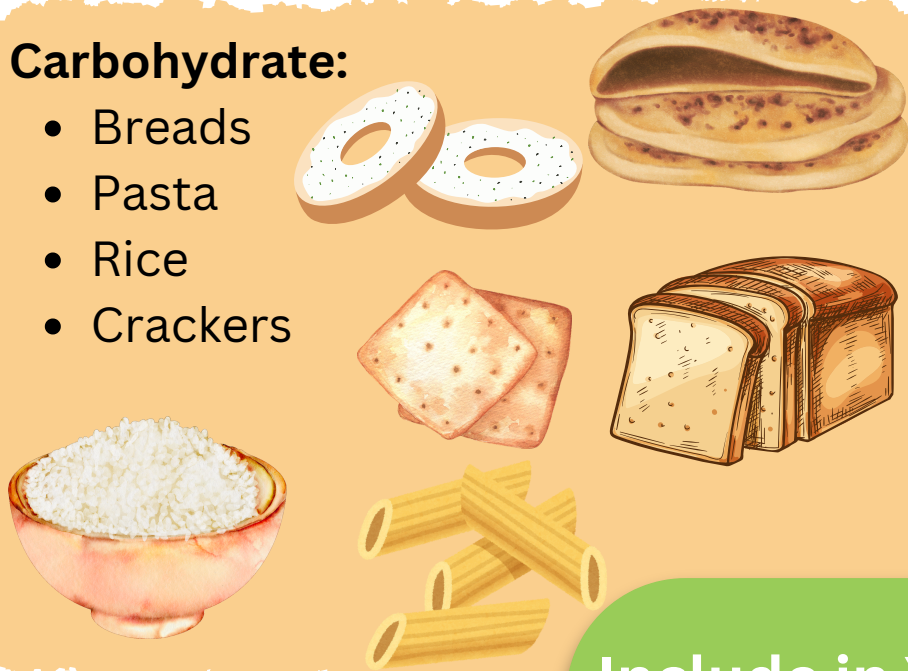


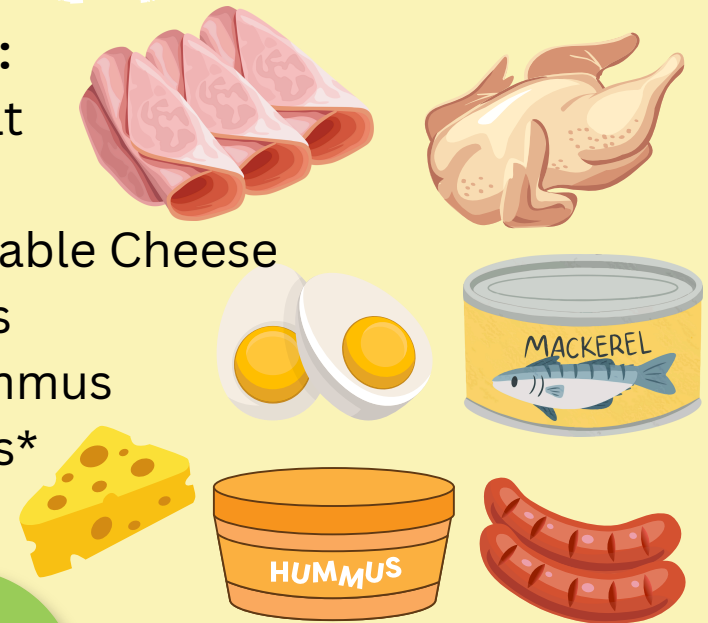
Carbohydrate:

- Breads
- Pasta
- Rice
- Crackers



Protein:

- Meat
- Fish
- Suitable Cheese
- Eggs
- Hummus
- Nuts*



*Check with school if allowed

**Include in Your Child's
Lunchbox**

Calcium Source:

- Suitable Cheese
- Fortified Plant Yoghurt/Fromage Frais
- Fortified Soya Dessert
- Carton of Soya Milk



Fruit & Veg:

- Fresh or Dried Fruit
- Diluted Fruit Juice
- Salad





Lunchboxes for Galactosaemia

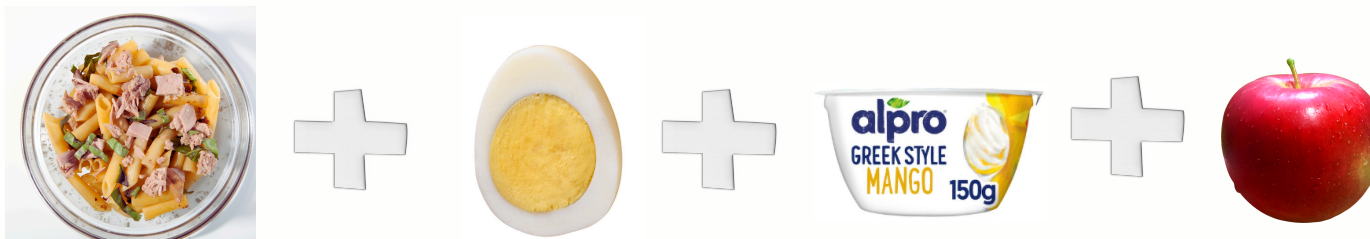
Examples:



Vintage cheddar and pickle sandwich + 3 cherry tomatoes + box of Raisins + handful of nuts*



Vegetable soup + crackers and Babybel cheese + cold sausage + unsweetened soya drink



Pasta salad with tuna, sweetcorn and mayo + hard boiled egg + soya yoghurt + apple

Other Main Ideas:

- Ham and Emmental cheese bagel
- Bacon, lettuce, sliced hard boiled egg and tomato stuffed pitta
- Fishfinger, lettuce and tartare sauce/ketchup sandwich
- Hummus and salad sandwich
- Rice, tinned salmon, chopped cucumber and scallions, dash of soy sauce
- Egg, mayo, chopped scallion and tomato sandwich
- Chicken, coldslaw and Comte cheese sandwich

Use 'add in's' to increase the nutritional content of lunch and keep it interesting!

Cook extra pasta, rice and meat when making dinner to use for lunch the next day.

Make a batch of hard boiled eggs and keep them in the fridge to use that week.



Add in Ideas:

- Hard boiled egg
- Cold sausages
- Babybel or small piece of suitable cheese
- Cherry tomatoes
- Carrot/celery batons
- Fruit (1 large / 2 small pieces)
- Handful of nuts*
- Small packet of raisins
- Fortified soya yoghurt
- Plant based Fromage Frais
- Unsweetened soya drink
- Diluted fruit juice

*Check with school if allowed