

TPF - Packed Lunch ideas

Lunch 1	<ul style="list-style-type: none">• Tuna and pasta salad (wholemeal if possible) with canned tuna, chopped peppers and a little olive oil and lemon juice• Banana• Handful of raisins• Slice of flapjack• Water or milk
Lunch 2	<ul style="list-style-type: none">• Granary roll or bagel with canned salmon, lettuce and cucumber• Sticks of pepper or carrot• Peach or nectarine• 2 small cookies• Water.
Lunch 3	<ul style="list-style-type: none">• Tortilla wrap with mixed beans, grated cheese, lettuce and sour cream• Grapes• Fruit fromage frais• Popcorn• Water
Lunch 4	<ul style="list-style-type: none">• Wholegrain crackers with cheddar cheese and pickle• Cherry tomatoes• Apple• Malt loaf• Water
Lunch 5	<ul style="list-style-type: none">• Wholemeal pitta with boiled egg/cooked chicken; cucumber; grated carrot/peppers; light mayo.• Banana malt loaf• Apple/Plum• Yogurt• Water

Lunch 6	<ul style="list-style-type: none"> • Noodles with cooked chicken/vegetables; soy sauce; orange juice; drizzle of honey • Strawberries/grapes/melon • Popcorn • Yogurt • Water
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More ideas

- Any type of bread (use a variety of white, brown, wholemeal, granary or crusty breads, including toast); crumpets, English muffins, bagels, pitta bread or sandwiches. Look for lower-salt (low-sodium) versions where available.
- Suitable fillings for sandwiches might be meat (for example, cold roast meats, chicken, ham, corned beef, meat paste), cheese, cottage cheese, fish paste, mashed pilchards or sardines, tuna, egg, houmous, roast vegetables, banana, salad or combinations of these.
- Dairy foods such as cheese or plain yoghurt with added fruit.
- Fresh fruit such as pears, apple slices, satsumas, banana, seedless grapes, slices of melon, mango, pineapple, kiwi, plums, or berries such as strawberries and raspberries. The fruit from canned fruit in juice can be added to yoghurt or fromage frais.
- Raw vegetables such as peeled carrots, sweet pepper, tomato, cucumber or celery, with dips such as houmous or Greek yoghurt with chives.
- Home-made plain popcorn.
- Plain biscuits such as crispbreads, oatcakes, breadsticks, cream crackers, matzos, rice waffles or melba toast.
- Dairy foods such as plain yoghurt with added fruit.

Why only crisps on a Friday?

British Heart Foundation research shows that 1 bag of crisps per day = approx. 5 litres of oil per year.



