






5 day lunchbox planner

Day 1	
Snack 1	1 banana with corn/rice cakes
Main lunch	Tortilla wrap with hummus, spinach/lettuce & peppers
Snack 2	Apple & yogurt
Drink	Water
	
Day 2	
Snack 1	Hummus & vegetable sticks (carrots/peppers/celery)
Main lunch	2 slices bread with ham, lettuce & tomato
Snack 2	1 pear
Drink	Milk
	
Day 3	
Snack 1	2 crackers with low-fat cheese & 1 serving grapes(10)
Main lunch	2 tablespoons pasta tossed in tsp. of pesto with shredded chicken & veg.
Snack 2	2 kiwis
Drink	Water
	
Day 4	
Snack 1	Dried mixed fruit e.g cranberries, raisins etc
Main lunch	Tortilla wrap with tuna, sweetcorn & lettuce
Snack 2	Yogurt
Drink	Milk
	
Day 5	
Snack 1	Popcorn
Main lunch	2 slices bread with cheese & tomatoes
Snack 2	2 small oranges
Drink	Water
	

Use wholemeal wraps/bread/pasta.

Use low-fat dairy e.g butter & yogurt for children over 2.

Use low-fat mayonnaise or relish instead of full-fat options.

Smaller portions for smaller children.

Ensure any leftover perishable food e.g ham is thrown out.

Wash lunchboxes & bottles in warm, soapy water or in a dishwasher at 60°C.