

## Healthy Packed Lunch Ideas

Protein

Milk and dairy

Carbohydrate

Fruit and vegetables

Day	Week 1	Week 2	Week 3
Monday	Granary roll with chicken Dried apricots Carrots sticks Milk	Cous cous with roasted vegetables Lentils and feta cheese Grapes Water	Wholemeal pitta bread with houmous and salad Apple Yoghurt Water
Tuesday	Pasta in a tomato sauce with cheese Cucumber sticks with houmous Pineapple chunks Water	Tuna and sweetcorn pasta with cheese Kiwi fruit Water	Tortilla wrap with slices of beef and salad Satsumas Milk
Wednesday	Salmon and cous cous with cherry tomatoes and raisins Chunks of cheddar cheese Water	Oven baked falafel with houmous in a wholemeal pitta Yoghurt and blueberries Water	Chapatti with curried vegetables and chick peas Box of raisins Yoghurt Water
Thursday	Rice with chicken and vegetables Apple Yoghurt Water	Egg and salad granary sandwich Yoghurt 100% pure fruit juice	Bagel with cream cheese and smoked salmon Cherry tomatoes 100% pure fruit juice
Friday	Crackers with ham and cottage cheese and avocado A current bun 100% pure fruit juice	Vegetable soup with a granary roll, Bread sticks and peanut butter Banana Milk	Tortilla wrap and chicken, peppers and cheese Chunks of melon Slice of fruit loaf Water