



Does your child bring a packed lunch to school?

If you answered yes to this question is the packed lunch you provide for your child a healthy one?

Preparing your child's lunchbox

A balanced packed lunch should contain:

- starchy foods – these are bread, rice, potatoes, pasta and others
- protein foods – including meat, fish, eggs, beans and others
- a dairy item – this could be cheese or a yoghurt
- vegetables or salad and a portion of fruit

Save chocolate and cakes for occasional treats!

Remember to praise your child when they've tried something new to show your encouragement.

You can find lots of ideas for healthy lunches at

[Change4Life: healthy lunchbox ideas.](#)

You are welcome to look on our School App for a selection of ideas covering a period of two weeks for both infant and junior packed lunch examples that you may wish to encourage your child to try, in order that they can choose to make some simple changes to achieve a healthier lifestyle choice.

Packed lunches or school dinners?

These days, school dinners are probably healthier than most packed lunches. But if you want to make a packed lunch, we've got some great ideas for you. Just choose a week from the list below, and in no time you'll have delicious lunchbox ideas for all the family.

Take the lunchbox list with you when you shop - it will help you avoid reaching for tempting, less healthy foods, and it could save you time and money too!

Lunchbox list

For kids aged 5-8 - first week

Monday

- Banana sandwich with wholemeal bread
- Tomato
- Boiled egg
- Low-fat fruit yoghurt
- Small box of raisins
- Semi-skimmed milk

Tuesday

- Tuna and sweetcorn wholemeal roll
- Reduced-fat cheese triangle
- Satsuma
- Apple juice, unsweetened

Wednesday

- Pasta and sausage salad (with spring onion and red pepper)
- Stewed apple and blackberry with crumble top
- Reduced-fat natural yoghurt
- Bottle of water

Thursday

- Edam cheese, ham and lettuce pitta pocket
- Tomato
- Small flapjack
- Nectarine
- Reduced-fat yoghurt drink

Friday

- Humus, red pepper and grated carrot wrap
- Grapes
- Creamed rice pot
- Slices of malt loaf
- Bottle of water

For kids aged 5-8 - second week

Monday

- Tinned sardine bagel
- Tomato
- Kiwi
- Bottle of water

Tuesday

- Egg and tomato roll
- Two oatcakes and low-fat cheese
- Carrot sticks
- Dried apricots
- Semi-skimmed milk

Wednesday

- Potato and sausage salad (with spring onion, pine nuts and low-fat plain yogurt)
- Fruit and low-fat fromage fraise
- Slices of fruit bread
- Pear
- Bottle of water

Thursday

- Corned beef sandwich on wholemeal bread
- Low-fat soft cheese with vegetable dippers (cucumber sticks, red and green pepper strips)
- Banana
- Yoghurt drink

Friday

- Wholemeal English muffin pizza (with cheese, cherry tomatoes and spinach)
- Nectarine
- Banana and blueberry smoothie (made with semi-skimmed milk)

Lunchbox list

For kids aged 8+ - first week

Monday

- Double-decker sandwich with ham (reduced salt) and salad
- Mini blueberry muffin
- Mixed dried fruit
- Kiwi
- Bottle of water

Tuesday

- Tuna pasta salad (with spring onion, green pepper and cherry tomatoes)
- Fresh fruit salad with low-fat fromage fraais
- Slice of banana cake
- Apple juice, unsweetened

Wednesday

- Mexican chicken wrap
- Carrot sticks and baby corn
- Mixed fruit salad
- Slices of malt loaf
- Yoghurt drink

Thursday

- Spicy beans and vegetables
- Mini pitta pockets
- Raspberries
- Low-fat fromage fraais
- Fruit smoothie (made with semi-skimmed milk)

Friday

- Tinned salmon salad baguette (with cucumber, lettuce and low-fat plain yogurt)
- Flapjack with dried apricots
- Orange
- Bottle of water

For kids aged 8+ - second week

Monday

- 6 oatcakes
- Double Gloucester cheese
- Chutney
- Salad
- Fruit scone
- Apple juice, unsweetened

Tuesday

- Cold spicy chicken strips
- Rice with beans and peas
- Slice of Jamaican ginger cake
- Low-fat plain yoghurt
- Fruit smoothie

Wednesday

- Smoked mackerel and potato salad (with mushrooms and spring onions)
- Yoghurt
- Slice of carrot cake
- Apple
- Orange juice, unsweetened

Thursday

- BLT (grilled bacon, lettuce and tomato sandwich)
- Mixed seeds
- Grapes
- Dried apricots
- Drinking yoghurt

Friday

- Poppy seed bagel with liver pate and cucumber
- Carrot sticks
- Small box of raisins
- Semi-skimmed milk

Enjoy your healthier packed lunches!