



Sample Week Plan for the School Lunch Box ü

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAK: Mandarin Orange Handful of unsalted Nuts* Water	BREAK: 2 Oatcakes with Cheese Milk	BREAK: Milkshake (Milk & Strawberries)	BREAK: Carrot Sticks & Hummus Dip Water	BREAK: Frozen Grapes & matchbox size Cheese Cubes Water
LUNCH: Wholemeal Wrap, Tuna, Cucumber, a little Mayo 1 Kiwi pureed with ½ Avocado Milk	LUNCH: Leftover Pasta, Diced Chicken, Tomato based Sauce, Peppers Fruit Skewer: Pineapple, Strawberry & dried Apricots Water	LUNCH: Wholemeal Bagel, Tinned Salmon, Cream Cheese, Lettuce 1 Small Fruit Pot Water	LUNCH: 2 Slices Wholegrain Bread, Turkey, Tomato 1 Small slice Banana Bread Milk	LUNCH: Brown Pitta Pocket, Lean Sliced Beef, Spinach, Sweetcorn Yogurt Water

*Nuts may not be permitted in the classroom if there is a child with a nut allergy