






## Some ideas for varied and nutritious packed lunches

Week 1: Average cost **££** Average preparation time 

Week 1	Main	Dessert	Drink	Cost*	Time
<b>Monday</b>	Falafel <sup>a</sup> & hummous pitta bread with tomato, onion & avocado salad.	A fruit yoghurt & a pear	Still or sparkling mineral water	£	
<b>Tuesday</b>	A slice of quiche Lorraine <sup>a</sup> (ham and cheese) with potato & green salad	A currant bun <sup>a</sup> & a satsuma	Fruit juice	£	
<b>Wednesday</b>	Sliced roast beef with a homemade mixed vegetable & rice salad	A fromage frais & a nectarine	A milk smoothie	£££	
<b>Thursday</b>	Chicken tortilla wrap with sweet pepper, carrot & tomato slices	Seasonal berries & a fruit scone <sup>a</sup>	A yoghurt drink	£££	
<b>Friday</b>	Homemade salmon pasta salad with peas & sweetcorn	Crackers, cheese & grapes	A flavoured milk drink	£	

<sup>a</sup> The costing and preparation time associated with this product are based on the product being pre-made and purchased from a supermarket.

### \*Cost and Time Guide

£ A little cost (£1.50 or below)

££ Similar cost to a school meal (£1.51 to £2.00)

£££ A lot of cost (£2.01 or more)

\* Prices are for average costs of ingredients required for each individual packed lunch. Prices are taken from an average of 3 major supermarkets during August/September 2007



A little time (15 minutes or less)








More time (16 to 30 minutes)



A lot of time (31 minutes or more)

## Some ideas for varied and nutritious packed lunches

Week 2: Average cost £ Average preparation time 

Week 2	Main	Dessert	Drink	Cost*	Time
Monday	Turkey, cream cheese & salad granary baguette	Dried apricots & orange segments	A milk smoothie	£££	
Tuesday	Homemade sausage & broccoli pasta salad	Mixed fruit salad & a small slice of oat flapjack <sup>a</sup>	A yoghurt drink	££	
Wednesday	Egg and cress multi-seed sandwich with cherry tomatoes	Nectarine & a fromage frais	Fruit juice	£	
Thursday	Homemade brown rice salad with mango, peppers & mixed salad beans**	Banana & plain mixed seeds	Semi-skimmed milk	£	
Friday	Wholemeal pitta bread with sardines & mixed salad	Plum & a bio yoghurt	Still or sparkling water	£	

<sup>a</sup> The costing and preparation time associated with this product are based on the product being pre-made and purchased from a supermarket.

\*\* These are available in various sized tins (those in reduced sugar and salt are recommended) or fresh from the salad refrigerator section in most supermarkets.

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## Some ideas for varied and nutritious packed lunches

Week 3: Average cost **££** Average preparation time  

Week 3	Main	Dessert	Drink	Cost*	Time
Monday	Homemade couscous with roasted vegetables & mozzarella cheese.	Pineapple rings & a small slice of banana bread <sup>a</sup>	A milk smoothie	<b>£££</b>	  
Tuesday	Ham & salad baguette & slices of sweet pepper	Fresh melon chunks & a fruit yoghurt	Still or sparkling water	<b>££</b>	
Wednesday	Homemade tuna & rice salad with fresh tomato & cucumber	Mixed kiwi fruit and cherries & a plain yoghurt	A flavoured milk	<b>£</b>	 
Thursday	Mixed vegetable & cheese pizza <sup>a</sup> with homemade grated carrot & beetroot salad	Pear & some almonds <sup>†</sup>	Fruit juice	<b>££</b>	 
Friday	Cherry tomatoes & a green salad with mixed potato, bacon & cheese	Peach & a slice of raisin bread <sup>a</sup>	A yoghurt drink	<b>££</b>	 

<sup>a</sup> The costing and preparation time associated with this product are based on the product being pre-made and purchased from a supermarket.

<sup>†</sup> Be aware of nut allergies. We recommend you visit the [www.allergyinschools.co.uk](http://www.allergyinschools.co.uk) website for accurate, reliable information on managing allergies in schools

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A little time (15 minutes or less)



More time (16 to 30 minutes)



A lot of time (31 minutes or more)