

Four week lunchbox planner

Mix and match the ideas to create your children's favourite pack ups.

Week 1

Week 2

Monday

Tuna mayonnaise Sandwich
Cucumber chunks
Fruit scone
Banana

Cheese, ham and lettuce pitta pocket
Cherry tomatoes
Small flapjack
Nectarine

Tuesday

Pasta & sausage salad (with spring onion and red pepper)
Low fat fromage frais pot
Fruit bread
Pear

Tinned fish and rice Salad with peas and sweet corn
Melon and Satsuma kebabs
Rice cakes

Wednesday

Muffin or slice Pizza
Carrot/Cucumber sticks
Fruit in Jelly
Dried apricots

Boiled egg, new potatoes, baby spinach in a natural yogurt dressing
Carrot sticks
Apple

Thursday

Banana Sandwich (wholemeal)
Small cherry tomatoes
Boiled egg
Low fat fruit yoghurt
Small box raisins

Pasta and sausage pasta pot with lettuce, peppers and sweet corn
Low fat fruit yoghurt
Fruit muffin

Friday

Hummus, red pepper and grated carrot wrap
Grapes
Creamed rice pudding pot
Slice of malt loaf

Meat and salad sandwich on wholemeal bread
Small mixed fruit salad
Scone

Week 3

Week 4

Monday

Egg and tomato Bagel
Pepper strips
Fruit Flapjack
Piece of fresh fruit

Salmon and cucumber best of both roll
Pepper strips
Pot low fat creamed rice
Fruit cereal bar

Tuesday

Cheddar cheese and reduced calorie coleslaw roll
Handful of plain nuts and raisins
Piece of fresh fruit

Hummus and salad wrap
Cucumber sticks
Low fat yogurt
Melon slices

Wednesday

Sliced meat, mixed green salad
Cherry tomatoes
Pot low fat custard
Fruit muffin

Homemade tuna and rice salad with sweet corn and peas
Fruit salad
Teacake
Handful dried raisins

Thursday

Slice quiche
Carrots and cucumber sticks
Slice fruit cake
3 dried apricots

Sliced cold meat
Breadsticks and low fat soft cheese
Carrots and cucumber sticks
Malt loaf

Friday

Mixed bean salad in a wholemeal pitta bread
Fruit Fromage frais
Piece of fresh fruit

3 cream crackers / individual cheese portion
Slices tomato and cucumber
Fruit yoghurt