

# Lunchbox Ideas

Here are some ideas of foods and drinks to put in your lunchbox!



## A protein sandwich filling. For example:

- ⇒ 2 slices of Turkey
- ⇒ 2 slices of Ham
- ⇒ 2 slices of Chicken
- ⇒ Small can of Tuna
- ⇒ 1-2 Eggs
- ⇒ 2 tablespoons of Hummus
- ⇒ Peanut Butter



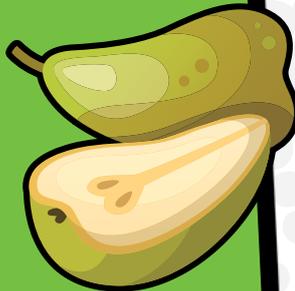
## Vegetables. For example:

- ⇒ Sweetcorn
- ⇒ Cherry Tomatoes
- ⇒ Chopped Celery
- ⇒ Handful of Lettuce
- ⇒ Sliced or chopped Cucumber
- ⇒ Bowl of homemade Vegetable Soup
- ⇒ Red, Green or Yellow Peppers
- ⇒ A few tablespoons of chopped Carrot



## Fruit. For example:

- ⇒ 1 Pear
- ⇒ 1 Apple
- ⇒ 1 Nectarine
- ⇒ 1 Banana
- ⇒ 1 cup of Grapes
- ⇒ 1 heaped dessert spoon of Raisins
- ⇒ 1 large slice of Melon



## A drink. For example:

- ⇒ Water
- ⇒ Sugar free Squash
- ⇒ Small carton of Fruit Juice



## Dairy. For example:

- ⇒ 200ml Milk (preferably Low Fat)
- ⇒ 1 regular size bottle of Yogurt drink
- ⇒ 1 pot of Low Fat Yogurt
- ⇒ 1 pot of Low Fat Creamed Rice
- ⇒ 2 Yogurt tubes
- ⇒ 2 triangles of Cheese



## You may also include a small treat. For example:

- ⇒ Banana Bread
- ⇒ Carrot Cake
- ⇒ Fruit Cake
- ⇒ Flapjacks
- ⇒ Plain Cake
- ⇒ Plain Biscuit

