



Healthy Lunchbox Ideas



Lots of fresh fruit

Choose from these:

- Apples
- Grapes Cherry Tomatoes
- Bananas Carrot Sticks
- Pears Cucumber Sticks
- Oranges Melon Slices

Plenty of sandwiches

Choose from these:

- Lean meat such as chicken or ham.
- Banana
- Cottage cheese with chives or pineapple
- Tuna mixed with low fat salad dressing and sweetcorn
- Cheese and ham
- Grated cheese and carrot
- Low fat cheese spread with cucumber
- Mashed sardines
- Egg mixed with low fat salad dressing

Try using a variety of breads such as pitta, rolls, bagels, soft grain or wholemeal.

A drink

- Choose from these:
- Water
- Carton of fresh juice
- Milk

One small desert

Choose from these:

- Fruit Scone
- Flapjack
- Teacake
- Low fat crisps
- Plain Popcorn
- Carton of yoghurt or fromage- frais.

Alternatives to Sandwiches

- Slices of cold flan or pizza
- Cheese triangles and crackers.
- Cold pasta or rice mixed with tuna and low fat salad dressing.

