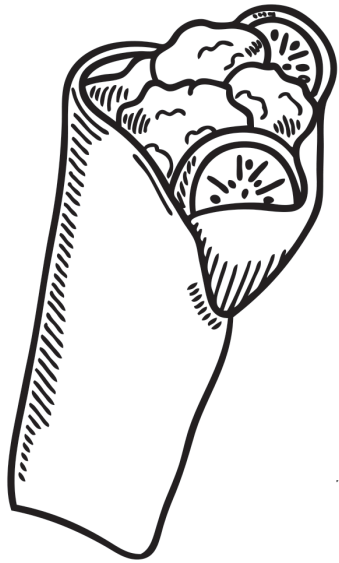
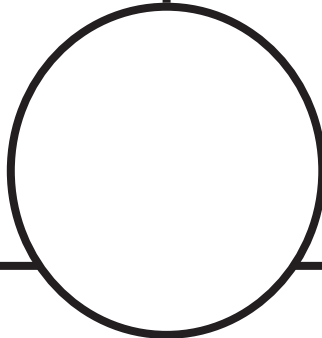


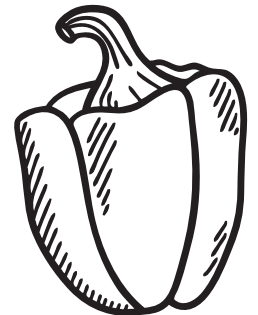
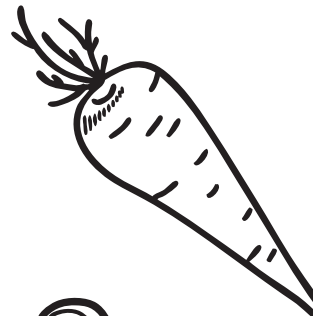
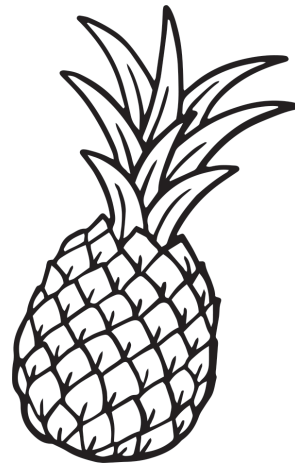
# HEALTHY LUNCH BOX



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



MAIN MEAL			MORNING TEA	
SAVOURY SNACKS	PRE-PACKAGED SNACK	SWEET SNACK		



# 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



## SNACK PIZZA



## TUNA OR SALMON PATTIES



## PASTA SALAD

# SANDWICHES & ALTERNATIVES

# MORNING TEA



SCAN HERE FOR HEALTHY RECIPE IDEAS

# SAVOURY SNACKS

# PRE-PACKAGED

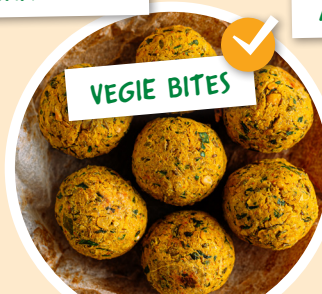
# SWEET SNACKS



## 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

