

Spring lunchbox (2-5yrs)

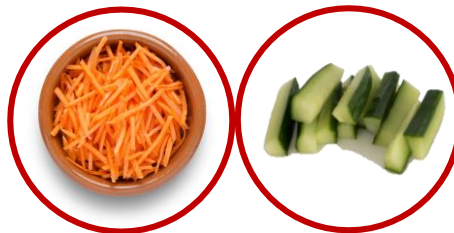
**Sandwich on
wholemeal bread:**

Tuna, avocado,
lettuce and mayo

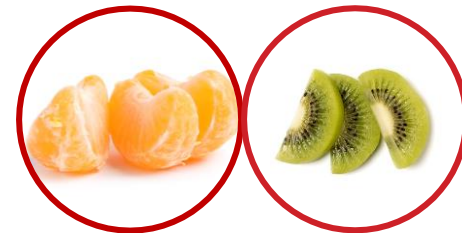


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Choose one or more from **each**
group to have on the side:



**Grated carrot and/or cucumber
sticks**



Tangelo and/or kiwifruit



Cheese and/or yoghurt



**Grainy crackers and/or
hummus**

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Pasta salad:

Cannellini beans,
frozen veg and
light dressing

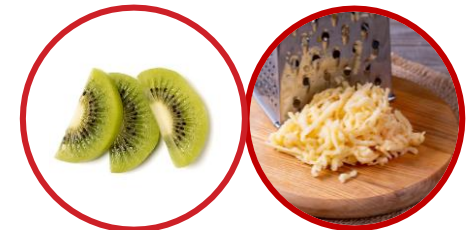


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Choose one or more from **each**
group to have on the side:



**Snow peas and/or grated
carrot**



Kiwifruit and/or grated apple



Boiled egg and/or falafel



Cheese and/or custard

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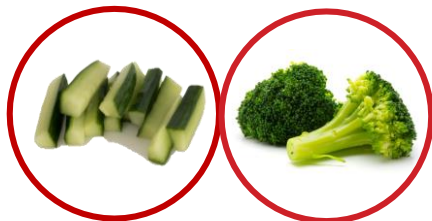
Wholegrain toastie:

Wholegrain bread,
egg and finely sliced
tomato

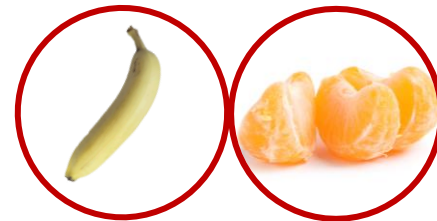


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Choose one or more from
each group to have on the
side:



Cucumber and/or cooked
broccoli



Banana and/or tangelo



Cheese and/or yoghurt



Bliss ball and/or hummus

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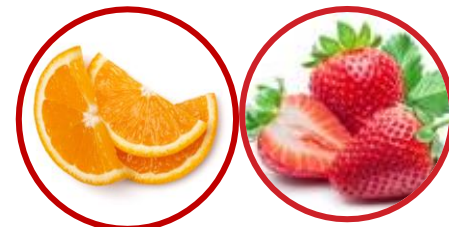
Egg frittata:
Courgette
and mushroom



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



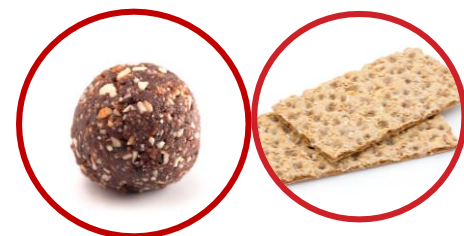
Snow peas and/or tinned corn



Orange and/or strawberry



Cheese and/or yoghurt



**Bliss ball and/or grainy
cracker**

