

## Healthy Packed Lunches

Nutritious packed lunches offering fibre, protein, carbohydrate and vitamins will help give your child energy for the afternoon ahead. Try some of these ideas:

**Starchy foods** are great tummy fillers. Growing children need plenty of starchy foods to fill them up and give them energy. Starchy foods can include:

- Sliced or homemade bread - vary between wholemeal, granary, multi-grain and white (no nuts please).
- Bread roll, pitta bread, naan, chapatti, bagel, tortilla/wrap, oatcakes, potato cake or malt loaf
- Carbohydrate based salads such as pasta salad, rice salad, cous cous, potato salad
- Breadsticks, Crackers, Rice cakes, Crispbreads Rice
- Occasional baked items such as savoury muffins, mini pasty, cheese and potato roll, baked samosa or spring roll etc.

**Protein** such as meat, fish, dairy and non-dairy protein is great for providing iron and zinc to help your child grow. Try:

- Lentil soup with pitta / roll, chickpeas or other beans in rice, tofu stir fry
- Egg based foods such as quiche, mini quiche or frittata.
- Fillings/toppings such as:
  - Meat - wafer thin cooked meats, chicken/turkey breast with tomato and lettuce, roast chicken & hummus, leftover cold meats (chicken, turkey, halal sausages etc.) with salad.
  - Fish - tuna mayo & sweetcorn, tuna salad, sardine and tomato, salmon and cucumber.
  - Veggie - grated cheese, cheese spread, cream cheese, Quorn slices and salad, cheese and grated carrot with a little mayo, veggie sausages, vegetarian pate with cucumber, cheese and coleslaw, egg salad/egg mayo, Hummus

**Five a day options** provide vitamins and minerals to help protect against illness

- Any combination of the following, in a small pot or bag: raisins, sultanas, pumpkin/sunflower seeds, ready to eat dried apricots, dates or prunes.
- Whole fruits - satsuma, apple, banana, pear, peach, plum, grapes (must be cut in small pieces, at least halved), strawberries etc.
- Fruit pots in juice NOT syrup
- Fruit jelly made with fruit pieces and pure fruit juice.
- Salad pot - any combination of prepared raw vegetables: cucumber, lettuce, pepper, celery, cherry tomatoes, carrot sticks, mangetout, slices of avocado sprinkled with a little lemon juice etc.
- Fruit yoghurts or Fromage Frais (not chocolate!)

### Treats

- Yogurt, fromage frais or custard
- Small plain cake such as small jam swiss roll, slice of carrot cake (no icing or chocolate)
- Plain biscuit such as Digestive or Nice (again no icing or chocolate)
- Fruit based cereal bar (no nuts or chocolate) can be high in sugar so not recommended daily

### Drinks

- Water
- Milk
- 100% fruit juice NOT from concentrate