

Lunch BOX

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

PLANNER

Lunchbox 6

Ham salad pitta
bread
Banana
Yogurt
Water



Lunchbox 7

Chicken, lettuce,
tomato, onion and low fat
mayo wrap
Water
Pot of custard and grapes



Lunchbox 8

Egg and onion sandwich
Carrot sticks

Fruit pot
Milk

Lunchbox 9

Vegetable soup and
wheaten bread
Apple
Milk

Lunchbox 10

Ham and vegetable
pasta
Grapes
Yogurt
Fruit smoothie



For more ideas, check out:

www.nidirect.gov.uk/lunchboxes

www.safefood.eu

www.enjoyhealthyeating.info