



Madpakke inspiration ny i et fremmed land



Engelsk version – udarbejdet af sundhedstjenesten
i Egedal kommune

Inspiration for your child's packed lunch

Pita bread with chicken or tuna



You need

- 1 whole-grain pita bread
- ½-1 dl iceberg lettuce
- Cucumber
- Bell pepper
- Cold meat of chicken in slices or drained tuna fish from a can, about 30 g
- Corn

Accompaniments

- 1 whole-grain roll or a lump of rye bread (50 g)
- 5 cherry tomatoes
- 1 piece of fruit, for instance a kiwi fruit

Light and airy sausage rolls.

20 pieces

- 2.5 dl lukewarm water
- 25 g yeast
- 1 tsp salt
- 1 tsp sugar
- 1 tbsp oil
- 400 g wheat flour
- 10 good sausages, cut into halves
- Whipped egg for brushing, if you like



Dissolve the yeast in the water and add salt, sugar and oil. Put the flour into the bowl, and knead the dough until smooth and soft.

Perhaps more or less flour should be used, so take care not to add all of it at once. Put a tea towel or the like over the bowl, and let the dough rise to double size.

Knock down the dough and split it into 20 pieces. Twist each piece into a thin strip of dough and twist it around each half sausage. Squeeze it well so that the dough remains on the sausage. Let the sausage rolls prove on a baking tray for about 30 minutes, after which they are brushed with whipped egg or water. Bake the rolls at 180 degrees in a hot air oven for about 15 minutes until golden and fully baked.

Note. The rolls can easily keep until the following day, but if you are to store them for a longer period, or they should be used for packed lunches, it is better to freeze them.

The simple packed lunch



- 2 slices of rye bread
- Margarine
- 2 slices of cold meat at your choice
- 1 carrot
- 1 cucumber
- 1 ball pepper
- 1 cheese snack
- 1 rice cracker
- Mixed dried fruits
- Fig bar

Whole-grain rolls with chicken sausage, cheese and tomatoes

You need:

How to make the rolls:

20 g yeast

1 tsp salt

4 dl whole-grain flour

1 dl oatmeal

4 dl cold water

Mix – and let it rise for 6-12 hours in the fridge. Make rolls and bake them for about 30 minutes at 200C

Butter the rolls

Slices of chicken sausage

Cheese

Tomatoes

Salt

Chives or other greens



Rye bread with chicken liver pate and cucumber

- Rye bread
- Liver pate
- Slices of cucumber



Rye bread with eggs, tomatoes, cheese, potatoes

- Rye bread
- Butter
- Hard-boiled eggs
- Tomatoes
- Boiled potatoes
- Mozzarella or feta cheese
- Salt/pepper
- Mayonnaise and chives or greens

