

School Lunch Ideas

Sandwich Fillings

Cheese	Cottage Cheese	Meat	Fish	Egg	Peanut Butter or almond butter
<ul style="list-style-type: none"> + Beetroot + Cucumber + Lettuce & Tomato + Lettuce (or spinach) + Pickle / chutney + Pineapple + Spaghetti + Tomato + Vegemite/marmite 	<ul style="list-style-type: none"> + Asparagus + Beetroot + Celery + Lettuce & tomato + Pickle / chutney + Pineapple + Raisins + Spinach & Tomato + Vegemite/marmite + Watercress 	<ul style="list-style-type: none"> + Asparagus + Avocado + Beetroot + Creamed corn + Egg + Lettuce & Tomato + Lettuce (or spinach) + Mustard + Pickle / chutney + Tomato 	<ul style="list-style-type: none"> + Asparagus + Avocado + Beetroot + Cucumber + Egg + Lettuce (or spinach) + Pickle / chutney + Tomato 	<ul style="list-style-type: none"> + Asparagus + Avocado + Beetroot + Black pepper + Cucumber + Lettuce (or spinach) + Tomato + Watercress 	<ul style="list-style-type: none"> + Apple slices + Banana + Celery + Cucumber + Honey + Jam + Raisins

Lunch Box Fillers

Breads	Vegetable Nibbles	Fruit Nibbles	Snacks	Pre-Cooked	Drink
<ul style="list-style-type: none"> Bagels Baps Burrito wrap Crackers Mountain bread wrap Naan bread Panini Pita pockets Rolls Sliced bread:wheatmeal Sliced bread:wholegrain 	<ul style="list-style-type: none"> Capsicum slices Carrot sticks Celery sticks Cherry tomatoes Corn cob Cucumber sticks Gherkins Olives Sundried Tomatoes 	<ul style="list-style-type: none"> Apple Apricot Banana Blueberries Feijoa Kiwifruit Mandarin Nectarine Orange Peach Pear Pineapple slices Plum Raspberries Strawberries Watermelon slices 	<ul style="list-style-type: none"> Cheese (sticks, cubes) Dates Dried fruit (apricots etc) Jellied fruit (pottle) Muesli bar (fruity,baked) Muffin (mini) Nuts (almonds, brazil) Popcorn (plain) Raisins (tiny packet) Scones (sweet,savoury) Scroggin 	<ul style="list-style-type: none"> Cold sausages Lasagna Pasta salad Pizza Sushi Winter soups <ul style="list-style-type: none"> - chicken - pea and ham - pumpkin - tomato - vegetable 	<ul style="list-style-type: none"> Water (from the tap) Water (add ice cubes) Water (frozen overnight)

