

**Healthy Packed Lunches ideas**

Choose from...:

Main



or



or



Salad wrap

Pitta

Salad

Fruit & salad



or



or



Carrot & cucumber sticks

Berries

Mixed salad

Add as well...:



or



or



Jelly (reduced sugar)

Teacake

Rice cake

And a 200ml drink...:



or



or



Semi skimmed milk

Unsweetened juice

Water