

School Lunches – Healthy Eating Suggestions:

Week 1

Day	Main	Dessert	Drink
Monday	Egg mayo and salad on wholemeal pitta bread	Mixed fruit salad	Water
Tuesday	Tuna salad with pasta	1 apple	Fruit smoothie
Wednesday	Rice with turkey and carrot sticks	Cheddar sticks	100% orange juice
Thursday	Chicken sandwich with cherry tomatoes	Fruit yoghurt	Milkshake
Friday	Potato salad with celery sticks	Banana	100% apple juice

Week 2

Day	Main	Dessert	Drink
Monday	Pasta with cucumber and beetroot	Raisins	Fruit juice
Tuesday	Cheese and coleslaw in pitta	Strawberries or berry mix	Sparkling water
Wednesday	Tuna wrap with salad	Plums or apricots	Milkshake
Thursday	Couscous with cooked meat	Sliced fresh pineapple	Smoothie
Friday	Chicken salad with rice and breadsticks	2 tangerines	Yoghurt drink