



Lunchbox Heroes Shopping List

Fruit	Veg	Carbohydrate	Dairy/alternatives	Protein
Coop Braeburn apples	Coop carrot batons	Warburtons 6 soft brown thins	Coop honest value low fat natural yogurt	Coop tuna chunks in spring water
Coop Fairtrade bananas	Jersey cherry tomatoes	Warburtons The True Taste of Wholemeal	Philadelphia lightest soft cheese	Coop wild pacific pink salmon
Coop handpicked oranges	Coop red peppers loose	Coop wholemeal wraps	Coop cottage cheese	Coop roast chicken breast slices
Coop freshly frozen summer fruits	Coop whole cucumber	Coop wholewheat fusilli	FAGE Total 0% Greek yoghurt	Carrefour mixed beans
Nature's Finest fruit cocktail in juice	Coop frozen mixed vegetables	Coop Cous Cous	Oatly oat drink semi	Coop large free range eggs
Princes pineapple slices with juice	Coop salsa	Ryvita	Coop British mature lighter cheese	Ambrosia light rice pudding
	Sugar snap peas	Wholemeal pitta	1% Guernsey milk	
		Wholemeal bagel	Alpro simple smooth plain yoghurt	
		Plain rice cakes		
		Kallo Slightly Salted Corn Cakes		
		Breadsticks		