

WE ARE A HEALTHY AND NUT FREE SCHOOL

PACKED LUNCH 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 water**





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.

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Fruit



Include at least one portion of fresh or dried fruit

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Vegetables



Include at least one portion of vegetables or salad.

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Protein food



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

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Milk and Dairy food



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

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Healthier Drink



Include only water or milk

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