

Lunchbox Food Ideas

Starchy Foods

Sliced Bread * Roll * Pitta * Wrap * Flatbread * Naan Bread * Dough Balls * English Muffin * Bagel * Pizza * French Stick * Fruit Bread * Crackers * Ryvita * Oatcakes * Rice Cakes * Breadsticks * Savoury/Sweet Scones * Muffins e.g. Carrot & Courgette * Pastries e.g. 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 * Granola

Dairy

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



Non-Dairy Protein

Roast Chicken * Roast Beef * Ham * Pepperoni * German Sausage Slices * Sausages * Mini Sausages * Sausage Rolls * Pork Pie * Scotch Egg * Bacon * Pâté * Meatballs * Lamb Kebabs * Chicken Kebabs * Chicken Dippers * 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

Vegetables & Fruit

Cucumber * Carrot * Red/Yellow/Orange Pepper * Mini Peppers * Tomatoes * Cherry Tomatoes * Celery * Radish * Lettuce * Young Leaf Spinach * Rocket * Steamed Broccoli * Grated Courgette * Mushrooms * Sugar Snap Peas * Mange Tout * Green Beans * Peas * Pea Pods * Sweetcorn * Baby Sweetcorn * Corn on the Cob * Sweet Potato * Beetroot * Pickled Cabbage * Kale Crisps

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