

Healthy Lunch Box Ideas

Sandwich fillings:

- Chicken, lettuce and tomato
- Grated cheese and carrot
- Tuna and sweetcorn
- Cheese and cucumber
- Mashed banana
- Hummus
- Cottage cheese, grated carrot and grated apple
- Ham and cheese
- Ham and salad

Fruit and vegetables:

- Seedless grapes
- Satsumas , tangerines or clementines
 - (peeled and wrapped for younger children)
- Small bananas
- Apples (can be cut into pieces for younger
 - children and brushed with lemon juice to
 - avoid browning)
- Plums
- Dried fruit such as apricots, dates or
- raisins
- Fruit salad
- Cherry tomatoes
- Carrot/celery sticks
- Cucumber chunks
- Baby sweetcorn
- Grated carrot and raisin salad

Drinks:

Water or water based juice

Let's keep our children healthy!