

LUNCHBOX PLANNER

NEED SOME LUNCHBOX INSPIRATION?
HERE'S A NUTRITIOUS MENU THAT YOUR
KIDS ARE SURE TO LOVE!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (PROTEIN)	Ham & Chutney Sandwich	Spinach & Ham mini Quiche	Chicken, lettuce & mayo wrap	Ham & Chutney Sandwich	Spinach & Ham mini Quiche
DAIRY	Yoghurt	Cheese cubes	Chia pudding	Cheese cubes	Yoghurt
2 FRUIT	Mixed berries Apple	Banana Mandarin	Mixed Berries Banana	Apple Mandarin	Banana Apple
2 VEGETABLE	Carrot ribbons Cherry Tomatoes	Green Beans Sweet Potato	Cherry Tomatoes Green Beans	Sweet Potato Cherry Tomatoes	Carrot ribbons Green Beans
SNACK	Dried Apricots	Popcorn	Bliss balls	Yoghurt-coated Sultanas	Fava Bean Puffs