

FRUIT & VEG

Carrot sticks
 Apple
 Banana
 Grapes
 Strawberries
 Celery
 Cucumber
 Peppers
 Melon
 Satsuma
 Pear
 Blueberries
 Mixed fruit salad
 Tablespoon
 of dried fruit

DRINKS

Water
 Milk
 Sugar free juice
 150ml Fresh fruit juice

SIDE

Crackers & cheese	Low fat/sugar yoghurt
Rice cakes	Homemade cake
Hard-boiled egg	Small flapjack
Veg sticks with dips e.g. houmous, Guacamole	Malt loaf
Breadsticks	Plain popcorn
Oatcakes	Sugar free jelly

MAIN

Sandwiches using the following:
 Wholegrain bread, 50/50 bread, wraps,
 flatbread, pitta, bagels, thins, chapatti

FILLINGS:

Tuna, tinned salmon, ham, chicken,
 turkey, egg, cheese, cream cheese, cottage
 cheese, houmous, falafel.

All ideally with a variety of salad
 e.g. lettuce, tomatoes, cucumber, sweetcorn,
 peppers, olives, carrots, onions

SOMETHING DIFFERENT:

Add a quiche, tortilla, Spanish omelette or of
 one of the above sandwich fillings to a salad
 (ideas above) with pasta, rice, potatoes, noodles,
 couscous, quinoa as a change from bread.

Where permitted and with suitable flask:

Homemade soup
 Homemade stew

Packed Lunch Ideas

All Packed Lunches should
 contain one main, one side,
 at least one portion of fruit &
 veg and a drink.

