

CHICKEN “FRIED” RICE



Chicken, rice, sweetcorn, and carrot. Edamame, peaches, broccoli and dip, raspberries with apples cut out in the shape of hearts, and a few dark chocolate-covered raisins.

Allergy-Friendly – GF and NF. Use DF ranch and treat to make DF.

DIY PB&J WITH CRACKERS



Crackers are served with a container of nut free butter and another container filled with jam as well as carrots, olives, kiwi, grapes, cut strawberries, raspberries and mini dark chocolate chips.

Allergy-Friendly: GF – use gluten-free crackers, DF – use dairy-free chocolate chips.

GLUTEN-FREE PUMPKIN + CREAM CHEESE SANDWICH



Wholegrain sandwich with filling of choic, cut yellow peppers, mini grapes, yogurt tube and a piece of dark chocolate.

Allergy-Friendly: GF and NF. Use a Dairy-Free brand of yogurt tube.

RAINBOWS & CHOCOLATE



Rainbow fruit skewer, plain Greek yogurt with a jam heart, low sugar biscuit.

Allergy-Friendly: already NF, use a Dairy-Free yogurt and make the muffins with Gluten-Free Flour.

LUNCHABLE-ON-A-STICK



Turkey + Cheddar + Salami on a Stick, cut kiwi, red pepper, and carrot sticks with a side dip, strawberries, blueberries, and sugar-free treat.

Allergy-Friendly: GF and NF. To make Dairy-Free use a Dairy-Free ranch and cheese.

CHOOSE YOUR OWN ADVENTURE



Applesauce with cinnamon, salami, sliced and cubed cheese, turkey roll-ups, almond crackers, orange pepper slices, kiwi slices, mini grapes, and chocolate raisins.

Allergy-Friendly: NF and GF. To make Dairy-Free use Dairy-Free treats and cheese.

DIY HUMMUS AND VEGGIES



Build your own Hummus Lunch – carrots, broccoli, snap peas, peppers and pita chips with hummus, strawberries, and chocolate coconut cookies.

Allergy-Friendly: NF and DF. To make Gluten-Free make sure to use Gluten-Free crackers.

IT'S FRIDAY AND I'M OVER SCHOOL LUNCHES



Cream cheese with honey star sandwich, lentil puffs, cut grapes, cut carrots, and sugar free treat.

Allergy-Friendly: NF and DF. For GF use GF bread.

TORTELLINI AND CHICKEN



Spinach Tortellini, chicken and snap pea dippers with a pesto dipping sauce, grape, blackberry and blueberry fruit salad and a couple of dark chocolate-covered pretzels.

Allergy-Friendly: NF. To make Dairy and Gluten-Free use Gluten-Free pasta and a Dairy-Free dip.

PESTO PASTA AND AVOCADO PUDDING



Spinach pesto pasta salad with chicken, mozzarella, sweetcorn, and tomatoes, cut strawberries and raspberries and chocolate avocado pudding

Allergy-Friendly: NF. To make Gluten-Free, use Gluten-Free pasta. To make Dairy-Free, use a Dairy-Free cheese or omit the mozzarella.

GREEN MONSTER SCHOOL LUNCH



Pesto gluten-free pasta with parmesan, cut kiwi, grapes and avocado salad, roasted seaweed, cut cucumbers, and low sugar treat.

Allergy-Friendly: GF, NF, and DF. If Nut-Free, make sure your pesto is nut-free.

5-MINUTE LUNCH



Turkey mince and cheese quesadilla with homemade guacamole, pepper slices, fruit salad (grape, pear, and kiwi), and a couple of yogurt-covered treats.

Allergy-Friendly: NF. To make Dairy-Free, use a Dairy-Free cheese and dessert. To make Gluten-Free, use a corn or Gluten-Free tortilla.

MEXICAN FIESTA



Bean and cheese burrito with guacamole, sweetcorn, sliced carrots, watermelon balls, and yogurt covered fruit/nuts.

Allergy-Friendly: To make NF leave out nuts. To make Gluten-Free and Dairy-Free you can use DF cheese and a GF tortilla.

HIDDEN VEGGIE FOR #THEWIN



Beetroot applesauce, cut tomatoes, sliced string cheese, snap peas, cut mild Italian sausage with space themed picks, mini container of dip, and a low sugar gummy treat.

Allergy-Friendly: NF and GF. To make Dairy-Free, use DF cheese or leave out.

ENGLISH MUFFIN PIZZA



DIY Pizza Lunch – Mushroom pizza on an English muffin, simple salad with carrots and tomatoes, blueberries and blackberries and a sugar free juice box.

Allergy-Friendly: NF. To make Dairy-Free use DF cheese. To make it Gluten-free, use a GF English Muffin.

GLUTEN-FREE PESTO PASTA WITH CHICKEN + CORN



Gluten-Free pesto pasta with chicken and sweetcorn, Low sugar fruit wind-up, cut cucumbers, blackberries, and walnuts.

Allergy-Friendly: GF and DF. For Nut-Free, leave out the walnuts and make sure you use nut-free pesto.

BREAKFAST FOR LUNCH



Cinnamon and honey oats, hard-boiled egg, spinach chocolate waffles, kiwi and blueberries and some orange slices.

Allergy-Friendly: DF, NF, and GF.

DIY CHEESE & CRACKERS



Laughing cow/Dairy lea with two types of crackers, chopped broccoli, chopped red and green apples, snap peas, and a chocolate pretzel.

Allergy-Friendly: NF. To make Gluten-Free, use GF crackers and treat. To make Dairy-Free, use DF cheese and treat.

HEALTHIER DIY NACHOS



DIY Nacho Kit – Plain nachos, lettuce, shredded cheese, turkey mince and guacamole all in silicone cups. Also, in the bento is grapes with orange sections and chocolate chips.

Allergy-Friendly: GF and NF. To make Dairy-Free, use DF cheese.

HEALTHY LUNCHABLES



Crackers, chicken rollups, salami and 2 types of cheese cut into flowers, apples and blueberries, olives, and carrots with dip.

Allergy-Friendly: NF. To make Gluten-Free, use GF crackers. To make Dairy-Free, use DF cheese and dip.

TORTELLINI + CHICKEN DIPPERS



Cheese tortellini and chicken dunkers with pesto dip, cut melon, cut cucumbers, popcorn, and chocolate pretzel.

Allergy-Friendly: NF and DF. To make Gluten-Free, use GF tortellini and treat.

HAPPY TUMMY SCHOOL LUNCH



Yoghurt pouch, snap peas and carrots with dip, sliced apples, crackers with cheese and salami, and dye-free sweet treats.

Allergy-Friendly: NF. To make Dairy-Free, use a dairy-free yoghurt pouch and use DF cheese and dip. To make Gluten-Free, use GF crackers.

BREAKFAST FOR LUNCH



Gluten-Free cinnamon pancake muffin, strawberries and raspberries, yogurt and granola, kiwi, and avocado, sliced chicken sausage.

Allergy-Friendly: GF. To make Dairy-Free, use DF yogurt. To make Nut-Free, use NF granola and make sure the pancake muffin mix is NF.

A PIZZA THE PUZZLE



Leftover pizza cut into pieces, carrots, pepper slices, and snap peas with dip in a mini container, strawberries and raspberries, yogurt tube, and dark chocolate raisins.

Allergy-Friendly: NF. To make Dairy-Free, use DF cheese, dip, and yogurt tube. To make Gluten-Free, use GF pizza.

SANDWICH-ON-A-STICK



Chicken slice + cheese bagel sandwiches on-a-stick with cucumber and tomatoes, plum/peach halves, homemade smoothie in squeeze pouch and a few dark chocolate treats.

Allergy-Friendly: NF. To make Gluten-Free, use GF bread. To make Dairy-Free, use DF cheese and chocolate.

ALMOST OUT OF GROCERIES LUNCH



Bean and cheese quesadilla with smashed avocado, sliced apples, cut kiwis, sliced carrots and chocolate raisins.

Allergy-Friendly: NF. To make Gluten-Free, use GF or corn tortillas. To make Dairy-Free, use DF cheese and pack a DF treat.

GREEK LUNCH SPREAD



Greek Meatballs with feta dipping sauce, pistachios, and roasted chickpeas, sliced olives, cucumber, feta, and tomato salad, cut watermelon, and dark chocolate.

Allergy-Friendly: GF and NF. To make Dairy-Free, use DF dip, leave out the feta in the salad and pack a DF treat.

CHICKEN SALAD & CRACKERS



Curry chicken salad served with gluten free crackers and cucumber slices, watermelon stars and a mixture of freeze-dried blueberries and dye-free candy-coated sunflower seeds.

Allergy-Friendly: GF and NT. To make Dairy-Free, use a vegan mayo in the chicken salad.

IS IT FRIDAY YET.. ??



Leftover cheeseburger and pickles, sliced mini peppers, raspberries and blueberries, cucumbers with a sauce in a mini container and a piece of dark chocolate.

Allergy-Friendly: NF. To make Gluten-Free, use a GF bun.

GLUTEN-FREE PIZZA ROLL-UPS



Gluten-Free Pizza roll ups with marinara dipping sauce, carrots with a dip, grapes, berries, and chocolate-covered gummies.

Allergy-Friendly: GF and NF. To make Dairy-Free, use DF cheese and treat.