



## CARBOHYDRATES

Mix it up! Try wholemeal, 50:50 too. Bread, pita, bagel, sandwich thins, bagel thins, pasta, wraps, cold new potatoes. Savoury pancakes/waffles/ muffins from freezer stash!

## PROTEIN

Variety can help with sandwich boredom. Tinned tuna, cheese, hummus, tinned salmon, soft spreadable cheese, sliced chicken, mashed pulses

## VEGETABLES

Try grated carrot mixed in with wetter fillings, halved tomatoes, mini cucumbers, strips of pepper, milder salad leaves, carrot sticks, tinned sweetcorn



## FRUIT

Small apples, ready peeled satsuma, banana, sliced grapes, berries. Don't forget tinned fruit (in juice) counts too. A small handful of dried fruit is great to enjoy at lunchtimes.

## DAIRY

Add a portion of plain dairy  
Cubed cheese, cheese portion, pot of plain yoghurt, yoghurt with fruit, no added sugar milkshakes

## DRINKS AND OTHERS

Water or small carton of milk  
Add healthy fats such as avocado with a chicken sandwich. Try fruit sweetened muffins and pancakes from the freezer. Don't forget the ice pack!