

LUNCHBOX PLANNER

SANDWICHES

Bread:

- ❖ multigrain loaf
- ❖ tortilla wrap
- ❖ lebanese bread
- ❖ sourgough
- ❖ bread roll
- ❖ turkish bread

Filling ideas:

- ❖ lettuce, cheese and tomato
- ❖ vegemite
- ❖ peanut butter
- ❖ ham, cheese and lettuce
- ❖ chicken, lettuce & mayo
- ❖ boiled egg and lettuce
- ❖ lamb and chutney
- ❖ ham and avocado
- ❖ avocado & cheese
- ❖ cream cheese & avocado
- ❖ ham, avocado & vegemite
- ❖ tuna, mayo and lettuce
- ❖ ricotta & grated carrot
- ❖ leftover bolognese mince
- ❖ meat and salad
- ❖ hummus & leftover roast veg
- ❖ leftover meatloaf

SANDWICH ALTERNATIVES

leftovers:

- ❖ quesadilla / burrito
- ❖ leftovers
- ❖ pasta / rice / noodle salad
- ❖ meatballs
- ❖ mini homemade pizzas
- ❖ homemade sushi
- ❖ vegetable fritters
- ❖ cooked sausage
- ❖ tuna / mince rissoles
- ❖ rice paper rolls
- ❖ chicken leg
- ❖ roast meat
- ❖ boiled eggs
- ❖ savoury muffins
- ❖ quiche / frittata
- ❖ homemade backed beans

FRUIT

- ❖ banana
- ❖ apple (whole or chopped)
- ❖ grapes
- ❖ mandarin
- ❖ kiwi Fruit
- ❖ orange
- ❖ peach
- ❖ nectarine
- ❖ watermelon
- ❖ strawberries
- ❖ blueberries (fresh or frozen)
- ❖ dried fruit
- ❖ applesauce(homemade)

VEGETABLES

- ❖ carrot sticks
 - ❖ celery sticks
 - ❖ capsicum sticks
 - ❖ cucumber
 - ❖ cherry tomatoes
 - ❖ green salad
 - ❖ peas & corn
- ### Dips:
- ❖ hummus dip
 - ❖ salsa
 - ❖ ricotta / cottage cheese
 - ❖ cucumber dip
 - ❖ cottage cheese and pesto

SNACKS

- ❖ yoghurt (plain)-topped with:
 - ❖ fruit & seeds or granola
 - ❖ honey or vanilla
- ❖ bliss balls
- ❖ cheese & crackers
- ❖ chese stick
- ❖ trail mix/nut & dried fruit mix
- ❖ muffin
- ❖ homemad slice
- ❖ anzac biscuits
- ❖ homemade muesli bar
- ❖ pretzels
- ❖ popcorn
- ❖ pikelets
- ❖ fozen smoothie