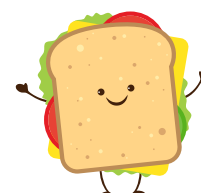
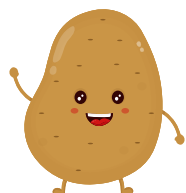


Ideas for school lunches

Include a wide variety of food types (*starchy foods, protein, dairy, fruit and vegetables*). It is useful to put labels on foods with the grams of carbohydrates written on it.

This will help your child learn about carb counting and also help anyone assisting your child at meal times. Drinks should be either water or milk.



Day	Option 1	Option 2
Monday	1 medium grain bread roll with chicken. A piece of cheese. Chopped carrot sticks.	1 wholegrain bagel with tuna, sweetcorn and mayonnaise. Raspberries or blueberries. A pot of yoghurt.
Tuesday	1 small pitta bread with chicken, peppers and mayonnaise. 6-8 strawberries or grapes. 200mls of milk.	Brown soda bread with cheese. Carrot or celery sticks with hummus.
Wednesday	Whole wheat pasta salad. An apple. 6 cherry tomatoes. 200mls of milk.	1 brown pitta with ham & salad. A banana. A pot of yoghurt.
Thursday	Vegetable soup. 2 slices of wholegrain bread. An apple. 200mls of milk.	1 tortilla wrap with chicken and salad. A satsuma.
Friday	1 wholegrain bap with ham, cheese or salad. A pot of yoghurt. A pear. 200mls of milk	1 small soft brown roll. Sliced turkey. Blueberries. A pot of yoghurt.