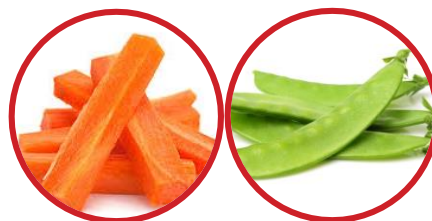


Spring lunchbox

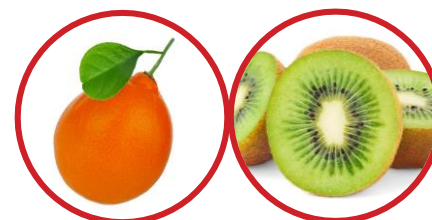
Sandwich on wholemeal bread:
Tuna, avocado, lettuce and mayo



Choose one or more from **each** group to have on the side:



Carrot and/or snow peas



Tangelo and/or kiwifruit



Cheese and/or yoghurt



Grainy crackers and/or hummus

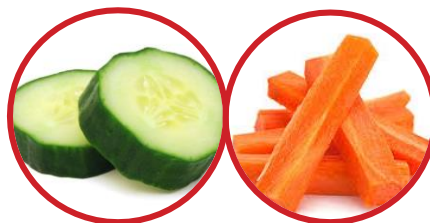
Spring lunchbox

Pasta salad:

Chickpeas, spinach
and frozen veg,
with light dressing



Choose one or more from **each**
group to have on the side:



Cucumber and/or carrot



Kiwifruit and/or apple



Cheese and/or custard



Boiled egg and/or nuts and seeds

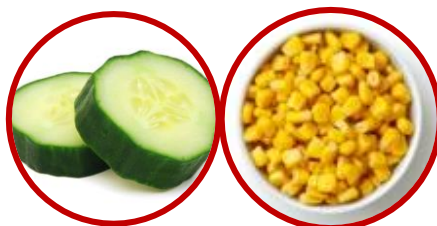
Spring lunchbox

Wholegrain toastie:

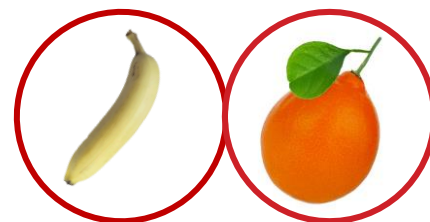
Wholegrain bread,
egg and tomato



Choose one or more from **each**
group to have on the side:



Cucumber and/or tinned
corn



Banana and/or tangelo



Cheese and/or yoghurt



Nuts and/or hummus

Spring lunchbox

Egg frittata:
Courgette
and mushroom

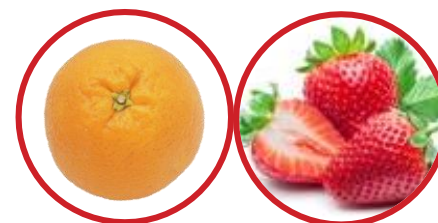


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Choose one or more from **each** group to have on the side:



Celery and/or tinned corn



Orange and/or strawberries



Cheese and/or yoghurt



Nuts and/or grainy crackers