



# Healthy Lunchboxes

## Weekly Plan

### Monday

Lettuce and tuna sandwich  
Raisins, strawberries, raspberries and low fat yoghurt  
Cherry Tomatoes

### Tuesday

Chicken drumsticks with rice salad – fry up some finely chopped onions, mushrooms and tomatoes. Mix together with cooked rice and some salad dressing and serve with cold chicken.  
Grapes  
Reduced fat crisps or other healthy snack.

### Wednesday

Homemade pasta salad with tuna and sweetcorn and low fat mayonnaise.  
Plain popcorn  
Reduced fat babybel; cheese.

### Thursday

Turkey wrap with salad and cottage cheese.  
Cereal bar  
Clementine

### Friday

Vegetarian Frittata – combine chopped, cooked vegetables (peppers, onions, potatoes) with whisked eggs. Fry for about 7 minutes until set. Put the pan under the grill to brown the top. Serve cold.  
Mini swiss roll  
Carrot batons and cream cheese.