

Let's Do Lunch!

Vegetables

Contain carbohydrates and are a vital source of vitamins, minerals, and fibre, vegetables should be a main part of our diet. We should aim to eat vegetables with a variety of colours to give us a range of different nutrients. Part of our '5 a Day', aim for at least 3 portions.

Fruit

Contains carbohydrates and are another vital source of vitamins, minerals, and fibre. We should aim to eat a variety of fruits to give us a range of different nutrients and is part of our '5 a Day'.

Water

The best option for keeping us hydrated! Drinking water helps to keep us alert, helps to maintain healthy digestion and metabolism. It is also good for our teeth!

Dairy & Alternatives

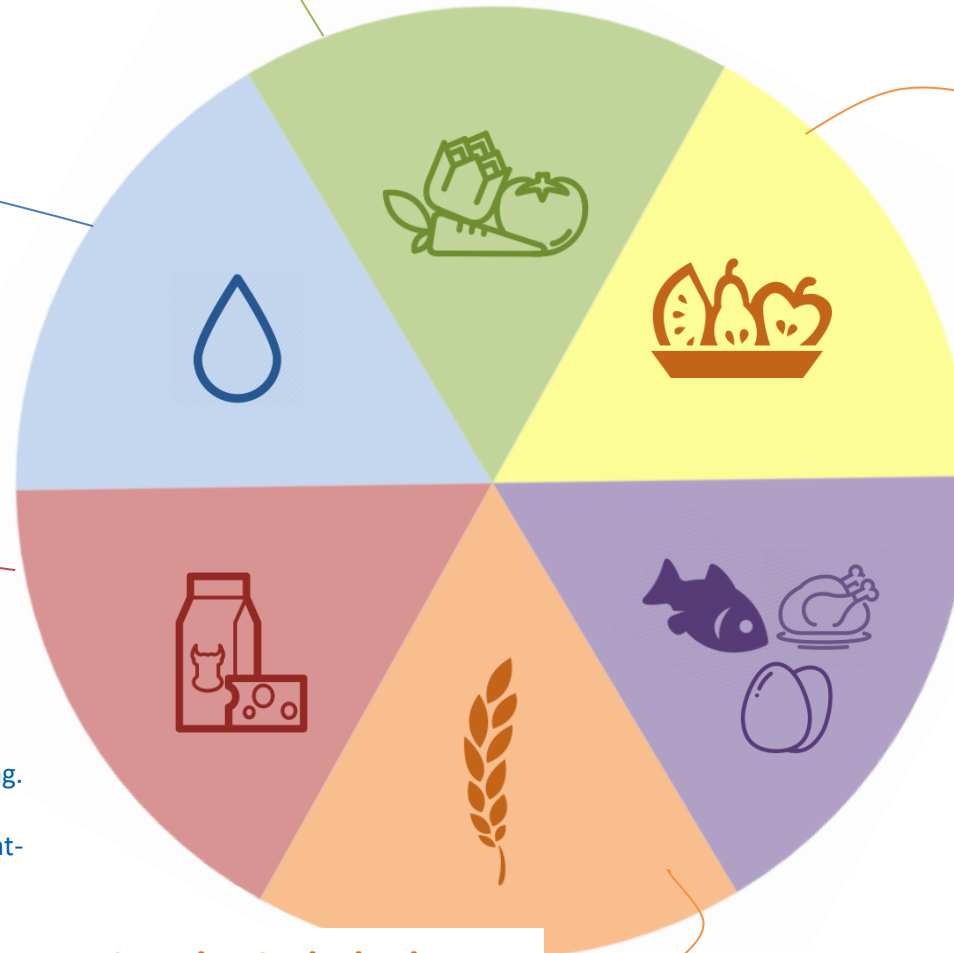
Great sources of protein and mineral, such as calcium, which is needed for growth, strong teeth and bones, muscle use, and blood clotting. Foods such as milk, cheese, and yoghurt are included, as well as unsweetened fortified plant-based alternatives.

Protein

Essential for growth and repair, foods include: meat and poultry, which are good sources of vitamins and minerals such as iron, zinc, and B vitamins such as B12; fish, which is an excellent source of omega-3; and also eggs, tofu, beans, and pulses.

Starchy Carbohydrates

Used for energy and a source of fibre, they are also sources of calcium, iron, and B vitamins. Foods such as rice, pasta, bread, quinoa, couscous, potatoes and root vegetables are included. Aim for some wholegrain varieties.



Lunchbox Builder

Vegetables

Choose 2 from me!

- ✓ Carrot sticks
- ✓ Pepper slices
- ✓ Cucumber sticks/slices
- ✓ Celery sticks
- ✓ Sugar snap peas
- ✓ Green beans
- ✓ Salad leaves
- ✓ Sweetcorn
- ✓ Broccoli
- ✓ Beetroot
- ✓ Tomatoes
- ✓ Avocado
- ✓ Roasted vegetables

Top tips:

- Try including vegetables in main lunch item and add an additional item as a snack
- Choose at least 3 different veggies per week

Fruit

Choose 1-2 from me!

- ✓ Apple
- ✓ Banana
- ✓ Orange segments
- ✓ Melon chunks
- ✓ Pineapple chunks
- ✓ Mango chunks
- ✓ Grapes
- ✓ Plum
- ✓ Nectarine
- ✓ Peach
- ✓ Strawberries
- ✓ Blueberries
- ✓ Kiwi halves
- ✓ Pear
- ✓ Mixed fruit salad

Top tips:

- Take 1 with lunch, 1 as a snack, or both!
- Choose at least 3 different fruits per week

Protein

Choose 1 from me!

- ✓ Tuna
- ✓ Salmon
- ✓ Chicken
- ✓ Beef slices
- ✓ Falafel
- ✓ Lentil patties
- ✓ Lentils
- ✓ Lean carved ham
- ✓ Boiled eggs
- ✓ Bean patties
- ✓ Bean salad
- ✓ Tofu
- ✓ Nut butter*

Top tips:

- Have oily fish once a week
 - Choose lean cuts of meat
- *check school policy on nuts

Carbohydrate

Choose 1 from me!

- ✓ Wholemeal wrap
- ✓ Wholemeal bread/roll
- ✓ Wholemeal pitta
- ✓ Flatbread
- ✓ Whole-wheat pasta
- ✓ Rice
- ✓ Couscous
- ✓ Quinoa
- ✓ Noodles
- ✓ Rice cakes
- ✓ Rye crackers
- ✓ Oatcakes

Top tips:

- Try using ½ white and ½ whole-wheat if whole-wheat is disliked

Dairy & Alternatives

Choose 1-2 of me!

- ✓ Milk
- ✓ Fortified plant-based milks
- ✓ Natural yoghurt
- ✓ Greek yoghurt
- ✓ Cheese cubes/slices
- ✓ Cream cheese
- ✓ Cottage cheese

Top tips:

- Choose natural or Greek varieties and add your own fruit for flavour
- Avoid flavoured yoghurts as they can contain lots of added sugar

Water

I am unlimited!

- ✓ Plain still water
- ✓ Unflavoured sparkling Water

Top tips:

- Freeze overnight to help keep lunch cool
- Add in lemon, orange, lime, cucumber, mint etc. to add some healthy flavouring

Please don't include me:

- ✗ Confectionery, chocolate, or chocolate coated products
- ✗ Crisps and similar items (such as crackers, 'baked' varieties etc.)
- ✗ Fizzy drinks, sports drinks, flavoured water, or squash – even if they have 'no added sugar'

Sometimes you can include me:

- Items with pastry
- Breadcrumb coated products
- Dessert and cake items (no confectionery)