



Healthy Packed Lunch Suggestions

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| Monday | Turkey sandwich with lettuce Cherry tomatoes Fruit cocktail in natural juice Fruit yoghurt Water | Egg, cress and mayonnaise in brown roll Cucumber sticks Tinned peaches in juice Water |
| Tuesday | Ham, salad and tomato in a brown roll Peppers (red, yellow or green) Grapes Cheese and crackers Fruit bun e.g. tea cake Water | Tuna and sweetcorn pasta salad Cucumber sticks Hummus or cottage cheese Banana Currant bun Water |
| Wednesday | Tuna, sweetcorn & mayonnaise sandwich Cherry tomatoes Kiwi fruit Rice pudding Water | Chicken couscous salad or Chicken with rice Carrot sticks Pineapple pieces Water |
| Thursday | Muffin with cheese, tomato and ham slices Pepper sticks Grapes Water Malt loaf | Bagel with salad, tinned salmon and cream cheese Carrot sticks Water Apple Pot of low fat custard |
| Friday | Potato salad with chicken pieces Carrot sticks Dried apricots Fruit bun Milk | Cheese and salad wrap Cherry tomatoes Satsuma Slice of malt loaf Yoghurt drink |