

Lunchbox Planner

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**MORNING
TEA**



Apple



Fruit and yoghurt



Fruit salad



Banana & Milk



Orange



LUNCH



Chicken, cheese &
salad sandwich



Mini quiches



Spaghetti &
meatballs



Rice paper rolls
or sushi



Homemade pizza



**EXTRA
SNACKS**



Veggie sticks with
hummus



Cheese & crackers and
cherry tomatoes



Popcorn and
corn on the cob



Mini homemade
muffin & baby
cucumbers



Baked beans