

# The Healthy Lunchbox



## Menu

Chickpea Veggie Spread Stuffed in a Pita

Miso-Tahini and Raspberry Spread Sandwich Cut-outs

Sunny Pâté in a Wrap

Golden Sweet Potato Hummus with veggies

Sunny Whole Grain Sushi

Indian-spiced Red Lentil Soup

Asian Noodle Salad

Quinoa and Black Bean salad

Magic Dressing on Baby Spinach Leaves

Pumpkin Applesauce Muffins

Trail Mix Bars