Lunchbox 1
Bagel with tuna, sweetcorn and low fat mayo
Water
Fresh fruit chopped into yogurt

Lunchbox 2
Soda bread pizza with tomato and cheese
Vegetable sticks with hummus
Fruit smoothie

Lunchbox 3
Roast beef, lettuce, tomato roll
Fruit salad
Yogurt
Water

Lunchbox 4
Rice salad with salmon and vegetables
Milk
Handful of raisins
Kiwi fruit

Lunchbox 5
Crackers and cheese
Slice of plain cake
Cherry tomatoes
Carton of unsweetened fruit juice

Lunchbox 6
Ham salad pitta bread
Banana
Yogurt
Water

Lunchbox 7
Chicken, lettuce, tomato, onion and low fat mayo wrap
Water
Pot of custard and grapes

Lunchbox 8
Egg and onion sandwich
Carrot sticks

Lunchbox 9
Vegetable soup and wheaten bread
Apple
Milk

Lunchbox 10
Ham and vegetable pasta
Grapes
Yogurt
Fruit smoothie

For more ideas, check out:
www.littlesteps.eu
www.eatwell.gov.uk
www.safefood.eu
www.enjoyhealthyeating.info