




# Healthy Indian Lunch Boxes




Choosing a healthy, balanced lunch box can be kinder to teeth and help you protect your smile.

## LUNCH BOX IDEAS



Paneer (Cheese) Roll ,  
Vegetable Aloo  
(Vegetable and Potato Curry)



+ Khakhra



Palak (Spinach) Chapati, Jeera Aloo  
(Potato Curry) and Orange

+ Rice



## Lunch Box




Lassi  
(yoghurt)  
Drink




Fruit  
and  
Veg




Roasted  
Chana  
(Chickpeas)




Chicken Curry



+ Naan



Lamb Curry



+ Chapati

