

## Healthy Lunch Ideas

Laya Super Troopers recognises the importance of having a healthy lunch to sustain us throughout the school day. A healthy, nutritious lunch helps us to grow and gives us the energy we need to fuel our learning. It's important to have a balanced lunch, for example:

- › A healthy sandwich on wholemeal bread with turkey, lettuce, tuna or sweetcorn.
- › A fruit or vegetable snack – such as a banana, grapes, a pear, cherry tomatoes, an apple, carrot sticks, or sliced peppers.
- › A healthy drink like milk or water.
- › A dairy treat like natural yogurt.



### Laya Super Troopers Lunchbox Top Tips

- › Keep it interesting by varying your ingredients (e.g., use pita bread or tortilla wraps as well as wholemeal bread in sandwiches).
- › Mix it up every now and again by trying something new like oatcakes, mango, pineapple, celery or cucumber sticks with hummus.
- › Change the way it looks for example, by cutting sandwiches into interesting shapes – hearts, stars or circles - or by creating simple fruit or vegetable kebabs.
- › Try preparing your lunch yourself – you might have your own novel ideas!



## Healthy Lunch Ideas

### Lunchbox 1

- Wholemeal bread with tuna and sweetcorn
- Grapes
- A natural yogurt
- A bottle of water



### Lunchbox 2

- Wholemeal tortilla wrap with turkey, lettuce and a little spread of mayonnaise
- An orange
- Sliced peppers
- A carton of milk



### Lunchbox 3

- Wholemeal pita bread pockets with salmon, lettuce and cucumber
- A portion of blueberries
- Carrot sticks
- Carton of milk or water

