

Healthy Packed Lunch Ideas

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

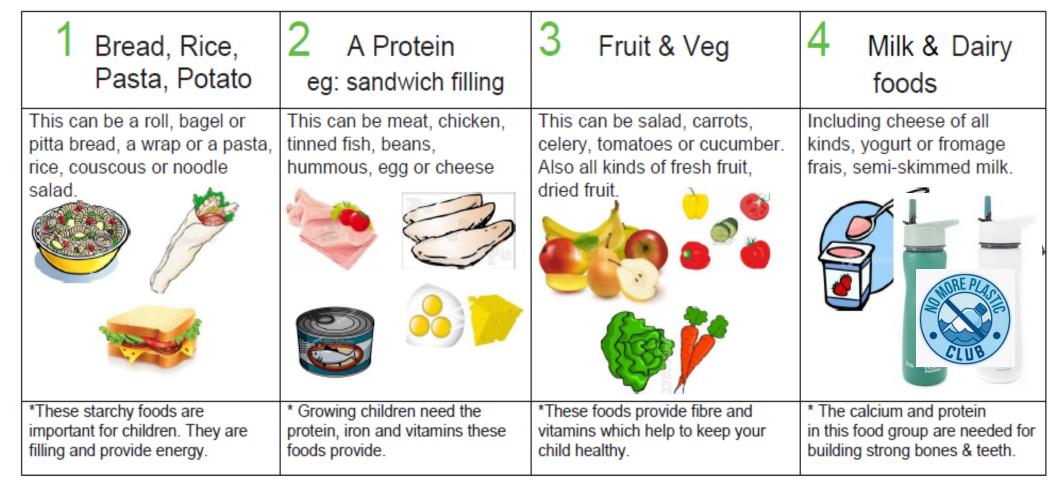
Starchy Foods Fruit and Vegetables

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



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 <u>Reusable Bottle</u> so that we can reduce plastic waste at Millfields