

Healthy Lunch Box Ideas

Monday



**Tuna and
sweetcorn
sandwich**



**Sugar free live
yogurt drink**

**Handful
of nuts**



**Small
bunch of
grapes**

Tuesday



**Handful of
vegetables
with hummus**

**Matchbox size
cheese block**



1 apple or banana



**Chicken
and salad
sandwich**

Wednesday



**Small pot of
plain yogurt**

Small falafel wrap



**10-12 mango
and melon
cubes**

Thursday



**Matchbox size
portion of
cheddar cheese
cubes**

Half homemade burger



**4 strawberries
Cherry tomatoes
with olives**



Small pot of yogurt



Friday

3 vine leaves rolls

Spoon of hummus

Handful of olives

Carrot sticks/horse radish



Saturday

Chicken and veg wrap or paneer wrap



1 handful (80g) of veg sticks

Sugar free live yogurt drink



1/2 cup of strawberries or blueberries



3 tablespoons cooked pasta

Sugar free live yogurt drink



Sunday



Handful of sugar snaps

1 apple in slices

Cherry tomatoes

Vegetarian

Brown bread sandwiches with egg and cress

Carrot sticks

Fruit salad



Vegan

Brown bread sandwiches with hummus and cucumber

Broccoli

Strawberries

Handful of nuts

