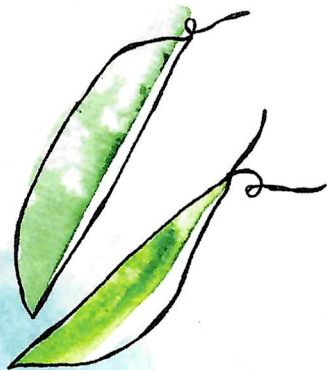
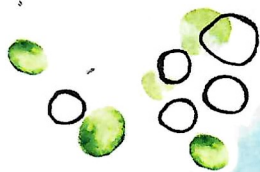


LUNCH BOX FOOD IDEAS

VEGETABLES



corn on the cob
baby corn
tin corn
frozen corn
cucumber slices
raw button mushroom
snow peas
snap peas
frozen peas
beans (steamed slightly)
carrot sticks
celery sticks
capsicum sticks
avocado
pickles
veggie chips: beetroot,
sweet potato, potato,
zucchini
broccoli
lettuce salad
baby spinach salad



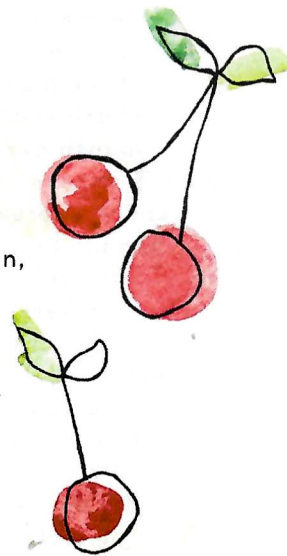
DAIRY

cheese cubes
packaged cheese:
cheese fingers, string
cheese, cheese rounds
frozen yoghurt
yoghurt
instant pudding
custard



FRUIT

small apple
apple slices
apple slinky
orange pieces
tin fruit (drained)
strawberries
raspberries
mulberries
blueberries
grapes
kiwi fruit
small pears
cherries
nectarine
mango slices
apricot
plum
melon pieces:
watermelon, rockmelon,
honeydew melon
pineapple pieces
coconut pieces
dried fruit: sultanas,
raisins, pear, peach,
apricot, figs, dates,
banana
cherry tomato
grape tomato
fruit salad
puree fruit



PROTEIN

leftover dinner meat
crumbed chicken
cold BBQ chicken
deli meat - ham, turkey,
salami, roast beef, chicken
salami stick
hard boiled egg
falafel
tuna
cold sausage
meatballs
meatloaf
mini quiche
tofu



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SNACKS

sweet muffin: blueberry,
coconut, apple, choc chip
savory muffin
energy balls
apricot balls
rice crackers
popcorn
trail mix
muesli slice
muesli bar
corn & cheese muffins
coconut bread
banana bread
pretzels
crackers
wholegrain crackers
water crackers
rice crackers
rice cakes
corn chips
dry cereal
pikelets
mini doughnuts
mini lamingtons
cinnamon scroll
hot cross buns
fruit bun
bran biscuit
banana bread
mini banana pancake
date loaf slice
gingernut biscuit
cookie



DIPS

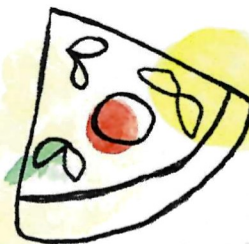
sour cream
hummus
cream cheese
cottage cheese
Greek yoghurt
salad dressing
kidney bean dip
applesauce

HOT/COLD FOODS

noodles
soup
stew
pasta in sauce
spaghetti bolognese
meatballs
rice
porridge
mince
potato mash
smoothie
freshly squeezed juices
milk
milkshake

LUNCH

sandwich
pinwheel sandwich
three-layered sandwich
sandwich soldiers
pasta salad
bread roll
garlic bread
cold pasta
sushi
fried rice
rice salad
burrito
wrap
English muffin pizzas
left over pizza
toast pizza
zucchini fritters
zucchini slice
corn fritters
pizza scrolls
vegemite scrolls
salad
flat bread
pita bread
pita bread chips
raisin bread
naan bread
potato salad
sausage rolls
toasted cheese sandwich
large crackers with spread
baked beans
tin spaghetti



TIPS

- A little lemon or pineapple juice stops apple, pear and avocado turning brown.
- Use a rubber band to hold wraps together.
- Draw on banana skin with a toothpick. It will darken to reveal the message or picture at lunchtime.
- Food picks are cute and are great for finger food.
- Draw a fun design on baking paper and wrap sandwiches
- Write a little note for the kids to find in the lunch box.
- Silicone muffin cases are great for separating food in the lunchbox.