



# The Dove Federation



## Ideas for Lunchboxes

To support parents to implement our healthy lunch box policy, we have put together a few ideas for what to include in children's lunchboxes. A healthy lunch helps your child maintain a healthy weight, concentrate better, behave better and therefore learn better.

### Sandwiches etc

- Wraps—chicken, ham, beans, cheese and salad
- Egg
- Salad
- Tuna, sweetcorn, mayonnaise
- Pieces of baguette
- Crackers and cheese
- Rice cakes
- Bread sticks
- Small pots of sandwich fillers
- Home made pizza on pitta bread
- Piece of quiche
- Cheese scone
- Toast



### Sweet things

- Tinned fruit/ fruit cocktail (in fruit juice)
- Fruit salad
- Fruit shapes/ strings
- Berries and cherries
- Dried fruit e.g. raisins
- Yoghurts (no chocolate in)
- Meringues
- Pots of rice pudding
- Pots of low fat custard
- Cereal bars (no nuts)
- Flap jacks

### Savouries

- Hard boiled eggs
- Low fat / baked crisps
- Samosas
- Bhajis
- Chapattis
- Small pots of seeds
- Cheese and pineapple
- Vegetable sticks
- Small pots of sandwich fillers
- Dips
- Small wrapped cheese e.g. baby bel
- Pasta salad
- Potato salad
- Cous cous
- Noodles
- Rice
- Coleslaw
- Falafel
- Soup in a flask

### Drinks

- Water
- Yoghurt drinks
- Diluted low sugar squash
- Fruit juice (not every day)
- Smoothies
- Milk
- Milkshakes

Please limit high fat foods e.g. sausages, pies and pasties to only once or twice a week as a treat.



### **Please do not include:**

- Chocolate/ chocolate spread/ chocolate chips
- Nuts
- Sweets
- Fizzy drinks
- Biscuits (unless home made)
- Cakes (unless home made)