

FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP **1 – 6!**

FRUIT 1

FRESH FRUIT

- Apple
- Banana
- Mandarin
- Orange Segments
- Passionfruit
- Water melon
- Honeydew melon
- Pineapple chunks
- Grapes
- Plums
- Nectarines
- Peaches
- Apricots
- Strawberries
- Cherries
- Kiwi Fruit
- Pear
- Raspberries
- Blueberries

MIXED FRUIT

- Fruit salad
- Fruit kebabs

TINNED FRUIT

- In natural juices (not syrup)

VEGETABLES 2

FRESH CRUNCHY VEG

- Corn Cobs
- Carrot sticks
- Peppers
- Green Beans
- Cucumber sticks
- Celery sticks
- Sugar Snap
- Tomatoes
- Mushrooms
- Bean Sprouts
- Olives
- Cauliflower
- Peas in a pod
- Gerkin
- Beetroot
- Can be served with**
- Hummus
- Tomato Salsa
- Tatziki
- Natural yoghurt dip

SALADS

- Coleslaw and Potato
- Mexican Bean
- Ham and Cheese
- Pasta
- Tuna

MILK, CHEESE AND YOGHURT 3

- Milk
- Soya and other plant Based milks
- Yoghurt
- Custard

- Cheese cubes, sticks Or slices
- Cottage or ricotta Cheese
- Cream cheese
- Tatziki dip

Can be served with

- Fruit
- Vegetable sticks
- Rice and corn cakes
- Crackers
- Bread sticks

MEAT OR MEAT ALTERNATIVE 4

- Tinned tuna or salmon in spring water
- Roast chicken or turkey
- Ham
- Beef or corned Beef
- Boiled egg
- Tofu cube
- Hommus dip
- chicken kebab sticks
- Can be served with**
- Wholegrain or 50/50 Bread, roll, pitta or Wrap
- Rice cakes
- Crackers

- Vegetable frittata
- Chicken drumsticks
- Savoury muffin e.g. ham or cheese
- Pizza

Can be served with

- Side salad

GRAIN AND CEREAL FOOD 5

MAINS

- Wraps
- Sandwiches
- Rolls
- Tip:** Use breads such as wholemeal, multigrain, rye, 50/50, linseeds, herb & sour dough. Naan, bagels, pitta foccacias, crackerbread crackers

- Pasta dishes
- Rice or cous cous
- Noodle dish

SAVOURY BAKED ITEMS

- Homemade Pizza
- Savoury muffins e.g. Ham or cheese
- Vegetable based Muffins
- Quiche

SWEET BAKED ITEMS

- Fruit loaf
- Fruit based muffins
- Hot cross buns

DRINKS 6

- Bring a water bottle for filling up throughout the day

LUNCHTIMES

- Squash with no added sugar
- Orange or apple juice
- Milk

Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay