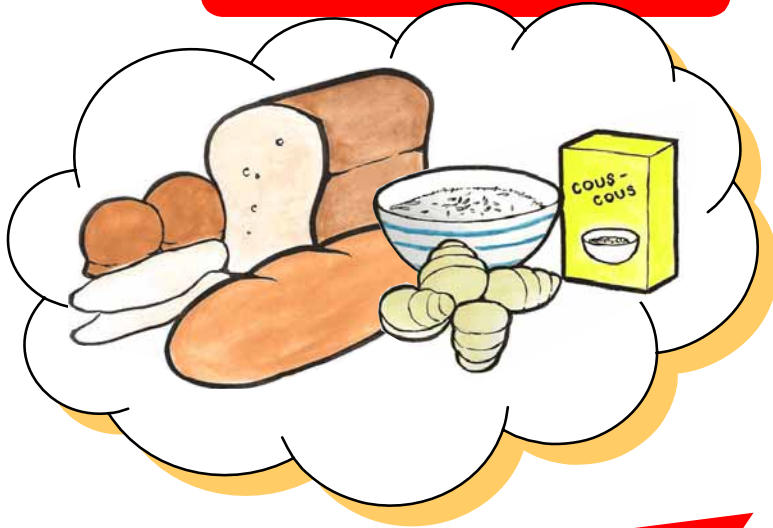


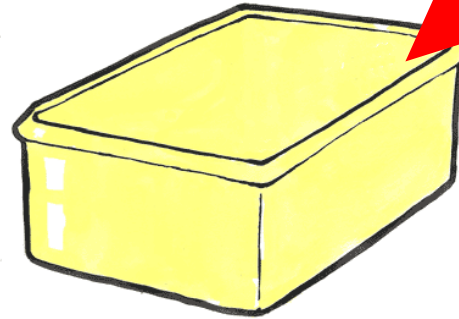
My Lunchbox



1. Use **bread, rolls, pittas** to make a sandwich or **pasta, potato, cous cous, rice** to make a salad



2. Good sandwich fillings include **peanut butter, cheese, fish paste, cold meat** or add a **hard boiled egg** to salad



5. Flapjack ... low fat crisps ... cereal bar?



4. Orange juice ... apple juice ... milk?



3. Fresh fruit like **bananas, apples, oranges** or dried fruit and nuts or vegetable sticks, tomatoes in salad

