

HEALTHY IDEAS FOR LUNCH

MAIN (INCLUDE AT LEAST ONE)

Sandwiches, patties, burgers, pasta, rice, fish fingers, chicken nuggets/strips, mini quiche
No sweet/sugary fillings

MINI (INCLUDE AT LEAST ONE - SUGAR-FREE)

Cheese cubes, cheese strings, yoghurts, salad items, boiled eggs, protein muffins, crackers, protein/cereal bars, fruit jellies, crisps

MUNCH (INCLUDE AT LEAST TWO - FRUIT / VEG)

- One item for break
- One item for lunch

DESSERT (ONLY ONE)

Mini biscuits, small chocolate bar, mini muffin, cupcake, doughnut pieces, etc.

DRINK (SUGAR-FREE ONLY)

Smoothies, water, fruit juices, milkshakes, yoghurt drinks, etc.

READY
TO
EAT

We promote IKHLAS:

Inspiration - Knowledge - Healthy Living - Leadership - Aspiration - Spirituality

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