

Juliette Kellow's Healthy Packed Lunch Boxes

	Packed lunch	
Monday	<ul style="list-style-type: none"> * Tuna and sweetcorn sandwich (2 slices of wholemeal bread filled with 45g tuna in water, 2tbsp sweetcorn in water and 2tsp light mayo) * 1 carrot peeled and cut into sticks * 1 Chedds Bricks * 1 pear * 1 pot low-fat fruit yogurt (125g) * Bottle of water 	
Tuesday	<ul style="list-style-type: none"> * Couscous, red pepper and chick pea salad (180g cooked couscous, 1/2 diced red pepper, 2tbsp chick peas, 2tsp toasted pine nuts, lemon juice and coriander) * 1 Chedds Nibbles * 1 slice canteloupe melon cut into chunks * 1tbsp raisins * Bottle of water 	
Wednesday	<ul style="list-style-type: none"> * Hummus and carrot wrap (1 wrap filled with 3tbsp hummus and 1 grated carrot) * 1 hard-boiled egg * 1 Chedds Cheese & Toasties * 5 strawberries * 1 satsuma * Bottle of water 	
Thursday	<ul style="list-style-type: none"> * Egg and tomato pitta (1 pitta filled with 1 hard-boiled egg mashed with 2tsp light mayo, and 1 sliced tomato) * 1 Chedds Nibbles * Strawberry, grape and melon salad (40g each) * 1 pot low-fat fruit yogurt (125g) * Bottle of water 	
Friday	<ul style="list-style-type: none"> * Chicken, pasta, pea and pesto salad (150g cooked wholewheat pasta with 50g shredded roast chicken breast, 1tbsp peas and 1tbsp pesto) * 5 cherry tomatoes * 1 Chedds Bricks * Small bunch of seedless grapes (10 grapes) * 1 pot low-fat fruit yogurt (125g) * Bottle of water 	



Nutrition information

School lunches have to meet certain targets for nutrients by law. However, there are no official guidelines for packed lunches. This means many packed lunches can end up being high in fat, saturates and salt, and low in protein, fibre and essential vitamins and minerals. This week's worth of packed lunches has been designed to meet the same targets that school meals must follow for primary schools.

Nutrient	The average of our packed lunch provides:	An average school lunch must provide*:
Energy (kcal)	535	530 (+/- 5%)
Protein (g)	27.4	minimum 7.5
Carbohydrate (g)	71	minimum 70.6
Fat (g)	17.4	maximum 20.6
Of which saturates (g)	6.5	maximum 6.5
Fibre (g)	7.4	minimum 4.2
Salt (g)	1.2	maximum 1.2
Vitamin A (mcg)	1418	minimum 175
Vitamin C (mg)	66	minimum 10.5
Folate (mcg)	84	minimum 53
Calcium (mg)	371	minimum 193
Iron (mg)	3.7	minimum 3
Zinc (mg)	2.8	minimum 2.5

*School Food Trust, Nutrient Based Standards for Primary Schools