 8 rolls

INGREDIENTS

40g packet of **rice vermicelli noodles**
125g **snow peas**
1 large **avocado**
2 medium **carrots**
8 **rice paper sheets**

METHOD

- 1 Place noodles into small heatproof bowl, cover with boiling water and stand for 5 minutes
- 2 Slice snow peas, carrot and avocado into thin strips
- 3 Drain noodles
- 4 Brush or soak rice paper sheets with warm water to soften
- 5 Place carrot sticks, snow pea strips, avocado strips and noodles in the centre of a rice paper sheet. Fold over rice paper and roll up, pressing the edge to seal



FUN FACT

Harry likes to add shredded chicken or tofu to his rice paper rolls for a good source of protein

PACK HARRY'S LUNCH BOX

- ☐ Rice paper rolls
- ☐ Orange
- ☐ Vita Weats with hummus
- ☐ Snow peas, cherry tomatoes & cheese sticks
- ☐ Bottle of water



SCOOT'S VEGGIE JAFFLES

Prep 5 mins | Cook 5 mins | Serves 1

INGREDIENTS

- 2 slices of **wholemeal bread**
- 5g **butter** at room temperature
- 2 button **mushrooms**
- 1/4 **red capsicum**
- 15g **baby spinach**
- Feta**

METHOD

- 1 Preheat the sandwich press
- 2 Cut mushrooms and capsicum into slices
- 3 Place the bread on a clean board and fill with mushroom, capsicum, spinach and feta
- 4 Place the top on your sandwich and spread with butter
- 5 Cook sandwich for 2 mins or until golden brown

TIP

Try baked beans or mashed potato and cheese in a jaffle!



PACK SCOOT'S LUNCH BOX

- ☐ Veggie jaffles
- ☐ Carrot, zucchini and capsicum sticks with hummus
- ☐ Rice crackers
- ☐ Dried apricots
- ☐ Bottle of water

HAWK'S BANANA MUFFINS

Prep 10 mins | Cook 15 mins | Serves 12

INGREDIENTS

- 2 cups **self-raising flour**
- 1/2 cup **brown sugar**
- 1/3 cup (80mL) **vegetable oil**
- 1 cup **milk**
- 2 **eggs**
- 1 cup mashed **banana** (2 large ripe bananas)
- Handful of **oats** (optional)

METHOD

- 1 Preheat oven to 180°C (160°C fan-forced)
- 2 Grease a 12 hole muffin tin or line with paper cases
- 3 Sift 2 cups of flour into a large bowl

of an electric mixer. Add 1/2 cup of brown sugar and beat briefly to combine

4 In a glass measuring jug, pour in milk (up to 1 cup), oil (up to 1/3 cup) and add eggs, whisk to combine

5 Mash 2 large bananas in a bowl

6 Pour milk mix and bananas into dry ingredients, beat until just combined

7 Spoon mixture into muffin tins and sprinkle oats on top

8 Bake for 15 minutes or until a skewer inserted into the centre comes out clean

9 Place on cooling rack



FUN FACT

Bananas can help boost your mood! Bananas contain amino acids that help produce "happy hormones"

PACK HAWK'S LUNCH BOX

- ☐ Wholemeal sandwich with ham and cheese
- ☐ Banana muffin
- ☐ Celery sticks with cottage cheese and sultanas
- ☐ Mandarin
- ☐ Bottle of water

MY HEALTHY LUNCH BOX

FILL YOUR LUNCH BOX WITH 5 ITEMS

1

Fruit



2

Vegetables



3

Dairy



4

Wholegrains



5

Lean meat & Alternatives



MAKE YOUR OWN HEALTHY LUNCH BOX
FOR EACH DAY OF THE WEEK

MONDAY'S LUNCH BOX

- ☐
- ☐
- ☐
- ☐
- ☐



TUESDAY'S LUNCH BOX

- ☐
- ☐
- ☐
- ☐
- ☐

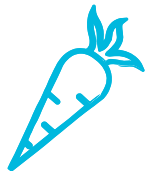


WEDNESDAY'S LUNCH BOX

- ☐
- ☐
- ☐
- ☐
- ☐

THURSDAY'S LUNCH BOX

- ☐
- ☐
- ☐
- ☐
- ☐



FRIDAY'S LUNCH BOX

- ☐
- ☐
- ☐
- ☐
- ☐



DUNC'S APRICOT BALLS

Prep 2 mins | Cook 10 mins | Serves 12

INGREDIENTS

- 1 cup **dried apricots**
- 3/4 cup **oats**
- 1/4 cup **desiccated coconut**
- 1 1/2 tablespoons of **coconut oil**



METHOD

- 1 Place apricots in the food processor and turn on
- 2 Add oats to the food processor
- 3 Add desiccated coconut to the food processor
- 4 Add coconut oil to the food processor
- 5 Process until apricots are smooth but you can still see the coconut
- 6 Shape into small balls

TIP

You could also try adding honey to the mixture

PACK DUNC'S LUNCH BOX

- ☐ Apricot balls
- ☐ Rice cakes with cottage cheese and tuna
- ☐ Banana
- ☐ Carrot and celery sticks
- ☐ Bottle of water

BLITZ'S VEGGIE PIKELETS

Prep 5 mins | Cook 10 mins | Serves 12 pikelets

INGREDIENTS

- 2 cups **wholemeal self-raising flour**
- 2 cups **raw vegetables**, chopped finely (*1 carrot, zucchini, broccoli and 1/2 can of corn*)
- 2 **eggs**, lightly beaten
- 1 cup **tasty cheese**, grated
- 1 1/2 cups **milk**
- salt and pepper**
- 50g **butter** (*for frying*)
- Cream cheese spread**

METHOD

- 1 Grate carrot and zucchini, cut up broccoli finely and add corn. Make sure your raw vegetables equal 2 cups!
- 2 Whisk 2 eggs lightly in a bowl
- 3 In the same bowl add 2 cups of wholemeal self-raising flour, 2 cups of raw vegetables, 1 cup of grated tasty cheese, 1 1/2 cups of milk and salt and pepper. Stir all ingredients together
- 4 Heat butter in a frying pan
- 5 Pour mixture into a 1/4 of a cup and pour onto frying pan, fry each pikelet until golden brown and turn
- 6 Use the cream cheese spread as topping!



TIP

Have fun creating different combinations, try adding capsicum, cauliflower and spring onion

PACK BLITZ'S LUNCH BOX

- ☐ Veggie pikelets
- ☐ Cherry tomatoes & snow peas
- ☐ Mixed berries
- ☐ Plain yoghurt
- ☐ Turkey slices
- ☐ Bottle of water

PATTY'S ZUCCHINI SLICE

Prep 10 mins | Cook 40 mins | Serves 6

INGREDIENTS

- 5 **eggs**
- 2 medium **zucchini**s
- 1 **onion**
- 200g rindless **bacon**
- 1 cup **self-raising flour**
- 1 cup grated **tasty cheese**
- 1/4 cup **vegetable oil**
- salt** and **pepper**



FUN FACT

Zucchini's are a good source of Vitamin C

PACK PATTY'S LUNCH BOX

- ☐ Zucchini slice
- ☐ Apple
- ☐ Celery sticks with cottage cheese and sultanas
- ☐ Pretzels
- ☐ Strawberries and blackberries
- ☐ Bottle of water

METHOD

- 1 Preheat oven to 180°C (160°C fan-forced).
- 2 Grease a rectangular tin with olive oil or butter
- 3 In a bowl, lightly beat 5 eggs
- 4 Grate zucchini coarsely. Finely chop onion and bacon
- 5 Combine zucchini, onion, bacon, cheese, sifted flour, oil and lightly beaten eggs
- 6 Season with salt and pepper and pour into well-greased rectangular tin
- 7 Bake in moderate oven for 30 to 40 minutes or until browned



GUTHER'S VEGETABLE SOUP

Prep 20 mins | Cook 20 mins | Serves 4

INGREDIENTS

- 1 tablespoon **butter**
- 1 **onion**, diced
- 2 cloves **garlic**
- 3 **carrots**, peeled and sliced
- 3 **celery sticks** peeled and sliced
- 1 **swede**, peeled and diced
- 1 **parsnip**, peeled and diced
- 1 **zucchini**, sliced
- 2 litres of **vegetable or chicken stock**
- 1 tin of **chopped tomatoes**

METHOD

- 1 Prepare all the vegetables by chopping, slicing and dicing them
- 2 In a saucepan, melt the butter and add the onion and garlic. Cook until clear
- 3 Add the celery, carrots and zucchini and fry for 5 minutes
- 4 Pour in the stock, tomatoes, parsnip and swede and bring to the boil
- 5 Check for seasoning and use salt and pepper if required
- 6 Simmer for 10-15 mins until the vegetables are cooked



TIP

Take your vegetable soup to school in a thermos, that way it will stay warm until lunchtime

PACK GUTHER'S LUNCH BOX

- ☐ Vegetable soup with a slice of rye bread
- ☐ Kiwi fruit and strawberries
- ☐ Cheese sticks
- ☐ Boiled egg
- ☐ Bottle of water



TIPS

- Choose water to drink as much as you can but you can add plain milk for some variety. Milk is a good source of calcium and helps strengthens bones.
- Try not to spend too much time on screens (iPads, phones, PS4s, Xbox, TV etc.)
- Energy drinks and sports drinks are no good for kids!
- Try and eat a rainbow! The more colour in your diet the better (green M&Ms don't count!)

USEFUL LINKS

There are a lot of useful websites, apps and health services available that provide information, tips and advice on health and well-being. Take a moment to explore some of these sites, games and services

www.foodchamps.org

www.eatforhealth.gov.au/game

www.education.vic.gov.au/about/programs/bullystoppers

www.fns.usda.gov/blastoff

APPS



Smiling Mind



Awesome Eats



Go Noodle

HEALTH SERVICES



REMEMBER TALKING TO A TRUSTED ADULT IS ALSO A GOOD SOURCE OF INFORMATION AND SUPPORT!



**CATS IN THE
COMMUNITY**

CITY OF GREATER
GEEGLONG

