



PACKED LUNCH IDEAS

Choose a food from each section to make a balanced healthy lunchbox.

<u>THE</u>	<u>BALANCE</u>	<u>OF</u>	<u>GOOD</u>	<u>HEALTH</u>
<i>Bread, Cereals, Pasta, Potatoes</i> Brown Bread Small pitta x 2 Bridge rolls x 2 Sesame bread Cheese bread Soda bread English muffin Bread sticks Ritz crackers Cream crackers Crisp-breads Pretzel Potato cake Chapati	<i>Fruit and Vegetables</i> Small tomatoes Cucumber Mixed salad Grated carrot Mixed lettuce Celery sticks Sliced peppers Apple Banana Orange Satsuma Cherries Plums Grapes Mango Peach Nectarine Melon Raisins Strawberries Raspberries Small container of fruit cocktail Orange juice Pineapple juice Apple juice Tomato juice	<i>Meat, Poultry, Fish, Eggs, Pulses</i> Chicken strips Chicken leg Sliced turkey Ham Sliced pork Sliced beef Luncheon meat Party sausages Pepperoni Eggs: In mayonnaise Boiled/sliced Picnic egg Scotch egg Tuna Tinned salmon Salmon paste Prawns in a cocktail sauce Prawn salad Fish fingers Vegetarian: Sausages Quorn sandwich	<i>Milk, Cheese and Dairy Foods</i> Cheese: strings triangles spread cheddar dip cheddar edam Vegetarian cheese Plain yoghurt Natural yoghurt with fresh fruit Fruit flavoured yoghurt Crunch corner yoghurt Fromage frais Frube (frozen) Fruit fool Milk (ice pack) Milkshakes Small pot of custard	<i>Fatty and Sugary</i> Butter Fat spread Mayonnaise Crisps (few in a plastic bag) Skips, wotsits Pringles in small plastic pot Individual jelly Small pot of homemade jelly Twice a week – choose a treat from below: Biscuits x 2 Kelloggs Chewy bar Fondant fancy Swiss roll Cereal bar Choc Penguin Kit Kat 2 finger Small cake
<i>Drinks</i>	<u>Fruit squash (no added sugar), orange, lemon, strawberry, blackcurrant.</u> Fruit juice, water, fizzy water, milk, milkshake.			

Lunch will usually be eaten at 12.00noon in either the classroom or outside, weather permitting. Children are not forced to eat all their lunch, but any food not consumed will be returned in their lunch box in order that you are aware of their eating habits. Children are only allowed to bring fruit or vegetables in for the mid morning break, unless there is a medical condition* which dictates something else must be consumed.

Important:

***We do have children in school who suffer from nut allergies.
Can we please ask that you do not put any nut or sesame seed products
into your child's lunch box.***

Thank you for your consideration.

*Supported by a doctors letter

Lunchbox Selections

1. 4 party sausages
2 slices of bread with/out butter
(optional tomato ketchup)
3 cherry tomatoes
1 satsuma
milkshake (homemade or bought)
2. 2-3 picnic eggs or egg salad with a roll
small container of cubed tomato,
cucumber and grated carrot
1 Frube (kept frozen until put in
lunchbox if hot day)
6-8 strawberries in small pot
water or fizzy water to drink
3. Tuna, sweetcorn & mayonnaise
sandwich/crispbread
kiwi fruit
Kelloggs chewy square
orange juice
4. Cheese: cubed, strings or triangle
Ritz crackers or breadsticks
8-10 grapes
1 frube or pot of yoghurt
drink of squash
5. 1-2 small brown or white rolls
sliced ham or wafer thin strips
cherry tomatoes or sliced tomato
6 pringle crisps or small bag of other
fruit juice or milk
6. 4 chicken nuggets or chicken strips
pasta or potato salad or pitta & salad
yoghurt fruit corner
kit-kat 2 finger
drink of squash
7. Slice of cheese, tomato & mushroom
pizza
individual jelly (homemade or bought)
apple
milky drink
8. Quorn (vegetarian) sandwich slice
1-2 small bread rolls or 2 chapatti
small pot fromage fraise
individual swiss roll
fruit squash drink

All the above selections made up using
the 'packed lunch ideas'

Remember to keep lunch boxes cool,
use ice packs on hot days