

Mix-and-match LUNCHBOX

SANDWICH FILLINGS

- * Tuna salad (eg with mayo, celery and apple)
- * Chicken and pesto
- * Grated carrot, cheese and peanut butter
- * Cream cheese, salami and lettuce
- * Rainbow salad with beetroot and carrot
- * Turkey and cranberry jelly
- * Ham, cheese and pickles
- * Almond butter, sliced banana and sultanas
- * Roast lamb and mint jelly
- * Cucumber, avocado and cheese
- * Cheese and corn relish
- * Corned beef
- * Ricotta and jam (eg fig, raspberry)
- * BLT (bacon, lettuce and tomato)
- * Hommus and sliced falafel
- * Baby spinach, chicken and feta
- * Peanut butter and honey
- * Egg and lettuce
- * Creamed corn
- * Apricot jam, chicken and cream cheese

SANDWICH ALTERNATIVES

- * Pita pocket / wrap / bread roll
- * Sushi
- * Rolled-up ham and tub of coleslaw
- * Chicken drumstick
- * Pizza slice
- * Cheesy scrolls
- * Pasta salad with broccoli, ham and cheese
- * Ploughman's lunch:
 - Chopped sausage
 - Cheese cubes
 - Cherry tomatoes
 - Chunks of cucumber
- * Greek salad and lamb cutlets
- * Frittata
- * Tuna cakes / fish sticks
- * Lettuce burger
- * Crustless pinwheel sandwiches
- * Savoury muffins
- * Zucchini slice
- * Meatballs
- * Chicken nuggets
- * Thermos of soup or baked beans
- * Vietnamese Rice paper rolls

FRUIT

- * Pineapple
- * Watermelon
- * Cherries
- * Pears
- * Apples
- * Grapes
- * Blueberries
- * Raspberries
- * Nectarines
- * Peaches
- * Banana
- * Melon
- * Kiwi fruit
- * Plums
- * Strawberries
- * Oranges
- * Mandarin
- * Dates

VEGETABLES

- * Baby carrots
 - * Celery sticks
 - * Broccoli
 - * Green beans
 - * Snow peas
 - * Sugar snap peas
 - * Cucumber sticks
 - * Cherry tomatoes
 - * Roasted baby beetroot
 - * Capsicum (bell pepper)
 - * Avocado with herb salt
 - * Corn cob
 - * Kale chips
- Dips:
- * Ranch dressing
 - * Hommus
 - * Tatziki

SNACKS

- * Yoghurt
 - * Cheese sticks
 - * Baby cheese
 - * Cheese cubes
 - * Custard
 - * Hardboiled eggs
 - * Celery sticks with peanut butter
 - * Apple slices with almond butter
 - * Greek yoghurt layered with toasted muesli (granola) and berries
 - * Muffins
 - * Muesli (granola) slice
 - * Home-made fruit leathers
 - * Puff pastry pizza twists (tomato paste & cheese)
 - * DIY Lunchables (salami, cheese & crackers)
 - * Rice pudding
 - * Tapioca pudding
 - * Raw energy balls
- * Pretzels
 - * Popcorn
 - * Dry roasted almonds
 - * Trail mix
 - * Soy crisps
 - * Roasted chickpeas
 - * Rice cakes
 - * Corn thins
 - * Crackers
 - * Dried apple
 - * Dried apricots
 - * Sultanas
 - * Dried pineapple
 - * Macadamia nuts
 - * Tamari almonds
 - * Maple roasted pecans
 - * Fruit tubs / canned fruit
 - * Pureed fruit
 - * Bircher muesli
 - * Beef jerky
 - * Dark chocolate
 - * Tortilla crisps
 - * Honey cashews
 - * Salami sticks