

PLAN A HEALTHY LUNCH BOX

Plan your lunchbox using the foods listed below. Be careful as some of the foods should not be eaten too often.

Try to keep the lunchbox healthy and only have restricted foods once a week.



Carbohydrates

- Bread sandwiches
- Pitta bread
- Crusty bread rolls
- Crackers
- Pasta shapes
- Rice salad
- Currant bun
- Scones
- Potato



Proteins

- Cheese chunks/slices
- Tuna fish
- Ham slice
- Chicken pieces
- Boiled Egg
- Prawns



Fruit and Veg

- Apple
- Banana
- Grapes
- Tomatoes
- Cucumber slices/chunks
- Carrot slices
- Pineapple chunks
- Radishes
- Pickled gherkin
- Tangerine
- Celery
- Peaches



Milk and Dairy

- Yoghurt
- Cheese slices/chunks
- Fromage frais
- Cottage cheese

RESTRICTED

- Sausage roll
- Pork pie
- Crisps
- Biscuits
- Cakes
- Jam or honey

BANNED

- Foods containing nuts
- Peanut butter
- Chocolate bars
- Sweets
- Canned Pop like Pepsi etc
- Hot Soup

On a Friday ONLY

Don't forget - Loads of WATER!