



# A HEALTHY LUNCHBOX!



Cornwall and Isles of Scilly

Choose an item of food from each one of the five sections

CARBOHYDRATES for energy	PROTEIN for growth	CALCIUM for strong bones/teeth	VEGETABLES for health	FRUIT to fight disease
Bread roll	Chicken slices	A few spoonfuls of natural yogurt in a small pot	Assorted salad leaves	Apple, cut into wedges and wipe with lemon juice and put in a sealable box
Crackers	Bean salad * 	Grated / sliced cheddar cheese	Raw Broccoli or cauliflower, cut into mini florets	Banana, cut a slit at the top for easy peeling
Oatcakes 	Hard boiled egg	Cottage cheese	Carrots, cut into sticks	Canned fruit in natural juice
Pasta salad	Fish pate * (e.g. sardines mixed with cream cheese and a squeeze of lemon)	Cream cheese 	Cucumber, peeled into ribbons 	Fruit salad in a small pot
Tortilla wrap	Houmous	Glass of milk	Roasted vegetable salad	Fruit smoothie
Couscous salad *	Kidney beans mashed with a little French dressing	Custard in a pot	Little gem lettuce 	Seedless grapes, cut into quarters
Wholemeal pitta bread	Butter bean spread *	Edam cheese, cubed	Mangetout 	Fruit juice (mixed with 50% water)
Zebra sandwich (1 slice brown bread / 1 slice white)	Quiche slice *	Soft cheese spread	Red and yellow pepper sticks	Kiwi fruit, top removed, serve with a spoon
Bread sticks	Prawns defrosted and dried on kitchen paper and put in a pot	Lancaster cheese with a chutney dip	Sweetcorn from a can, drained	Melon wedges or cubes
Potato salad	Roast meat leftovers with some chutney	Nibbles of different types of cheese	Cherry tomatoes, cut into quarters	Nectarine
Bagel 	Salmon or tuna	Rice pudding pot 	Watercress	Easy peel clementine
Melba toast	Sliced ham	A few spoonfuls of plain fromage frais in a small pot	Tomato salsa 	Berries in a little pot 
Rye bread	Smooth peanut butter	Apricot fool *	Avocado dip	Pear

\* Visit our website: [www.cornwallhealthyweight.org.uk](http://www.cornwallhealthyweight.org.uk) for lots of ideas and recipes suitable for young children

