

MIX & MATCH

A GUIDE TO HEALTHY LUNCHBOX



MAIN: (CARBS + PROTEIN/DAIRY)

- Sliced Roast-Beef	- Chicken Salad Sandwich with Dried Cranberries *	- Luscious Tuna Wrap
- Roast-Beef & Cheese Toast	- Easy Egg Salad Sandwich *	- Baked Precooked Fish Cakes from NGS
- Beef Shawerma Wrap	- Boiled Baladi Eggs	- Nutritious Egg Muffins *
- Colourful Tuna & Quinoa Salad *	- White Beans Spread Sandwich	- Baked Precooked Chicken Nuggets or Strips from NGS
- Chicken Oats Kofta	- No-Mayo Pasta Salad	- Easy Tortilla Pizza *
- Spinach & Minced Beef Hawawshi *	- Chicken Shawerma Sandwich Filler	- Wholesome Black-Eyed Peas Salad
- Green Goodness Chicken Sandwich *	- Breaded Kofta	- Goat Cheese & Sundried Tomato Muligrain Sandwich *

FRUITS & VEGGIES

- Spring Vegetables Soft Rolls	- Sliced Kiwi from NGS	- Grilled Veggie Wrap with Cashew Cheese *
- Sweet Potato Snack	- Grapes & Cubed Mangoes from NGS	- Peanut Butter & Coloured Peppers Rolls *
- Sliced High-Grade Colored Bell Peppers from NGS	- Peeled Black Dates	- Chemical-Free Peeled & Sliced Cucumbers & Carrots from NGS

HEALTHY SNACK

- Honey & Cinnamon Toasties	- Nutritious Cheesy Rosemary Crackers	- Homemade Vanilla & Coconut Cake *
- Nut Butter & Jam Rolled Toast	- Yellow Cornmeal Orange Cake	- Wholewheat & Oats Fruity Pancakes *
- Raw Almonds, Macadamia, Walnuts from NGS	- Blueberry Pudding	- Pistachio Blissballs from NGS
- Banana & Chocolate Wheat Cakes *	- 3-Ingredient Banana Pancakes	- Delicious No-Wheat Pancakes
- Banana & Date Wholewheat Muffin/Cake	- Popcorn Trailmix *	- Quick Wholemeal Scones with Walnuts & Raisins *