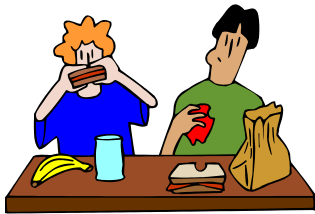


Hollingwood's Healthy Lunchboxes



Information and guidelines to help you and your child make healthy lunchbox choices.



Healthy Lunch Box Ideas (choose one from each column)

Tummy-fillers	Five-a-day options	Good for growing bones	Snacks
Sandwiches or wraps Wholemeal, granary, multi-grain, white bread roll, pitta bread, naan, chapatti, bagel, tortilla/wrap, croissant. See below for filling ideas	Any combination of raisins pumpkin/sunflower seeds, ready to eat dried apricots, dates or prunes NO NUTS Due to allergies of other children in school	Pot of fruit yogurt, fromage frais or dairy free alternative.	Hard boiled egg, mini scotch egg, falafel etc One biscuit but NOT chocolate or chocolate bars
Savoury muffin or scone crepe/pancake, potato cake	Whole fruit- satsuma, apple, pear, plum, grapes etc NO KIWI Due to allergies	Cold rice pudding or custard	Cubes of cheese, pre packed lunchbox size cheese portions
Pasta salad, rice salad, cous cous, potato salad, tabbouleh	Fruit salad pot, jelly pot with fresh fruit in it	Greek or plain yogurt	Muffin, piece of malt bread or flap jack
Quiche or frittata	Salad pot- any combination of prepared raw vegetable- cucumber, mangetout, carrot, celery, cherry tomatoes	Cheese portion, cottage cheese	Small bag of low fat crisps/ savoury snacks, or a handful in a small pot
Pizza slice, mini pastry, samosa, pakora, spring roll	Un-sweetened fruit pot. Smoothie.	Dips- hummus, tzatziki, raita	Crackers, crisp bread, rice cake, cheesy biscuits, bread sticks

Sandwich fillings

Meat-Cooked meat, cubed chicken with tomato and lettuce, ham and cheese, chicken and hummus, leftover cold meats with salad chicken and mashed avocado.

Fish- Tuna mayo and sweet corn, tuna salad, sardine and tomato, fish paste and cucumber.

Veggie-Grated cheese, cheese spread, Quorn slices and salad, cottage cheese with pineapple, cheese and grated carrot with mayo, veggie sausage, veggie pate with cucumber, cheese and coleslaw, egg salad/ egg mayo, cheese and pickle.

Chocolate Spread or Jam - Please only send these occasionally - **NOT** on a daily basis

Please remember

DO send spoons for yoghurts

Do NOT send drinks - water is provided

Do NOT send food that needs warming

Do NOT overload your child's lunchbox

Do NOT send sweets or chocolates

Thank you

Some useful websites

www.food.gov.uk

www.netmums.com

www.nhs.uk/change4life

www.activityvillage.co.uk