

Lunch menu ideas fact sheet

Like breakfast, lunch is important. Lunchtime is the best time to enjoy a light and luscious meal. If you eat only very little at lunch or you skip it altogether, you may be tempted to lash out (especially on high fat/high sugar snacks) in the afternoon.

You may prefer to have a cooked meal at lunch. If so, refer to the ideas listed for the evening meal as a guide for lunch. Also, don't forget the value of leftovers - reheated food from the night before can make an appetising lunch.

As for breakfast, you are the chef - come up with a combination that suits you. Here's what you could create for lunch. Remember variety. Vary the bread, the ingredients, and the style of cuisine.

- Cauliflower soup, pita bread, cheese and lots of plain salad.
- Wholemeal bread sandwich, slice of leg ham, lots of plain salad, pear.
- Mushroom omelette with side salad, toast, banana.
- Pea and ham soup, wholemeal bread, apple.
- Chicken and plain salad kebab, carton of low fat yoghurt.
- Baked beans, toast, grilled tomato, rockmelon.
- Lots of plain salad, avocado with lemon juice, boiled egg.
- Toasted cheese, tomato and onion sandwich, low fat yoghurt.
- Rye bread as an open sandwich with salmon and lots of plain salad, fruit salad.
- French onion soup topped with a little low fat grated cheese, bread roll, small bunch of grapes.
- Ham and pineapple toasted fingers, tinned fruit.
- Large plain salad, bean salad, slice of cold chicken, dinner roll.
- Vegetarian mini pizza made on pita bread, fruit salad, glass low fat milk.

Too busy at work?

- Try preparing your lunch the night before in an air-tight container to take with you.
- Don't forget dinner leftovers, especially curries and casseroles - they're often great for taking to work and reheating at lunchtime.

Lunchbox tips for kids

- Include real fruit instead of fruit sticks or bars (look at the label - there's usually lots of added sugar).
- Make up small packets of dried fruit and nuts for snacks.
- Include celery and carrot sticks or cheese and crackers for snacks.
- Add 'treats' like fresh strawberries or grapes when in season.
- Add a small container of fruit yoghurt.
- Keep it versatile - swap sandwiches with rolls, pita pockets or wraps.