



LUNCHBOX IDEAS

with BBC Bitesize



Here's some inspiration if you want to make more than sandwiches for your child's lunch...



Cheese and ham pancakes
with cucumber slices and chopped tomatoes

Favourite fruit choice

Grated carrot and hummus wraps
with carrot sticks

Yoghurt

Easy chow mein

Cheese and crackers

Chicken goujons
with corn on the cob or tinned sweetcorn and a bread roll

Plain scone with sliced strawberries

Tinned salmon roll ups
with sliced pepper sticks

Oaty bar

Vegetable and egg fried rice

Apple slices with fromage frais

Tuna and sweetcorn pasta

Favourite fruit choice

Cheese sandwich
with cucumber sticks and a hummus dip

Slice of fruit bread

Chicken and tomato pastry smiles
with carrot sticks and a pot of peas

Melon fingers

Spicy tortilla nests
with chopped tomatoes

Natural yoghurt topped with raisins and oats

Wholemeal pitta pizza
with toppings of your choice

ham & mushroom

chicken & peppers

tuna & sweetcorn

cheese & tomato

Tinned peaches with natural yoghurt

Meaty family frittata (omelette)

Natural yoghurt

Mixed bean and melted cheese wrap
with tomatoes and a small pot of peas

Scotch pancake with any chopped fruit

Easy kid's fishcakes
with lettuce leaves and celery

Nut free energy balls

Lunchbox tapas:
Sliced pitta bread, hard-boiled egg, low fat cheddar sticks, pepper sticks and cream cheese dip

Favourite fruit choice

GF Gluten free
V Vegetarian

Remember lunches with perishable items should be kept in a cool bag or in the fridge

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