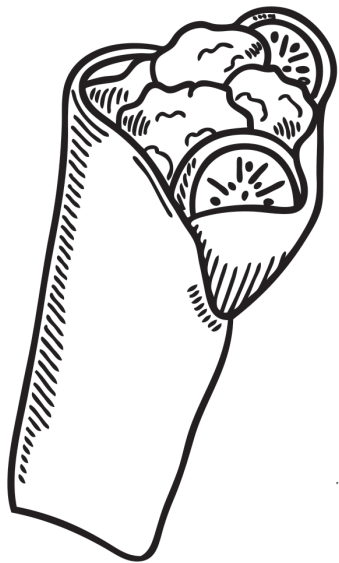


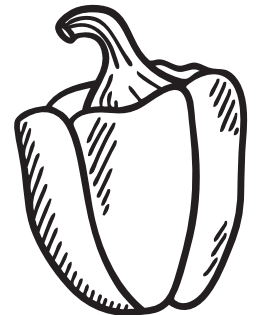
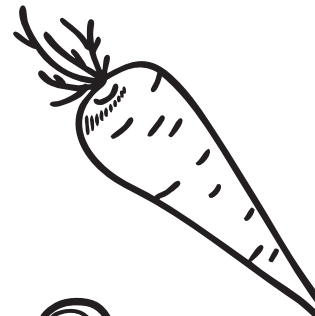
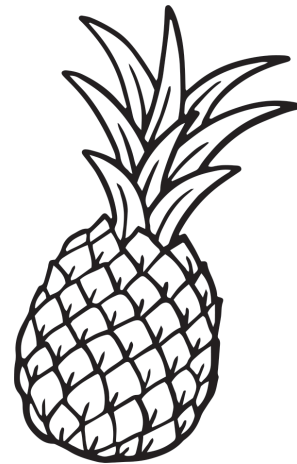
# HEALTHY LUNCH BOX



Design your own lunch box.  
Draw and colour in your favourite foods and snacks.



MAIN MEAL		MORNING TEA	
			SAVOURY SNACKS



# Healthy Lunchbox Ideas



**SANDWICHES OR WRAPS**  
- CHICKEN AND SALAD  
- TUNA SALAD SANDWICH  
- CURRIED EGG AND SALAD  
- GRILLED VEGETABLES AND SALAD



**SUSHI**



**PUMPKIN, RICOTTA AND SPINACH FRITTATINIS**



**CORN FRITTERS**



**MAC & CHEESE MUFFINS**



**TUNA OR SALMON PATTIES**

## SANDWICHES & ALTERNATIVES

## MORNING TEA



**SNACK PIZZA**



**PASTA SALAD**

SCAN HERE FOR HEALTHY RECIPE IDEAS



## SAVOURY SNACKS

## PRE-PACKAGED

## SWEET SNACKS



**BOILED EGGS**



**DIPS WITH CRACKERS**



**VEGIE BITES**



**VEGIE STICKS AND CHEESE**



**FLAVOURED MILK**

**MUESLI BAR**

**ROASTED FAVA BEANS**



**PLAIN POPPED POPCORN**

**PUMPKIN SCONES**



**TRAIL MIX**

**HOME MADE MUFFINS**  
- STRAWBERRY  
- BANANA BLUEBERRY



**YOGHURT**

