

LUNCHBOX IDEAS

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Wholemeal pasta with tuna and sweetcorn • Banana • Milk carton 	<ul style="list-style-type: none"> • Mini pitas with hummus and salad • Apple • Yogurt • Water 	<ul style="list-style-type: none"> • Home made pizza slice with ham, peppers and grated cheese • Peaches in juice • Water 	<ul style="list-style-type: none"> • Chapatti with lentil and vegetable curry • Box of raisins • Yogurt • Water 	<ul style="list-style-type: none"> • Wholemeal sandwich with egg and cucumber • Handful of grapes • Milk carton

Lunch Box Key:

1. Base lunchbox on a starchy food
2. Include one non dairy source of protein
3. Include salad or vegetables
4. Include fruit
5. Include milk or a dairy food
6. Include a healthy drink





Packed Lunch Guidance

For a balanced packed lunch include these healthier foods and drinks

Starchy Food



Base the packed lunch on bread, pasta, rice, couscous, potatoes or other starchy foods.

✓

Fruit



Include at least one portion of fresh, dried, juiced or canned fruit.

✓

Vegetables



Include at least one portion of vegetables or salad.

✓

Protein food



Include lean meat, fish or vegetarian sources of protein such as eggs or hummus.

✓

Milk and Dairy food



Include one dairy food such as milk, cheese or yogurt.

✓

Healthier Drink



Include only water, milk, 100% pure fruit juice, yogurt based drinks and smoothies without added sugar.

✓

Avoid including these foods in packed lunches

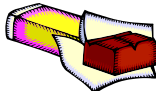
Salty Snacks



Snacks such as crisps should not be included.

X

Confectionary



Confectionary such as chocolate bars, cakes, biscuits and sweets should not be included.

X

Meat Products



Meat products such as sausage rolls, individual pies, corned meat and sausages should not be included.

X