

Weekday Packed Lunch Ideas

- ~Apple wedges
- ~Carrot sticks and Houmus
- ~Cream Cheese and Cucumber Sandwich
- ~Glass of Water



- ~Orange Segments
- ~Sliced mushrooms
- ~Ham and Salad Pita
- ~Glass of Milk



- ~Pear wedges
- ~Mini Babybel
- ~Chicken and salad Sandwich
- ~Glass of Water



- ~Seedless Grapes
- ~Red pepper strips
- ~Tuna 'Fish Shaped' sandwich
- ~Glass of Milk



- ~Melon Smiley
- ~Cucumber Sticks
- ~Houmus and Tomato Wrap
- ~Glass of Water



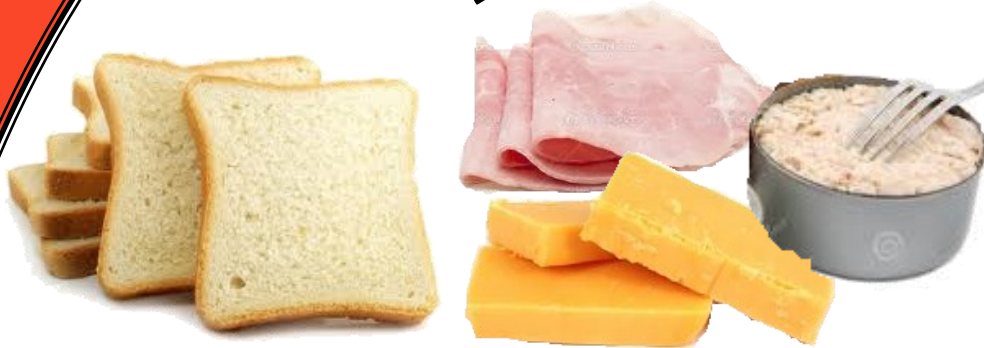
Try shaping your children's sandwiches into strips, or varied shapes to make their lunch look more attractive and appealing.



redbridge
healthy eating team

NELFT NHS
NHS Foundation Trust

Lunch Time Ideas



Sandwiches on wholemeal, brown or white bread:
Tuna, Cheddar cheese, ham, beef, or chicken



Fruit:

Apple wedges, Orange segments, Banana and Melon Smiley

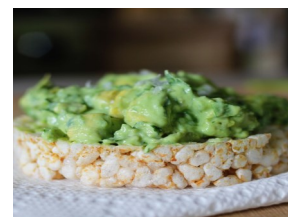


Vegetables:

Pepper and Celery sticks

Extra Snacks:

Dairyless triangle or avocado dip with rice cakes



Glass of water



Lunch Ideas



Sandwiches on wholemeal bread:

Cream cheese, Egg, Hummus add, chopped herbs too if you like



Fruit:

Apple wedges, Orange segments, Banana and Melon Smiley



Vegetables:

Cucumber sticks, Cherry tomatoes, Carrot sticks and Celery sticks



Glass of water