

Quick & Healthy Lunchbox Ideas

Easy recipes for busy parents

Sandwich & Wrap Fillings

- **Cheese & Cucumber:** Classic and refreshing. Use wholemeal bread.
- **Egg Mayo:** Mix hard-boiled eggs with light mayonnaise and a pinch of black pepper.
- **Ham & Tomato:** Simple and satisfying.
- **Chicken & Sweetcorn:** Leftover roast chicken works perfectly. Add a dollop of natural yoghurt for moisture.
- **Houmous & Carrot:** A vegetarian favourite. Add some grated carrot for extra crunch.
- **Tuna & Sweet Potato:** A unique and healthy twist, mash sweet potato in with tinned tuna, and a small amount of mayonnaise.
- **Cream Cheese & Smoked Salmon:** A bit of luxury for a special treat.
- **Chicken Caesar Wrap:** Shredded chicken, lettuce, and a light Caesar dressing in a wholemeal wrap.
- **Falafel & Salad Wrap:** Shop-bought falafel with salad and a tahini dressing.
- **Pesto & Mozzarella:** A taste of Italy. Add some sliced tomatoes for extra flavour.
- **Coronation Chicken:** Mix cooked chicken with mango chutney, mayonnaise, and curry powder. Great in a wrap or sandwich.

Sides & Snacks

- **Chopped Veggies:** Carrot sticks, cucumber slices, bell peppers, and cherry tomatoes.
- **Fruit Salad:** A colourful mix of seasonal fruits like grapes, strawberries, melon, and kiwi.
- **Yoghurt Pots:** Natural or Greek yoghurt with a drizzle of honey or a sprinkle of granola.
- **Hard-Boiled Eggs:** A great source of protein.
- **Cheese Cubes:** Cheddar or mozzarella cheese.
- **Rice Cakes:** Plain or with a thin spread of peanut butter (check school policy on nuts!).
- **Mini Sausages/Cocktail Sausages:** Choose reduced-fat varieties.
- **Crackers:** Wholemeal crackers with cheese or houmous.
- **Pasta Salad:** Cooked pasta shapes with pesto, cherry tomatoes, and mozzarella balls.
- **Edamame Beans:** Lightly steamed and sprinkled with salt.
- **Mini Quiches:** Make a batch at the weekend and pack individual slices.

Tips for Quick Prep

- **Prep Ahead:** Spend a couple of hours on the weekend prepping ingredients like chopping veggies, cooking chicken, and hard-boiling eggs.
- **Batch Cook:** Make a large batch of pasta salad or mini quiches and store them in the fridge.
- **Get the Kids Involved:** Let your children help with age-appropriate tasks like washing fruit or assembling sandwiches.
- **Use Leftovers:** Repurpose leftovers from dinner into lunchboxes. Leftover roast chicken or pasta bake are great options.
- **Invest in Good Containers:** Leak-proof and easy-to-open containers will make packing lunches a breeze.

