

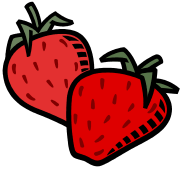

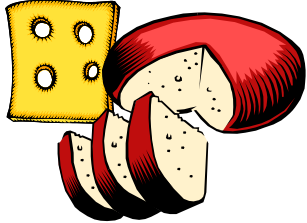
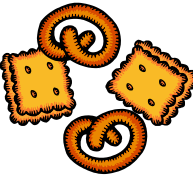
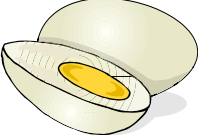





Lunchbox ideas for a balanced diet

What your child has for lunch will affect their learning and behaviour in the afternoon. Growing children need plenty of starchy foods to fill them up and give them energy. Nutritious meals packed with fibre, protein, carbohydrate and vitamins will also help your child's growing bones and give them a healthy dose of brain power for the afternoon! Here are a few ideas for a balanced lunchbox. **Try to include something from each section in your child's lunchbox.**

Tummy Fillers	Five-a-day Options	Good for growing bones	Snacks	Thirst Quenchers
Sandwich (filled) Wrap (filled) Pitta bread (filled) Naan bread Bagel Tortilla Croissant Pasta Salad Rice Salad Cous Cous Potato Salad Sausage Roll Mini Pasty Spring Roll Quiche Samosa Frittata Pizza Slice  	Satsuma/Orange Apple Pear Banana Peach Plum Grapes Strawberries Fresh fruit jelly Melon Mango Kiwi Carrot Cucumber Mangetout Pepper Coleslaw Cherry tomatoes  	Fruit yoghurt Fromage Frais Rice Pudding Custard Greek Yoghurt Plain yoghurt Cheese portion Cottage Cheese Cream cheese slice Dips - hummus/Raita 	Malt loaf Crackers Rice cakes Crisp bread Scotch egg Bread sticks Mini sausages Cubes of cheese Hard boiled egg Cheesy biscuits Low salt/baked crisps Home made popcorn Small biscuit Oatcakes Cereal bar Small cake  	Water Milk Milkshake Pure fruit juice Smoothies Well diluted squash 

Filling ideas: Wafer thin meats, ham and cheese, roast chicken, salad, BLT, tuna mayo and sweetcorn, sausages, prawn mayo, grated cheese, cream cheese/cheese spread, cheese and coleslaw, egg salad/mayo, jam, fruit spread, nut free chocolate, honey.