

Suggestions for lunch boxes

Cheese portions – triangles, cheese strings or others
Pepperoni
Pasties – sausage rolls, party eggs
Pakorras
Meat / vegetable kebabs
Breadsticks
Oatcakes
Flapjacks
Pancakes
Jelly
Yoghurt
Small cake
Fruit / vegetables
Boiled eggs
Individual custard or rice pudding pots

Sandwiches (including wraps, bagels, chapattis, naan, pitta)

Cheese
Cold meats – ham, chicken etc
Marmite
Fish – salmon, tuna etc
Egg
Cheese spread
Corned beef
Tikka meat

Container foods

Plain pasta – or add any favourite ingredients
Salad or vegetables
Chopped vegetables and dip – humous or other
Noodles, lentils or rice with favourite ingredients
Quiche
Tortilla / cold omelette
Samosa – meat or vegetable
Vegetable bhaji
Dhal