

For a HEALTHY, BALANCED packed lunch, choose something from EACH GROUP...

## Fill-you-up foods

Make a BIG PORTION of SLOW-RELEASE



ROLLS, PITTAS or . Choose BREAD. ENERGY FOODS

(starchy carbohydrates)

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Or PASTA, POWICH

11 COUS DITATO WRAPS COUSCOUS RICE Make a SALAD



## Fruit & Veg

Pack SOME FRUIT and VEGETABLES in a SALAD or SANDWICH, or just to eat on their own.



## Filling suggestions

Make a SMALL PORTION of MEAT. FISH or VEGETARIAN alternatives

(protein) e.g. cheese



We CANNOT reheat Plus a SMALL PORTION food NO NUTS! (This includes <u>chocolate</u>

spreads and peanut butter)



















loaf

A sweet treat

A cereal bar

A flapjack

A Smoothie

A small slice of

A piece of fruit

fruit or carrot cake









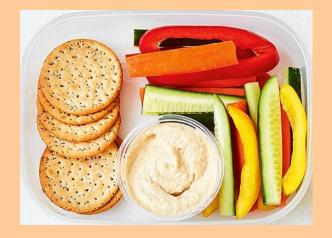






## \* Healthy Lunches















https://www.bbcgoodfood.com/recipes/collection/school-lunch-recipes





























