

Healthier lunchboxes and picnics

Pick a healthier packed lunch or picnic! We've got loads of tasty and easy to prepare ideas that everyone can enjoy - and they're great value too.



Packed lunches or school dinners?

These days, school dinners are probably healthier than most packed lunches. But if you want to make a packed lunch, we've got some great ideas for you. Just choose a week from the list below, and in no time you'll have delicious lunchbox ideas for all the family.

Lunchbox list

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>Banana sandwich with wholemeal bread</p> <p>Tomato</p> <p>Boiled egg</p> <p>Low-fat fruit yoghurt</p> <p>Small box of raisins</p> <p>Semi-skimmed milk</p>	<p>Tuna and sweetcorn wholemeal roll</p> <p>Reduced-fat cheese triangle</p> <p>Satsuma</p> <p>Apple juice, unsweetened</p>	<p>Pasta and sausage salad (with spring onion and red pepper)</p> <p>Stewed apple and blackberry with crumble top</p> <p>Reduced-fat natural yoghurt</p> <p>Bottle of water</p>	<p>Edam cheese, ham and lettuce pitta pocket</p> <p>Tomato</p> <p>Small flapjack</p> <p>Nectarine</p> <p>Reduced-fat yoghurt drink</p>	<p>Houmous, red pepper and grated carrot wrap</p> <p>Grapes</p> <p>Creamed rice pot</p> <p>Slices of malt loaf</p> <p>Bottle of water</p>
Week 2	<p>Tinned sardine bagel</p> <p>Tomato</p> <p>Kiwi</p> <p>Bottle of water</p>	<p>Egg and tomato roll</p> <p>Two oatcakes and low-fat cheese</p> <p>Carrot sticks</p> <p>Dried apricots</p> <p>Semi-skimmed milk</p>	<p>Potato and sausage salad (with spring onion, pine nuts and low-fat plain yogurt)</p> <p>Fruit and low-fat fromage frais</p> <p>Slices of fruit bread</p> <p>Pear</p> <p>Bottle of water</p>	<p>Corned beef sandwich on wholemeal bread</p> <p>Low-fat soft cheese with vegetable dippers (cucumber sticks, red and green pepper strips)</p> <p>Banana</p> <p>Yoghurt drink</p>	<p>Wholemeal English muffin pizza (with cheese, cherry tomatoes and spinach)</p> <p>Nectarine</p> <p>Banana and blueberry smoothie (made with semi-skimmed milk)</p>