

## Lunchbox ideas

Lunch and snacks should be in a suitable bag that is clearly labelled with your child's name and class. Please make sure that all foods are in appropriate containers and icepacks are used where necessary.

For further information on healthy lunchboxes and snacks, please refer to the school website for the **Policy for Healthy Lunchboxes and After School Clubs snacks** or the following website for useful tips and advice

<http://www.nhs.uk/Change4Life/Pages/healthy-eating.aspx>

### **Sandwich ideas (whole meal bread, roll, pitta pocket, wrap)**

- Tuna and sweetcorn
- Edam cheese, ham and lettuce
- Houmous, red pepper and grated carrot
- Egg and tomato
- Corned beef
- Ham and salad
- BLT (grilled bacon, lettuce and tomato)
- Meat spread and cucumber sandwich
- Turkey ham baguette with lettuce
- Sliced beef with cucumber and lettuce
- Mexican chicken
- Reduced-fat hard cheese, tomato and ham slices
- Banana sandwich

### **Other non-sandwich options**

- Pasta, red pepper and sausage salad
- Oatcakes and low-fat cheese
- Tuna pasta salad (with spring onion, green pepper and cherry tomatoes)
- Cold spicy chicken strips
- Rice with beans and peas
- Smoked mackerel and potato salad (with mushrooms and spring onions)
- Spicy beans and vegetables
- Potato salad with spring onion, mixed beans and avocado (in low-fat plain yogurt)
- Mackerel and rice salad with tomato sauce and mixed vegetables
- Chicken salad (tomato, cucumber, lettuce)
- Skinless chicken drumsticks
- Salad with sweetcorn and tomato

### **Snacks**

- Tomato
- Boiled egg
- Reduced-fat cheese triangle
- Carrot sticks
- Low-fat soft cheese with vegetable dippers (cucumber sticks, red and green pepper strips)
- Mixed seeds

### **Desserts**

- Low-fat fruit yoghurt
- Small box of raisins
- Apple, satsuma, nectarine, grapes, pears, raspberries, plums, melon, mango slices
- Dried fruit such as apricots, apples
- Stewed apple
- Small flapjack
- Fresh fruit salad with low-fat fromage frais
- Mini blueberry muffin
- Fruit scone

### **Drinks**

- Bottle of water
- Semi-skimmed milk
- Apple juice or orange juice unsweetened
- Reduced-fat yoghurt drink
- Fruit smoothie

### **After school Club snack ideas**

Children can bring a drink and 1 or 2 of the following...

#### **Food**

- Fruit
- Vegetable sticks (carrots, cucumber, peppers, mini sweetcorn)
- Houmous
- A couple of plain biscuits
- Sandwich

#### **Drinks**

- Bottle of water
- Semi-skimmed milk
- Apple juice or orange juice, unsweetened
- Reduced-fat yoghurt drink
- Fruit smoothie