









































## Packed Lunch Ideas

<p><b>Cream cheese and grape bagel</b></p>    <p>chopped fruit water</p>	<p><b>Tuna and salad pita</b></p>     <p>yoghurt tube grapes water</p>	<p><b>Hummus salad wrap</b></p>     <p>low fat rice pudding apple water</p>	<p><b>Cheese and tomato sandwich (wholemeal)</b></p>     <p>fruit salad crackers water</p>	<p><b>Tuna and sweetcorn pasta salad</b></p>     <p>low fat custard grapes water</p>
<p><b>Cheese and sweetcorn pasta salad</b></p>     <p>low fat yoghurt cucumber sticks water</p>	<p><b>Hummus and cucumber bagel</b></p>     <p>low fat rice pudding satsuma water</p>	<p><b>Hummus, vegetables &amp; breadsticks</b></p>      <p>Carrot/cucumber sticks low fat custard water</p>	<p><b>Cheese and salad sandwich (wholemeal)</b></p>     <p>rice cakes apple water</p>	<p><b>Egg and lettuce sandwich (wholemeal)</b></p>     <p>chopped fruit yoghurt tube</p>

Try to include a variety of different food in your child's packed lunch. Aim for a piece of fruit and some salad or vegetables every day.