



Pin this Healthy Lunchbox



Suggestion sheet to your fridge!

Sandwiches

- Wraps
- Pittas
- Baguettes
- Crackers
- Rice or corn cakes
- Bread sticks
- Bagels

Fillings and toppings can include; cheese, ham, chicken, tuna, salad or cream cheese.



Savouries

- Quiches
- Cheese scones
- Boiled eggs
- Crackers
- Chappattis
- Cheese e.g. Babybel
- Vegetable sticks
- Dips e.g. hummus
- Pasta salads
- Potato salads
- Cous cous
- Noodles
- Rice
- Falafel
- Soup

We can not heat food up but you can bring in hot food in a flask.

Sweet snacks

- Tinned fruit
- Fruit salads
- Berries
- Cherries
- Fruit shapes and wipers
- Dried fruits
- Yoghurts (not incl chocolate)
- Meringues
- Rice pudding pots
- Low fat custard pots
- Cereal bars (No nuts)
- Homemade flapjacks
- Homemade cakes
- Plain biscuits e.g. rich teas, digestives and malted milks.
- Reduced fat Crisps
- Mini Baked cheese bakes/ cheddars

Drinks

- Water
- Yoghurt drinks
- Diluted low sugar squash
- Real fruit juice
- Smoothies
- Milk

Please do not include:

- Nuts (including peanut butter)
- Chocolate Spread
- Chocolate Bars
- Sweets
- Fizzy Drinks
- Fast Food (Burgers, fries etc.)