

Kid's Lunch Box Ideas

Monday

- White muffin with hard boiled omega 3 egg, cress and 1 teaspoon of reduced fat mayo
- Mini pot of hummus with home made carrot batons
- One clementine
- Bag of sweet pop corn (15g)
- Glass of water

Tuesday

- Soft wholemeal finger roll with reduce fat olive spread with 45g of tinned no added salt salmon and cucumber
- An apple
- Soft dried pineapple or mango
- Eat Well children's yogurt
- Glass of water

Wednesday

- 40g whole wheat organic animal pasta with tuna 35g of tuna canned in spring water. Add chopped peppers, 1 tablespoon of olive oil and 1 table spoon of lemon juice.
- One small banana
- Raisin box (14g)
- Eat Well children's yogurt
- One carton of pure apple juice

Thursday

- Tortilla wrap filled with 40g of sliced roasted chicken, 1 teaspoon of reduced fat mayonnaise, 30g lettuce and 3 slices of red pepper
- 4 cherry tomatoes
- 1 small banana
- Eat Well children's fromage frais
- Small (13g) chocolate lolly
- Glass of water

Friday

- Wholemeal pitta bread with reduced fat olive spread, 20g of grated omega 3 cheese and with sliced half of a medium tomato and 20g sliced cucumber
- Eat Well reduced fat crisps (25g)
- Handful of sugar snap peas
- Handful of strawberries
- One carton pure orange juice