

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

www.safefood.eu

www.pha.site/healthy-eating