



Suggestions for a Healthy Packed Lunch

| DAILY ITEMS | | | | | OCCASIONAL TREATS | NEVER AN OPTION |
|--|---|--|--|---|---|--|
| Carbohydrates-Great for energy. Recommended 1/3 of lunchbox. | Protein foods-Supports growth. | A dairy item-Good for growing bones. | Vegetables, salad or fruit-Five-a-day options. | Drinks-Hydration is important. | Only one every few days and never more than one at a time. | Children will not be allowed to eat them. |
| <p>Sandwich or wrap wholemeal, granary, multi-grain or white bread, bread roll, pitta bread, naan, chapatti, bagel, tortilla/wrap, croissant.</p> <p>See protein for filling ideas.</p> <p>Other ideas - pasta salad, rice salad, cous cous, potato salad, tabbouleh, crackers, crisp bread, oatcakes, rice cakes, corn cakes, cheesy biscuits, savoury flapjack, bread sticks, homemade popcorn. *Pizza slice, sausage roll, mini pasty, cheese and potato roll, samosa, pakora, spring roll, savoury muffin or scone, potato cake quiche, mini quiche or frittata* *Preferably homemade – not processed.</p> | <p>Fillings</p> <p>Meat - wafer thin cooked meats, leftover cold meats (e.g. chicken, turkey, meatloaf, sausages).</p> <p>Fish - tuna mayo, sardine fish paste.</p> <p>Vegetarian - egg salad, egg mayo, grated cheese, cheese and pickle, cheese spread, cream cheese, meat substitute slices, cottage cheese, veggie sausages, vegetarian pate,</p> <p>Finger food - hardboiled egg, scotch/ savoury egg, mini sausages, falafel, cubes of cheese.</p> | <p>Fruit yogurt - fromage frais or dairy-free alternative.</p> <p>Greek or plain yogurt.</p> <p>Cold rice pudding/custard.</p> <p>Cheese portion or cottage cheese.</p> <p>Dips - houmus, tzatziki, raita, cream cheese and plain yogurt.</p> | <p>Whole fruit - apple, banana, peach, pear, plum, grapes, satsuma, (fruit in season) raisins, pumpkin or sunflower seeds, dried apricots, dates or prunes.</p> <p>Fruit salad pot - any combination of prepared fruit (strawberries, orange, melon, mango, kiwi etc.), fruit jelly made with fruit pieces and pure fruit juice.</p> <p>Portion of tinned fruit - mandarins, pineapple, peaches, fruit salad, pears.</p> <p>Salad pot - prepared raw vegetables (e.g. cucumber, pepper, celery, cherry tomatoes, carrot, mange tout, slices of avocado sprinkled with a little lemon juice), coleslaw.</p> | <p>Water</p> <p>Fruit squash - well diluted.</p> <p>Fresh fruit juice.</p> | <p>Crisps, corn chips or other savoury snacks.</p> <p>Chocolate item - chocolate biscuit chocolate pancakes.</p> <p>Cakes - muffin cupcake, small piece of cake, malt loaf, scone, jam tart, shortbread, flapjack.</p> <p>Biscuits - cookie, gingerbread man, cereal bar.</p> | <p><u>Nuts and nut products.</u></p> <p>Sweets - including processed fruit products e.g. wound up lengths of fruit jelly.</p> <p>Confectionary - chocolate bar.</p> <p>Fizzy drinks.</p> |

This list is not exhaustive but offers suggestions to help you provide your child with a healthy packed lunch. Please feel free to share ideas that work well for you and your family and we will happily update this list for the benefit of others. Thank you for your co-operation.