

HEALTH IN A LUNCHBOX

SAMPLE WEEKLY MENU – AGES 6 TO 10



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

SNACK

- 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

