

Healthy Packed Lunch Ideas





Day/ Week	Week 1	Week 2	Week 3
Monday	Falafel & salad wholemeal pitta bread Pear Yoghurt Water	Granary roll with turkey Dried apricots Carrot sticks Milk	Cous cous with roasted vegetables, lentils and feta cheese Pineapple chunks Water
Tuesday	Quiche slice Potato and onion salad Satsuma Milk	Tuna, broccoli and pasta salad Peach Home made cereal bar Milk	Egg and salad baguette Chunks of melon Yoghurt Water
Wednesday	Kidney bean, vegetable and rice salad Yoghurt Nectarine Water	Egg and cress sandwich Apple Yoghurt Water	Tuna, sweetcorn and pasta salad Kiwi fruit Yoghurt Water
Thursday	Tortilla wrap with chicken and peppers Strawberries Slice of fruit loaf Milk	Bagel with salmon, cream cheese and cucumber Banana Water	Home made pitta bread pizza with cheese, ham and tomato Grapes 100% Pure Fruit juice
Friday	Crackers with ham and cheese slices Grapes A current bun 100% Pure Fruit Juice	Wholemeal pitta bread with hummus and avocado Plum Yoghurt Water	Chapatti with vegetable and chick pea curry Box of raisins Yoghurt Water

Starchy Foods Fruit and Vegetables

Beans, pulses, fish, eggs, meat and other protein sources Dairy and alternatives

See www.nhs.uk/Change4Life/pages/healthy-lunchbox-picnic.aspx for healthy packed lunch ideas

A Packed Lunch must contain at least one item from each of these four Main Food Groups

1 Bread, Rice, Pasta, Potato	2 A Protein eg: sandwich filling	3 Fruit & Veg	4 Milk & Dairy foods
<p>This can be a roll, bagel or pitta bread, a wrap or a pasta, rice, couscous or noodle salad.</p> 	<p>This can be meat, chicken, tinned fish, beans, hummous, egg or cheese</p> 	<p>This can be salad, carrots, celery, tomatoes or cucumber. Also all kinds of fresh fruit, dried fruit.</p> 	<p>Including cheese of all kinds, yogurt or fromage frais, semi-skimmed milk.</p> 
<p>*These starchy foods are important for children. They are filling and provide energy.</p>	<p>* Growing children need the protein, iron and vitamins these foods provide.</p>	<p>*These foods provide fibre and vitamins which help to keep your child healthy.</p>	<p>* The calcium and protein in this food group are needed for building strong bones & teeth.</p>

You could also give your child one of the following:

Extras - Fruit Bread / Malt Loaf/ Banana cake/ Plain, Fruit or Cheese Scone



Foods high in fat or sugar are NOT allowed: crisps, fried food (chicken & chips), sweets, chocolate

We provide drinking water at school, if you would like provide your child with a drink , **No fizzy drinks allowed** please do so in a **Reusable Bottle** so that we can reduce plastic waste at Millfields

