

# LunchBOX

# Planner

## 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 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 3

Roast beef, lettuce, tomato roll

Fruit salad

Yogurt

Water



## Lunchbox 8

Egg and onion sandwich

Carrot sticks

Fruit pot

Milk



## 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

## 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](http://www.nidirect.gov.uk/lunchboxes)

[www.safefood.eu](http://www.safefood.eu)

[www.pha.site/healthy-eating](http://www.pha.site/healthy-eating)