

Packed Lunch

A good example of a packed lunch might include a sandwich with meat or cheese, or a salad, a piece of fruit, healthy low fat crisps and a small muffin, or fruit cake.

Drinks

Please could parents only supply juice or water.

The following chart may give you some ideas or visit the NHS web site for more ideas.



Tummy Fillers	Five-a-day options	Good for Growing Bones	Snacks	Thirst Quenchers
Sandwich or Wrap Wholemeal, granary, multi-grain or white bread, bread roll, pitta bread, naan, chapatti, bagel, tortilla wrap, croissant See below for filling ideas	Any combination of raisins, pumpkin/sunflower seeds, ready to eat dried apricots, dates or prunes	Fruit yogurt, fromage frais or dairy-free alternative	Hard boiled egg, scotch/savoury egg, mini sausages, falafel etc	Water
Savoury muffin or scone, pancake, potato cake	Whole fruit, satsuma, apple, banana, pear, peach, plum, grapes (whatever the season)	Cold rice pudding or custard	Cubes of cheese, prepacked lunchbox sized cheese portions	Milk
Pasta salad, rice salad, cous cous, potato salad, tabbouleh	Fruit Salad Pot – any combination of prepared fruit (strawberries, orange, melon, mango, kiwi etc.) homemade fruit puree / apple sauce or fruit jelly	Greek or plain yogurt	Muffin, cup-cake, small piece of cake, malt loaf, scone, cookie, jam tart, gingerbread man, cereal bar, flapjack,	

	made with fruit pieces and pure fruit juice		shortbread	
Quiche or frittata	Salad Pot – any combination of prepared raw vegetables (cucumber, pepper, celery, cherry tomatoes, carrot, mangetout, slices of avocado sprinkled with a little lemon juice etc.) or coleslaw	Cheese portion, cottage cheese with pineapple	Small packet of low / no salt crisps, savoury snack or a handful of crisps in a pot	
Pizza slice, sausage roll, mini pasty, cheese and potato roll, samosa, pakora, spring roll	Tinned fruit pot (useful in winter) – mandarins, pineapple, peaches, fruit salad, pears	Dips – hummus, tzatziki, raita, cream cheese and plain yogurt	Crackers, crisp bread, oatcakes, rice cakes, cheesy biscuits, savoury flapjacks, bread sticks, home-made popcorn etc	

Fillings:

Meat – wafer thin cooked meats, cubed chicken/turkey breast with tomato and lettuce, ham and cheese, roast chicken and hummus, leftover cold meats (chicken, turkey, meatloaf etc) with salad, chicken and mashed avocado, cold BLT

Fish – tuna mayo & sweetcorn, tuna salad, sardine and tomato, fish paste and cucumber

Veggie – grated cheese, cheese spread, cream cheese, Quorn slices and salad, cottage cheese with pineapple, cheese and grated carrot, with a little mayo. Veggie sausages, vegetarian pate with cucumber, cheese and coleslaw, egg mayo/salad, cheese and pickle