









Healthy Lunches

HEALTHY LUNCH BOX TO GROW, LEARN AND PLAY



Here are some ideas to help you
prepare and pack a healthy nutritious school lunch.

DAY	DRINK	FRUIT	SANDWICH	TODAY'S TIPS
MONDAY				Try different breads such as pitta, bagels, granary and muffins
TUESDAY				Milk is the best drink for healthy bones
WEDNESDAY				Try a salad box with rice or pasta for a change
THURSDAY				Avoid fizzy and sugary drinks, they are bad for your teeth
FRIDAY				Yoghurts are a tasty snack and good for you too!

Drinks: Think before you drink! Milk and water are best or sugar free squash (one part squash to four parts water)

Fillings: Salads (eg. cucumber, tomato, apple) and relish can be added to give flavour.

Remember:

Convenience snacks are high in salt and additives and should not be eaten on a regular basis.











Encourage your child to make their own lunch. They will be more inclined to eat it if they had a part in making it!



Health Service Executive
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FILLINGS FOR SANDWICHES

MONDAY		Lean ham, beef, pork, lamb		Try to include some salad every day
TUESDAY		Cooked chicken or turkey		Carrot could be grated in a sandwich or chopped in sticks to eat on its own
WEDNESDAY		Tinned tuna or salmon		Sweetcorn goes great with tuna. Try it!
THURSDAY		Egg - hard boiled, sliced or mashed		Use spring onion, light mayonnaise or relish to add flavour
FRIDAY		Cheese - slices, cubes or cheese spreads		Cucumber can be added to the sandwich or eaten on its own

Baps and Breads

Wholemeal and wholegrain bread is best as it is higher in fibre than white.
Try rolls, baps, wraps, crispbreads, burger buns, crackers, scones.
Tip! Cut sandwiches in fingers, triangles or squares for a change.

Feeling Fruity?

Include fruit every day for lunch and break time.
Try banana, grapes, orange segments, plum, pear, apple slices, kiwi (cut in half and eaten with a spoon).
Tip: Squeeze lemon juice over sliced apple, pear or banana to prevent from going brown.

Dairy Delights

Include something from the milk group at every lunch.
Milk to drink, yogurt as a snack, cheese in a sandwich.
Tip! For variety try cheese slices, cubes, triangles or grated cheese.

Add any of these - cold rice, cold pasta, grated or sliced raw carrot, lettuce, tomato, cucumber, celery, peppers, cheese, egg, tuna, slice of ham, chicken pieces.

