

- Tortilla wrap with grilled chicken, lettuce and red pepper slices (with reduced calorie mayonnaise)
- Cherry tomatoes
- Banana
- Fruit fromage frais
- Carton of apple juice



BALANCED LUNCHBOX IDEAS



- Rice, bean and ham salad (boiled rice, kidney beans, green beans and chopped ham) with a little olive oil and lemon juice
- Peach or nectarine
- Low fat fruit yogurt
- Slice of banana bread
- Bottle of water

- Wholemeal roll with tuna and sweetcorn (with reduced fat spread)
- Apple
- Low fat fruit yogurt

- Granary roll with canned salmon, lettuce and cucumber (reduced calorie mayonnaise)
- Sticks of pepper
- Peach or nectarine
- 2 small chocolate chip cookies
- Carton of semi-skimmed milk



- Small packet of crisps
- Carton of orange juice
- Wholemeal pitta with ham, reduced fat Edam cheese and green pepper slices (with reduced fat spread)
- Carton of rice pudding
- Rice krispie cake
- Carton of apple juice



- Couscous salad with grilled chicken, chopped peppers and sultanas
- Small tub of fruit cocktail in juice
- Fruit fromage frais
- Bottle of water

- Chick pea and vegetable curry with boiled rice
- Small vegetable pakora
- Cucumber raita
- Banana



- Tuna and pasta salad with canned tuna, chopped peppers and a little olive oil and lemon juice
- Banana
- Small slice of flapjack
- Carton of semi-skimmed milk



- Small coconut cake
- Carton of tropical fruit juice
- Lentil and vegetable curry with chapatti
- Broccoli and cauliflower crudites
- Satsuma
- Small tub of fruit cocktail in juice
- Low fat fruit yogurt
- Mango juice drink



- English muffin with egg and cress (with reduced calorie mayonnaise).
- Carrot batons with low fat cream cheese dip
- Satsuma
- Slice of malt loaf
- Carton of mixed fruit juice

- Pasta and salmon salad (boiled pasta, grilled salmon and chopped cucumber) with reduced calorie mayonnaise
- Carrot batons



- Small tub of fruit cocktail in juice
- Banana smoothie (banana, low fat yogurt and orange juice)
- Mini vegetable and pepperoni pizza (mini cheese and tomato pizza with mushrooms, peppers and pepperoni)
- Bag of apple slices

- Twin-pot yogurt
- Bottle of water
- Tortilla wrap with mixed beans, grated cheese, lettuce and a little soured cream
- Handful of grapes
- Fruit fromage frais
- Small packet of crisps
- Carton of apple juice

- 2 roast chicken drumsticks
- Potato salad with reduced calorie dressing (homemade or bought)
- Cucumber and carrot sticks
- Banana
- Low fat fruit yogurt
- Bottle of water

- Mini pittas with hummus, cucumber and grated carrot
- Piece of Edam cheese
- Handful of strawberries or cherries
- Fun-size chocolate bar
- Carton of mixed fruit juice



- Wholemeal sandwich with sliced beef, egg, lettuce and tomato (with reduced fat spread)
- Sugar snap peas
- Satsuma
- Fruit scone
- Bottle of drinking yogurt

- Bagel with salmon (grilled or canned), cream cheese and cucumber
- Bag of baby carrots
- Banana
- Small packet of crisps
- Bottle of flavoured milk

- Pasta salad with grilled sausage, chopped peppers and tomato pasta sauce
- Apple or pear
- Low fat fruit yogurt
- Carton of orange juice

- Rice salad with spring onion, chopped peppers and sweetcorn
- Spicy chicken pieces
- Apple
- Low fat chocolate mousse
- Carton of fruit juice drink



- Soft white roll with grilled sausage, lettuce and tomato (with reduced fat spread and a little ketchup)
- Celery and cucumber sticks
- Small tub of fruit cocktail in juice
- Low fat rice pudding
- Bottle of water

- Granary roll with sliced egg, lettuce and tomato (with reduced fat spread)
- Small tub of sweetcorn and chopped peppers
- Satsuma
- Dried apricots
- Small packet of crisps
- Carton of semi-skimmed milk



- Pasta salad with prawns, cucumber and chopped peppers (with reduced calorie mayonnaise)
- Carrot sticks
- Banana
- Low fat fruit yogurt
- Slice of malt loaf
- Carton of apple juice

- Crusty brown roll with sliced beef, lettuce and tomato (with reduced fat spread).
- Handful of grapes
- Fruit fromage frais
- Chocolate coated biscuit
- Bottle of water

- Wholegrain crackers with reduced fat cheddar cheese and pickle
- Cherry tomatoes
- Apple
- Carton of tropical fruit juice