

Lunchbox Food Ideas

Starchy Foods

Bread; Slice * Roll * Pitta * Wrap * Flatbread * Dough Balls * English Muffin * Bagel * Pizza * Fruit Bread * Crackers * Ryvita * Oatcakes * Rice Cakes * Breadsticks * Savoury/Sweet Scones * Muffins e.g. Carrot & Courgette * Pastries; Cheese & Marmite Rolls * Vegetable Palmiers * Cheese Twists * New Potatoes * Potato Salad * Wedges/Skins * Jacket Potato Halves * Pasta Shapes * Spaghetti * Noodles * Rice * Couscous * Bulgur Wheat * Baked Pitta/Tortilla Crisps * Salted/Plain Popcorn * Pretzels * Mini Cheese Savouries * Flapjack * Cereal Bar * Dry Cereal



Dairy

Hard Cheese e.g. Cheddar * Babybel * Cream Cheese * Cottage Cheese * Garlic Cheese e.g. Roulé * Feta Cheese * Yoghurt Pots * Yoghurt Tubes (Frozen?) * Fromage Frais * Natural Yoghurt * Yoghurt with Toppings (e.g. Honey, Jam, Dried Fruit, Mixed Seeds, Sprinkles) * Milk * Milkshake * Yoghurt Drink * Milk/Yoghurt Based Smoothie

Non-Dairy Protein

Roast Chicken * Ham * Pepperoni * German Sausage Slices * Sausages * Mini Sausages * Pâté * Meatballs * Lentils * Peas * Beans * Soya Beans * Chickpeas * Roasted Chickpeas * Houmous * Mixed Seeds * Nuts * Tuna * Prawns * Salmon * White Fish * Hard Boiled Egg * Baked Egg White * Omelette * Frittata * Quiche



Fruit & Vegetables

Cucumber * Carrot * Red/Yellow/Orange Pepper * Tomatoes * Cherry Tomatoes * Celery * Radish * Lettuce * Young Leaf Spinach * Rocket * Steamed Broccoli * Courgette * Mushrooms * Sugar Snap Peas * Mange Tout * Green Beans * Peas * Sweetcorn * Baby Sweetcorn * Corn on the Cob * Pickled Cabbage

Apple * Orange * Satsuma * Banana * Plum * Nectarine * Peach * Apricot * Kiwi * Melon * Pineapple * Mango * Star Fruit * Grapes * Strawberries * Blueberries * Raspberries * Blackberries * Cherries * Tinned fruit * Tinned Fruit Salad * Dried Fruit; Raisins * Sultanas * Cranberries * Blueberries * Apricot * Banana Chips * Apple Rings * Fruit Pieces in Jelly * Fruit Juice * Fruit Smoothie