

Brookfields Primary School Healthy Packed Lunches

Its just as important to make sure that your school lunch box provides a healthy balanced meal. This means plenty of foods that contain all the nutrients that children require to promote a healthy & happy development

A balanced packed lunch should contain :

DAIRY - milk, cheese, yoghurt



VEGETABLES/SALAD/FRUIT - carrot, celery,

STARCHY FOODS - bread, rice, pasta



PROTEIN FOODS - meat, fish, eggs, pulses



- ☑ Starchy carbohydrates are a really important part of a healthy diet and should make up about a third of the food we eat. They are packed full of nutrients including B vitamins & iron, and you should include a little at each meal to keep your energy levels up during the day.
- ☑ Try to include lean meat, chicken, eggs, nuts, beans or pulses in your lunchbox because they are a great source of protein which is needed for the growth and repair of your body.
- ☑ It's important to eat five (or more) portions of fruit and vegetables every day to prevent heart disease and reduce the risk of some types of cancer.
- ☑ Try to include some dairy products in your lunchbox as calcium is important to keep your teeth healthy and your bones strong
- ☑ It is also important to stay hydrated during the day

Packed lunches don't have to be boring. With a little thought and imagination they can be fun, healthy and tasty too. Try to include food that children can eat with their fingers, chopped up raw vegetables, wholemeal crackers or bread sticks.

Ideas for packed lunches

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|-------------------------------------|----------------------------|-------------------|---------------------------------|
| BLT PASTA SALAD | WHOLEMEAL CHEESE SANDWICH | CHICKEN ROLL UP WRAPS | EGG & TOMATO ROLL | WHOLEMEAL MUFFIN PIZZA |
| CUCUMBER STICKS | CHERRY TOMATO & SWEET PEPPER STICKS | MIXED SALAD POT | CELERY STICKS | CRUNCHY MIXED SLAW |
| LOW FAT YOGHURT & A HANDFUL OF SULTANAS | BANANA & SATSUMA | CHEESE & WHOLEMEAL BISCUIT | APPLE & PEAR | FRUITY FLAPJACK OR BANANA BREAD |
| WATER OR SEMI SKIMMED MILK | | | | |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------------|-----------------------|----------------------------------|---------------------|---------------------------|
| TUNA PITTA POCKETS | BACON & EGG SUB | SAUSAGE & TOMATO PASTA SALAD | CHEESE & PICKLE BAP | CREAM CHEESE & HAM BAGEL |
| SWEET PEPPER STICKS | MIXED GREEN SALAD POT | CELERY STICKS & APPLE SLICES | CHERRY TOMATOES | COLESLAW |
| LOW FAT FROMAGE FRAIS | RAISINS & SULTANAS | HOUMOUS & WHOLEMEAL BREAD STICKS | NECTARINE & ORANGE | LEMON OR BLUEBERRY MUFFIN |
| WATER OR SEMI SKIMMED MILK | | | | |