

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 or milk

✓