

# HEALTH IN A LUNCHBOX

SAMPLE WEEKLY MENU – AGES 6 TO 10

**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

