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To help you put together a healthy and inexpensive lunchbox we have put together these guidelines.

 Yes Please 	 No Thank You 
<ul style="list-style-type: none"><li> Sandwiches cut into quarters for easy eating with fillings such as ham, cheese, tuna, cheese spread, marmite etc.</li><li> Fruit or Vegetables. It is helpful if this is cut into small pieces.</li><li> Crisps - only 1 packet please.</li><li> Dried Fruit: Sultanas, Rasins etc</li><li> Plain Yogurt or Mousse</li><li> Plain biscuits or with chocolate chips, or jam or chocolate filling</li><li> Cereal bars or Flapjack(not covered with chocolate)</li><li> Cake (not covered with chocolate)</li><li> Fruit juice, water or diluted squash.</li></ul>	<ul style="list-style-type: none"><li> Large sausage rolls or pasties.</li><li> Peanuts.</li><li> Sweets of any kind.</li><li> Chocolate bars or chocolate covered biscuits or chocolate covered cereal bars.</li><li> Cakes covered in chocolate.</li><li> Fizzy drinks or drinks with a very high sugar content.</li><li> Yogurt or mousse with sweets or chocolate drops as sprinkles.</li></ul>