

HEALTH IN A LUNCHBOX

SAMPLE WEEKLY MENU – AGES 2 TO 5

Yum
in a BOX
health in a lunchbox

BREAKFAST

- DAY 1
Scrambled eggs & hummus served on rice cake
- DAY 2
Milk flan topped with peach coulis
- DAY 3
Mini scones with jam
- DAY 4
Beans bruschetta
- DAY 5
Yogurt with fresh apricots

SNACKS

- DAY 1
No bake mini strawberry pie + orange fruit
- DAY 2
Cheesy cauliflower slices served with salsa sauce + melon fruit
- DAY 3
Turkey, spinach & feta frittata + mango fruit
- DAY 4
Banana biscuits + fruit salad
- DAY 5
Pineapple cake + kiwi fruit

LUNCH

- DAY 1
Turkey & mushroom pizza
- DAY 2
Spinach ricotta cannelloni
- DAY 3
Chicken teriyaki served with rice
- DAY 4
White fish patty served with mashed potatoes
- DAY 5
Beef stir fry served with rice

