

# HEALTH IN A LUNCHBOX

SAMPLE WEEKLY MENU – AGES 2 TO 5



## BREAKFAST

- DAY 1  
Cereal bar
- DAY 2  
Spanish tortilla omelette
- DAY 3  
French toast bites served with honey
- DAY 4  
Dried apricot slice
- DAY 5  
Whole meal fruit cake

## SNACKS

- DAY 1  
Yogurt avocado spread with vegetable sticks + clementine fruit
- DAY 2  
Cinnamon apple chips + pineapple fruit
- DAY 3  
Lemon chia seed loaf + peach fruit
- DAY 4  
Cheese crackers with chia seeds + fruit salad
- DAY 5  
Banana chocolate chip baked doughnuts  
+ strawberry, yogurt and berry smoothie

## LUNCH

- DAY 1  
Honey soy fish & noodle stir fry
- DAY 2  
Healthy meat burger served with mashed potatoes  
and ketchup
- DAY 3  
Chicken meatballs served with spaghetti & tomato sauce
- DAY 4  
Minced meat stroganoff served with rice
- DAY 5  
Vegetables and chicken rolls served with  
homemade salsa sauce

