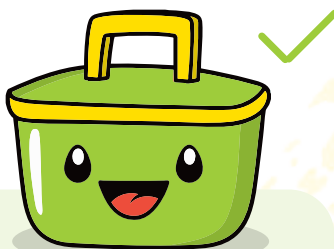


Healthy Packed Lunch Food Ideas

Green Foods: Ok all of the time



Fruit and Vegetables

- protective foods
- Vegetable sticks
- Salad (e.g. lettuce, tomato, cucumber,)
- Fresh fruit (whole, slices, fruit salad)
- Dried fruit (not include processed fruit snacks)
- Tinned fruit in juice

Dairy and dairy alternatives

- strength foods
- Cheese, cheese spread, cream cheese
- Plain unsweetened yoghurt or fromage frais

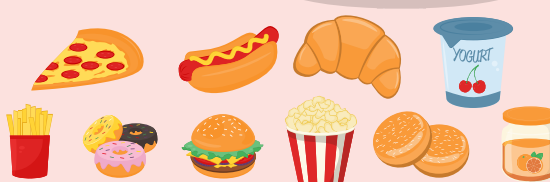
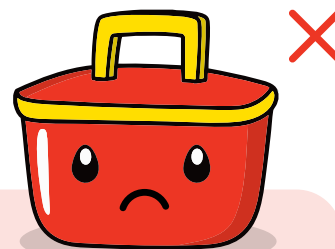
Starchy foods

- energy foods
- Bread
- Other breads - pitta, bagel, english muffin, chapatti, roti, tortilla wrap
- Homemade pasta (e.g. pasta salad, leftover pasta)
- Homemade cous cous salad
- Plain crackers, plain crispbreads, plain rice cakes

Protein

- growing foods
- Cold cooked meat - plain, unprocessed
- Tinned fish
- Egg
- Houmous
- Bean salad

Red Foods: Never, please do not have these in your Lunchbox



Savoury Foods

- Chips/fries
- Hot or cold takeaway food
- Crisps (including mini cheddars, baked crisps & vegetable crisps)
- Instant/ flavoured rice/pasta/ noodles/cous cous
- Pastries and pasties • Cheese and onion slice, sausage roll, samosa etc
- Pizza slice - takeaway or shop bought
- Dairylea Lunchables
- Dairylea Dunkers

Sweet Foods

- Chocolate bars
- Chocolate spread
- Jam
- Flavoured yoghurts and mousse
- Sweets
- All biscuits and cereal bars
- Cakes
- Processed fruit snacks (including fruit winders, fruit bars)
- Jelly pots/ fruit pots in syrup/ sweetened rice pudding

Sandwich/wrap filling deas

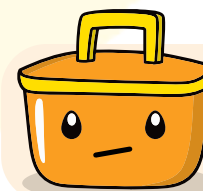
- Tuna and sweetcorn /cucumber
- Mixed bean and salad
- Hummus, grated cheese and tomato
- Egg and cucumber
- Tikka Chicken and salad

Drinks

- Plain tap water
- Plain milk



Remember an ice pack! ❄️



Limit processed meats e.g. ham and salami to once per week.

