

Packed Lunch LOW COST MENU IDEAS

TOOL 19



DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

OPTION 1



Tuna & sweetcorn
pasta salad
An apple
Small tub of
rice pudding
Cost: 55p/77p*



Egg salad
sandwich
Small tub of
tinned pineapple
Slice of fruit
cake with soft
cheese spread
Cost: 63p/90p*



Ham & soft cheese
sandwich
A banana
Small tub of
carrot sticks
Cost: 50p/75p*



Beef & onion salad
sandwich
Tub of rice
pudding &
raisins
A banana
Cost: 65p/£1.03*



Mackerel potato salad
A slice of fruit loaf
Cherry
tomatoes
Cost: 57p/77p*

DAY 1



Rice with peas and a boiled egg
 A handful of grapes
 A small slice of malt loaf
 Cost*: 55p/77p

DAY 2

Ham & cheese salad sandwich
 A banana
 3 oatcakes
 Cost*: 60p/£1.01

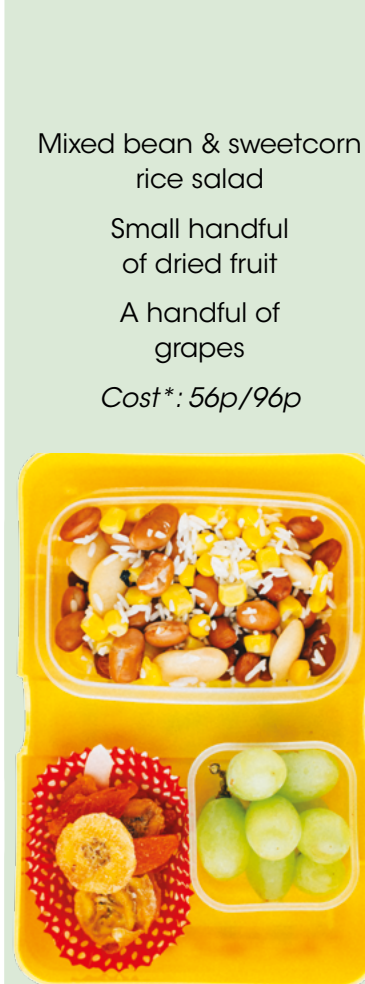


DAY 3



Cheesy tuna & pea pasta salad
 A handful of grapes
 A fromage frais
 Cost*: 64p/92p

DAY 4



Mixed bean & sweetcorn rice salad
 Small handful of dried fruit
 A handful of grapes
 Cost*: 56p/96p

DAY 5



Ham, pea & soft cheese pasta salad
 Small slice of plain sponge cake
 An apple
 Cost*: 78p/£1.16

DAY 1



Ham & cheese salad sandwich
Oatcakes with peanut butter
Small tub of tinned pineapple
Cost*: 67p/£1.13

DAY 2

Tuna & sweetcorn pasta salad
Small tub of tinned peaches
A fromage frais
Cost*: 60p/85p



DAY 3



Chickpea & sweetcorn pasta salad
Small handful of dried fruit
Tub of rice pudding
Cost*: 54p/89p

DAY 4

Ham & cheese sandwich
Tub of carrot sticks
A clementine
Cost*: 49p/79p



DAY 5



Peanut butter & salad sandwich
A clementine
A fromage frais
Cost*: 51p/72p