

LUNCHBOX IDEAS

Sandwich Options

Wraps
Thins
Bagels
English Muffins
Baps
Croissant
Filled pittas
Pinwheel sandwiches
Quesadillas
Burritos
French bread
Flat bread
Naan

Meat options

Chicken drumsticks
Veggie packed homemade sausage rolls
Turkey sausages
Chicken skewers
Burgers/meatballs
Sausage & Veggie skewers
Koftas
Chicken tikka pieces
Turkey slices

Fish Ideas

Prawn Vietnamese Spring Rolls
Sushi
Prawn skewers
Smoked mackerel pate
Smoked salmon

Cold Salads

Rice salad/egg fried rice
Pasta salad - pesto, tuna, chicken...
Bean salad

Fillings

Chicken mayo
Smoked salmon and cream cheese
Ham and cheese
Egg mayo
Coronation chicken
Chicken salad
Halloumi
Falafel
Humous and salad
Ham salad
Tuna and sweetcorn
Smoked mackerel pate
Cheese and Marmite
Pulled chicken/pork and coleslaw
Chicken tikka

Pastry options

Homemade pasties
Filo Parcels - spanakopita, mince, veggie
Puff pastry roll ups - savoury or sweet
Bolognese roll ups with dough

Veggies

Corn on the cob
Veggie fritters
Falafels and Humous
Sweet potato crisps
Carrot/cucumber/cherry tomatoes/red peppe
Veggie Spring Rolls
Savoury pancakes
Hummous
Cheese cubes/babybel/chunk of cheddar
Mini corn/sugar snap peas
Homemade waffles
Trail mix
Cheese and grape skewers
Crackers
Breadsticks
Crackers, cheese and ham build your own
Popcorn
Rice Cakes
Dried Cereal/Granola

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Eggs

Mini quiches
Boiled Eggs
Egg Muffins
Tortilla/Spanish omelette/Frittata
Omelette roll ups

Thermos options

Casserole/stew
Pasta
Soup
Noodles - Ramen, noodle soup
Chilli
Veggie chilli with rice
Fried rice
Ravioli
Chicken goujons
Bolognaise
Pizza slices
Pulled pork/chicken and rice
Curry

Pizza options

Pizza wheels (puff pastry)
Pizza slice
Pizza muffin
French bread pizza

Sweet

Puff pastry roll ups - sweet
Granola bars
Dates
Muffins
Energy balls/bliss balls
Fruit kebabs
Raisins
Yogurt
Overnight oats
No bake chocolate slice
Dried fruit
Fruit leather
Mini fluffy pancakes
Brioche
Apple crisps
Seed Bars

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