

Lunchbox

PLANNER

Lunchbox 1

Bagel with tuna, sweetcorn and low fat mayo
Water
Fresh fruit chopped into yogurt



Lunchbox 2

Soda bread pizza with tomato and cheese
Vegetable sticks with hummus
Fruit smoothie

Lunchbox 3

Roast beef, lettuce, tomato roll
Fruit salad
Yogurt
Water



Lunchbox 4

Rice salad with salmon and vegetables
Milk
Handful of raisins
Kiwi fruit



Lunchbox 5

Crackers and cheese
Slice of plain cake
Cherry tomatoes
Carton of unsweetened fruit juice

Lunchbox 6

Ham salad pitta bread
Banana
Yogurt
Water



Lunchbox 8

Egg and onion sandwich
Carrot sticks
Milk



Lunchbox 9

Vegetable soup and wheaten bread
Apple
Milk

Lunchbox 10

Ham and vegetable pasta
Grapes
Yogurt
Fruit smoothie



SWEET TREATS
1 TREAT PER LUNCHBOX
NO MORE THAN
1 TREAT PER DAY PER LUNCHBOX

For more ideas, check out:

www.nidirect.gov.uk/lunchboxes

www.safefood.eu

www.enjoyhealthyeating.info