

Change for Life- Packed lunch guidance

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|--|--|---|---|--|
| Week 1 | <ul style="list-style-type: none"> Banana sandwich with wholemeal bread Tomato Boiled egg Low-fat fruit yoghurt Small box of raisins Semi-skimmed milk | <ul style="list-style-type: none"> Tuna and sweetcorn wholemeal roll Reduced-fat cheese triangle Satsuma Apple juice, unsweetened | <ul style="list-style-type: none"> Pasta and sausage salad (with spring onion and red pepper) Carrot sticks Reduced-fat natural yoghurt Bottle of water | <ul style="list-style-type: none"> Edam cheese, ham and lettuce pitta pocket Tomato Small flapjack Nectarine Reduced-fat yoghurt drink | <ul style="list-style-type: none"> Houmous, red pepper and grated carrot wrap Grapes Creamed rice pot Slices of malt loaf Bottle of water |
| Week 2 | <ul style="list-style-type: none"> Timed sardine bagel Tomato Kiwi Bottle of water | <ul style="list-style-type: none"> Egg and tomato roll Two oatcakes and low-fat cheese Carrot sticks Dried apricots Semi-skimmed milk | <ul style="list-style-type: none"> Potato and sausage salad (with spring onion, pine nuts and low-fat plain yogurt) Fruit and low-fat fromage frais Slices of fruit bread Pear Bottle of water | <ul style="list-style-type: none"> Corned beef sandwich on wholemeal bread Low-fat soft cheese with vegetable dippers (cucumber sticks, red and green pepper strips) Banana Yoghurt drink | <ul style="list-style-type: none"> Wholemeal English muffin pizza (with cheese, cherry tomatoes and spinach) Nectarine Banana and blueberry smoothie |
| Week 3 | <ul style="list-style-type: none"> Double-decker sandwich with ham (reduced salt) and salad Mini blueberry muffin Mixed dried fruit Kiwi Bottle of water | <ul style="list-style-type: none"> Tuna pasta salad (with spring onion, green pepper and cherry tomatoes) Fresh fruit salad with low-fat fromage frais Slice of banana cake Apple juice, unsweetened | <ul style="list-style-type: none"> Mexican chicken wrap Carrot sticks and baby corn Mixed fruit salad Slices of malt loaf Yoghurt drink | <ul style="list-style-type: none"> Spicy beans and vegetables Mini pitta pockets Raspberries Low-fat fromage frais Fruit smoothie (made with semi-skimmed milk) | <ul style="list-style-type: none"> Timed salmon salad baguette (with cucumber, lettuce and low-fat plain yogurt) Flapjack with dried apricots Orange Bottle of water |
| Week 4 | <ul style="list-style-type: none"> 6 oatcakes Double Gloucester cheese Chutney Salad Fruit score Apple juice, unsweetened | <ul style="list-style-type: none"> Cold spicy chicken strips Rice with beans and peas Slice of Jamaican ginger cake Low-fat plain yoghurt Fruit smoothie | <ul style="list-style-type: none"> Smoked mackerel and potato salad (with mushrooms and spring onions) Yoghurt Slice of carrot cake Orange juice, unsweetened | <ul style="list-style-type: none"> BLT (grilled bacon, lettuce and tomato sandwich) Mixed seeds Grapes Dried apricots Drinking yoghurt | <ul style="list-style-type: none"> Poppy seed bagel with liver pate and cucumber Carrot sticks Small box of raisins Semi-skimmed milk |

All of these menus have been derived from [Change4Life: healthy lunchbox ideas](#)