



## Packed Lunch Ideas



### Sandwiches

Try making sandwiches with different types of bread - wholemeal, granary, high-fibre white, pittas, french bread or bagels.

Have you tried any of these fillings?



Grated cheese and carrot  
Salmon  
Cheese and cucumber  
Tuna and sweet corn  
Chicken, lettuce and tomato  
Hummus

Cottage cheese, grated carrot and grated apple  
Mashed banana



### Fruit and Veg

Why not include some of the following?



Celery sticks  
Carrot sticks  
Cucumber chunks  
Cherry tomatoes  
Baby sweetcorn  
Raisins

Seedless grapes  
Clementines  
Bananas  
Apples  
Plums  
Fruit salad



### Other Ideas

Bread sticks  
Teacakes  
Scones  
Yoghurts  
Pasta salad

Malt loaf  
Cheese and crackers  
Rice cakes  
Quiche  
Fromage frais



### Drinks

Avoid sugary and fizzy drinks.

Healthier options include:

milk  
smoothies  
yoghurt drinks

water  
fruit juice  
milk drinks



Keep your child's packed lunch box cool by including a frozen juice box or small ice pack. Packing their lunch in a small, insulated coolbag may also help.

