

 <b>Tummy-fillers</b>	 <b>Five-a-day options</b>	 <b>Good for growing bones</b>	 <b>Snacks</b>	 <b>Thirst-quenchers</b>
<b>Sandwich or wrap</b> Wholemeal, granary, multi-grain or white bread, bread roll, pitta bread, naan, chapatti, bagel, tortilla/wrap, croissant. <b>See below for filling ideas*</b>	Any combination of: raisins, pumpkin/sunflower seeds, ready to eat dried apricots, dates or prunes.	Fruit yogurt, fromage frais or dairy-free alternative	Hard boiled egg, hard boiled quails eggs, scotch/savoury egg, mini sausages, falafel etc.	Water
Savoury muffin or scone crepe/pancake, potato cake	Whole fruit - satsuma, apple, banana, pear, peach, plum, grapes (whatever is in season)	Cold rice pudding or custard	Cubes of cheese, pre-packed lunchbox sized cheese portions.	Milk (whole, semi-skimmed, goats or soya)
Pasta salad, rice salad, cous cous, potato salad, tabbouleh.	Fruit salad pot - any combination of prepared fruit (strawberries, orange, melon, mango, kiwi etc.), homemade fruit puree/apple sauce or fruit jelly made with fruit pieces and pure fruit juice.	Greek or plain yogurt	Muffin, cup cake, small piece of cake, malt loaf, scone, cookie, jam tart, gingerbread man, cereal bar, flapjack, shortbread.	Milkshake
Quiche, mini quiche or frittata	Salad pot - any combination of prepared raw vegetables (cucumber, pepper, celery, cherry tomatoes, carrot, mangetout, slices of avocado sprinkled with a little lemon juice etc.) or coleslaw.	Cheese portion, cottage cheese with pineapple.	Small bag of low/no salt crisps/savoury snack, or a handful of crisps in a pot.	Pure fruit juice or smoothie - preferably diluted.
Pizza slice, sausage roll, mini pasty, cheese and potato roll, samosa, pakora, spring roll	Tinned fruit pot (useful in the winter if you can't find ripe fresh fruit) - mandarins, pineapple, peaches, fruit salad, pears)	Dips - hummus, tzatziki, raita, cream cheese and plain yogurt.	Crackers, crisp bread, oatcakes, rice cakes, cheesy biscuits, savoury flapjack, bread sticks, home made popcorn etc.	Well diluted high-juice squash



**\*Fillings**

**Meat** - wafer thin cooked meats, cubed chicken/turkey breast with tomato and lettuce, ham and cheese, roast chicken & hummus, leftover cold meats (chicken, turkey, meatloaf, sausages etc) with salad, chicken and mashed avocado, cold BLT.

**Fish** - tuna mayo & sweetcorn, tuna salad, sardine and tomato, fish paste and cucumber.

**Veggie**- grated cheese, cheese spread, cream cheese, Quorn slices and salad, cottage cheese with pineapple, cheese and grated carrot with a little mayo, veggie sausages, vegetarian pate with cucumber, cheese and coleslaw, egg salad/egg mayo, cheese and pickle.

**Sweet** - High-fruit jam/fruit spread, nut-free chocolate spread, honey, treacle, lemon curd.