

1) Pick 1 of these (try to steer towards wholegrain varieties if possible) **then fill with protein, plus1 & dress it up**

Pitta	Wrap	Sandwich (Sourdough, Soda Bread, Ciabatta, Panini, Focaccia etc.)	Roll	Bagel	Pasta	Rice	Other Grain	Quiche or Savoury Pie	*Other
Protein	cooked ham, cooked chicken (tikka, Cajun, smoked etc.), beef, corned beef, turkey, sausage, bacon, salami, chorizo, tuna, sliced or grated cheese (vary type of cheese e.g. cheddar, mozzarella, goats, feta etc), soft cheese, egg sliced or mashed, salmon, hummus								
Plus 1 or more	Lettuce, avocado, tomato, sundried tomatoes, onion, pickled gherkin, cucumber, beetroot, sweetcorn, watercress, bean sprouts, spring onion, sliced olives, ratatouille (roasted aubergine, courgette, red onion, tomato, peppers) coleslaw, potato salad								
Dress it up	Butter, olive oil spread, mustard, mayonnaise, salad cream, relish, chutney, natural yoghurt, soured cream, fresh or dried herbs, chilli flakes, basil or coriander pesto, sundried tomato pesto, salsa, tapenade, hummus, guacamole, bread stuffing								
Lazy Day!	Peanut butter, fruit jam, nutella, honey								

2) Choose something from the fruit &/or vegetable/pulse tables

Whole fruit : apple, orange, mandarin, satsuma, banana, peach pear, plum etc. **Half :** kiwi & provide teaspoon **Slice :** melon, watermelon, pineapple **Berries:** strawberries, raspberries, blackberries, blueberries, cherries etc. **Chunks:** Create a fruit salad with any of the above cut into chunks & provide a fork. To preserve cut fruits such as apple and banana from browning squeeze over the juice of a lemon and an orange **Puree:** Stewed apple or pears, plums, berries, rhubarb etc. & provide a spoon **Smoothies :** Combine fruit, natural yoghurt and orange juice (unsweetened), add a couple of ice-cubes to keep it cold. **Dried:** raisins, sultanas, dates etc.

Vegetable Sticks: carrot, cucumber, peppers, celery & perhaps provide a dip (raita, soured cream, tomato ketchup & mayo mixed, sweet chilli dip, hummus, pesto, guacamole, pea & mint puree) **Salad Bowl:** lettuce, avocado, tomato, (sliced, sundried, cherry etc.), onion, pickle, cucumber, beetroot, sweetcorn, watercress, bean sprouts, spring onion, sliced olives, ratatouille, coleslaw, potato salad, chickpea salad, caesar, tuna salad, three bean salad (kidney, cannelli beans, green etc.) **Pieces:** Broccoli Floret **Soup:** Hot soup in a thermos flask **Veg Crisps:** Sweet potato, parsnip etc.

3) Add a filler e.g. extra dairy or carb portion

Yoghurt & other dairy based : Plain yoghurt or with your own fruit pieces or puree added, fruit corners, petit filous, rice pudding, custard – plain or with fruit puree added e.g. stewed apple/rhubarb. **Cheese:** sliced cheddar, triangle of soft cheese. **Scone:** Wholemeal, plain, fruit or cheesy (add butter & jam, lemon curd, cheese spread, pesto or tapenade). **Crackers:** Cream crackers, krisp bread, ryvita plain or with butter, jam, soft cheese, cheese slice, pesto, tapenade. **Soft bread/cakes,** Banana bread, brioche, mini pancakes, plain or fruit muffin/cupcakes, dried fruit cake, apple cake, sundried tomato bread, cheese bread, olive bread, waffles. **Crisps/Snacky/Biscuits/Bars :** pitta crisps & dip, pack of croutons, plain popcorn, sesame sticks, bread sticks, mixed seeds & dried fruit flapjacks, oatmeal cookies, shortbread, plain cookie.

Lazy Day! Shop bought cereal/energy bar (if they are not allowed, take off the wrapper and wrap it in parchment paper)

**for other suggestions and tips for wrapping things up please download School Lunches The Definitive Guide. (I think the best drink to provide is plain water).*