

# Let's talk about lunch

## Fruit and vegetables

Include some every day



Stewed fruit and yoghurt



Fresh fruit



Vegetable sticks and dip



Fresh vegetables



Leftover roast vegetables



Fresh berries

## Snacks

Use your child's appetite as a guide



Cheese and crackers



Vegetable muffin



Falafel and dip



Dumplings



Pikelets



Bliss balls

## Main meal

Pack everyday foods from the five food groups



Salad sandwich



Pasta salad



Sushi



Fried rice



Roast meat roll



Fritters and salad



Frittata and salad



Baked beans



Tuna and salad wrap

Always pack water

Pack an ice brick to keep food cold