

LUNCHBOX IDEAS

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Adapted from:

<http://www.meerilinga.org.au/Nutrition/For%20Parents/Lunchbox%20Food%20Ideas/Fruit.aspx>

Breads Wholegrain, wholemeal, white, rye, flavoured with herbs or sundried tomato, pumpkin bread, fruit bread, french stick.

Rolls or buns Round, flat, long rolls, baguettes, damper rolls, dinner rolls, knot rolls, fruit bun, English muffin

Flat breads Pita bread, Lebanese bread, mountain bread, lavash bread, pita pockets

Unsalted crispbreads or crackers Crispbreads, water crackers, rice crackers, corn cakes or rice cakes.

Rice wraps Filled with chicken and salad, tinned fish, mayo and salad etc.

Meals/cooked foods

- Quiche
- Fritters – corn & zucchini etc
- Falafel
- Pizza
- Sushi rolls – chicken, avocado, tuna, carrot
- Tuna & brown rice slice
- Cheeseburger impossible pie
- Mince and corn slice
- Sausage rolls or pasties

Snacks

- Muffins and scones – plain, fruit or pumpkin
- Pikelets or pancakes
- Pitta chips- cut pita bread into triangles, sprinkle with grated cheese, parmesan, pizza herbs, pesto etc and bake in moderate oven until crispy (store in airtight container).
- Plain popcorn (home made).
- Small tub yoghurt - keep cold
- Cheese stick or triangle – cheddar or fetta
- Olives
- Jelly (use fruit juices to make own – avoid additives)
- Fruit – salad, pieces, kebabs or whole
- Dried fruit or nuts
- Whole hardboiled egg
- Cold cooked sausage or chicken drumstick
- Meat balls or rissoles and dipping sauce
- Chicken nuggets (homemade) and dipping sauce
- Crudites and dip
- Cold kebabs
- Celery filled with peanut butter or cream cheese and sultanas

Sandwich fillings

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Cheese

- Cheese and salad (sliced tomato, lettuce, grated carrot, celery, sliced cucumber, lettuce)
- Cheese, pineapple (drain and pat dry) and lettuce
- Cheese and chutney.
- Grated cheese, peanut paste, grated carrot and sultanas
- Cottage cheese, chopped parsley and pineapple (drain and pat dry)
- Ricotta cheese and currants or sultanas or salad vegetables
- Cottage cheese, dates and pineapple.
- Cottage cheese, grated carrot and chopped capsicum.
- Cream cheese, grated carrot and sultanas
- Ricotta cheese & banana

Egg and Fish

- Curried egg and lettuce
- Chopped/sliced egg and salad
- Canned salmon or tuna and a little lemon juice and lettuce.
- Tuna, pineapple and lettuce
- Tuna, lettuce and avocado (sprinkle avocado with lemon juice to stop browning).
Wrap and freeze tuna sandwich (without lettuce) to keep the tuna aroma under control.
- Tinned fish mashed with mayo and/or avocado and lemon juice with salad

Meat, chicken and turkey

- Leftover cold meat (meatloaf/roast beef/sliced sausage/silverside etc.) and salads, dips, chutneys or spreads
- Lean ham and fruit chutney.
- Ham, mustard and tomato
- Chicken, mayo and chopped celery, parsley or salad
- Turkey and relish
- Turkey and cranberry sauce.

Dips, tabouli and baked beans

- Hummus, avocado, beetroot, pesto etc.
- Tabouli, grated carrot, cucumber, hummus
- Baked beans and lettuce.
- Baked beans + grated cheese.

Salad vegetables

- Lettuce, tomato, grated carrot, thinly sliced celery, avocado (brush with lemon juice to prevent browning), lettuce, cucumber, gherkin, basil, mint, coriander

Spreads and Sauces

- Tomato sauce, mayonnaise, salsa, taco sauce, chutney, pickles, barbecue sauce, mustard, jam, nut butters, peanut butter, cream cheese, cranberry sauce etc.