



LUNCHBOX PLANNER

Plan five days of easy, balanced lunchboxes • one week at a time

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	★ KIDS' PICK: LET THEM CHOOSE 1
LUNCH					
FRUIT / VEG					
SNACK					





LUNCHBOX IDEA BANK

Mix and match • build a lunchbox your family will actually eat

SANDWICHES

- Sliced bread – white / wholemeal
- Tortilla wrap
- Floury bap
- Small baguette
- Bread roll
- Flatbread
- Pita bread

FILLINGS

- Ham & cheese
- Roast beef & pickle
- Tuna, sweetcorn & mayo
- Prawn cocktail
- Chicken tikka
- Chicken, stuffing & mayo
- Turkey & cucumber
- Cheese & pickle / cucumber
- Hummus, roast courgette & pepper
- Ricotta & grated carrot
- Cream cheese & roast pepper
- Egg mayo

ALTERNATIVES

- Pasta, rice or noodle salad
- Homemade pizza slice
- Hot leftovers – bolognese / curry
- Carrot fritters
- Savoury pancakes – sweet potato & cheese
- Mini quiche / frittata
- Savoury cheesy muffins
- Cheese scones
- Homemade butter bean dip / hummus
- Easy cheesy rolls

VEG + DIPS

- Carrot sticks
- Pepper sticks
- Celery sticks
- Mini cucumber
- Cherry tomatoes
- Mangetout
- Mini corn on the cob
- Hummus
- Salsa
- Cream cheese
- Cream cheese & pesto
- Cottage cheese
- Tzatziki

FRUIT + SWEET

- Apple – whole or chopped
- Grapes
- Banana
- Orange / mandarin
- Melon
- Strawberries
- Blueberries
- Peach / nectarine
- Kiwi
- Dried dates / figs / apricots
- Nut-free energy balls
- Mini scones
- Gut-loving flapjacks
- Apple date & oat bars
- Raspberry & banana muffins
- ABC muffins
- Beetroot & chocolate traybake
- Apple & carrot muffins
- School morning pancakes
- Homemade waffles

LUNCHBOX CHALLENGE: PICK A RAINBOW!



BAKING PLANNER

Pick a sweet + savoury bake • make a little extra for the freezer

YUM

WEEKLY BAKE	SWEET	SAVOURY	IDEAS
RECIPE 1 DAY: _____ DATE: _____	_____ _____ _____	_____ _____ _____	ABC Muffins Apple Date & Oat Bars Raspberry & Banana Muffins
RECIPE 2 DAY: _____ DATE: _____	_____ _____ _____	_____ _____ _____	Nut-Free Energy Balls Mini Scones Chocolate & Beetroot Traybake
RECIPE 3 DAY: _____ DATE: _____	_____ _____ _____	_____ _____ _____	Sweetcorn & Cheese Pancakes Cheese Scones Easy Cheesy Rolls
RECIPE 4 DAY: _____ DATE: _____	_____ _____ _____	_____ _____ _____	Protein-Packed Cheesy Muffins Gut-Loving Flapjacks Homemade Waffles
RECIPE 5 DAY: _____ DATE: _____	_____ _____ _____	_____ _____ _____	High-Protein Cottage Cheese Pancakes Mini Quiche / Frittata

KIDS' JOB: PICK THE BAKE YOU WANT TO HELP MAKE!