Packed Lunch Food Ideas

Green Foods = Ok all of the time

Fruit and Vegetables
- **Vegetable Sticks**
- **Salad** *(e.g. Lettuce, tomato, cucumber,)*

Carbohydrates
- **Bread** - *wholemeal, 50:50*
- **Other breads** - *Pitta, Bagel, English Muffin, Chapatti, Roti, Tortilla Wrap*
- **Homemade Pasta** *(e.g. pasta salad, leftover pasta)*
- **Homemade Rice**
- **Homemade Cous cous salad**
- **Plain Crackers and Crispbreads**

Protein
- **Cold Cooked Meat** - *plain, unprocessed*
- **Tinned Fish**
- **Egg**
- **Houmous**
- **Bean Salad**

Dairy
- **Cheese, cheese spread, cream cheese**
- **Yoghurt or Fromage Frais** – ideally unsweetened

Dessert ideas
- **Fresh Fruit** *(whole, slices, fruit salad)*
- **Dried Fruit** (*not include processed fruit snacks)*
- **Tinned Fruit in juice**
- **Fruit and plain yogurt**
- **Fruit and custard**
- **Jelly** - *sugar free*

Drink
- **Water**
- **Plain Milk**

Amber Foods = Occasional

Limit to no more than once a week:
- **Pastries and Pasties** - *Cheese and onion slice, Sausage Roll, Samosa etc*
- **Pizza slice** - *supermarket (add extra vegetables)*
- **Dairylea Lunchables**
- **Dairylea Dunkers**
- **Processed meats** e.g ham, salami

Baked Crisps: limit to twice a week and include a child size portion
- **Small bag baked / low fat crisps** *(e.g. Quavers, Pom Bears, French Fries etc)*

Limit to no more than once a week - Sweet Foods
- **Plain biscuit** *(e.g. digestive, rich tea, malted milk)*
- **Small un-iced cake / cake bar / Malt loaf**
- **Cereal bar without chocolate**

Remember an Ice Pack!

Red Foods = Never, please do not have these in your Lunchbox

Savoury Foods
- **Chips / Fries**
- **Hot or Cold Takeaway Food**
- **Crisps** *(including mini cheddars)*
- **Instant/ flavoured rice/pasta/noodles/cous cous**

Sweet Foods
- **Chocolate Bars**
- **Chocolate spread**
- **Jam**
- **Chocolate yoghurts and mousse**
- **Sweets**
- **Chocolate covered biscuits and cereal bars**
- **Iced cakes**
- **Processed fruit snacks** *(including fruit winders, fruit bars)*

Drinks
- **Squash** *(including sugar free)*
- **Fizzy drinks** - *including diet ones*
- **Juice / drinks** - *Capri Sun, Ribena, Rubicon etc (they often have as little as 6% fruit in them), Fruit juices*
- **Energy drinks** - *Lucozade, Red Bull, Monster, LSV etc*
- **Fruit juice and smoothies**
- **Milkshake**

Ideas for Sandwich/ Wrap Fillings

Tuna and sweetcorn / cucumber | Mixed bean and salad | Hummus, grated cheese and tomato

Egg and cucumber | Tikka Chicken and salad