

What is a healthy lifestyle?

- 5 portions of fruit & vegetables a day



- Regular meals

- Plenty of drinks

- Lots of running around and moving! (break up long periods of sitting down)



Super Sandwiches!

Sandwiches are a simple & easy meal to have at lunchtime.



But having the same thing inside everyday can be BORING!!!!



Here are some suggestions for tasty fillings for your sandwich...

Tuna & Sweetcorn

Banana & peanut butter

Cheese & Pickle

(Do not use if allergic to nuts)

Cottage Cheese & Peppers

Chicken & Coleslaw

Hummus & Celery

CHICKEN & SALAD

Sardines & Cress

Mackerel & Cucumber

Cottage Cheese & Pineapple

Prawn Salad Mayonnaise

Tuna Crunch

Cold Meat & Salad

CHEESE, SPRING ONION + NATURAL YOGURT

Cream Cheese & tomato

GRATED CHEESE AND CARROT

Coronation Chicken

SMOKED SALMON & CREAM CHEESE

Egg & Cress

Hawaiian Heaven

Hummus & Roasted Vegetables

Try different types of bread: Wholemeal, Seeded, Rye, Pitta, Tortilla Wraps,
Chapattis, Breakfast muffins, Bagels.

A Few Recipes to Try...

Coronation Chicken

- Chopped cooked chicken breast
- Low fat mayonnaise or natural yogurt
- Pinch of curry powder
- Raisins

Mix all the ingredients together!

Tuna Crunch

- Tuna
- Low fat mayonnaise or natural yogurt
- Chopped peppers
- Chopped spring/red onion

Mix all the ingredients together!

Hawaiian Heaven

- Cream cheese
- Mashed banana
- Chopped pecans (Do not use if allergic to nuts)
- Crushed pineapple
- Mix all the ingredients together!

Have a think about next week. What will you have for lunch?

Day of the Week	Sandwich/wrap Filling
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	