

Lunchbox Recipes

National
**Lunch
box**
Week

We have created a range of tasty, budget friendly lunchbox recipes that can be made ahead ready to pop in the lunchbox on busy mornings.

Savoury Scrolls

Ingredients

- 1/2 cup warm water
- 1/2 sachet (1 teaspoon) dried yeast
- 1/4 teaspoon sugar
- 1 cup flour
- 1 tablespoon olive oil
- 2 tablespoons tomato paste
- Range of fillings such as ham, pineapple, tomato and mozzarella cheese.

Makes 10

- 1 COMBINE**
Preheat oven to 200°C. In a small bowl combine warm water, yeast and sugar. Allow to sit for 5 minutes.
- 2 MIX**
In a large bowl, mix the yeast mixture with flour and olive oil. Keep mixing until it forms a dough.
- 3 KNEAD**
Place the dough mixture onto a floured surface and knead until smooth.
- 4 REST**
Place dough back in the bowl, cover with tea towel and rest for 15 minutes or until the dough almost doubles in size.
- 5 ROLL**
Return the dough to a floured surface and roll into a large rectangle.
- 6 SPREAD**
Spread tomato paste evenly over the dough.
- 7 TOP**
Sprinkle preferred toppings over dough. Starting from the long edge, roll the dough into a log shape.
- 8 BAKE**
Slice the roll into 10 pieces, place on a baking tray lined with baking paper. Bake in oven for 15 minutes.

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Choc Balls

Ingredients

- 2 cups pitted dates
- 2 cups rolled oats
- 2 cups rice puff cereal
- 1/4 cup cocoa
- 1 teaspoon ground cinnamon
- 1/4 cup honey
- 2 tablespoons margarine
- 2 tablespoons water
- 1/4 cup desiccated coconut – for rolling

Makes 30

- 1 CHOP**
Roughly chop dates. Add to a food processor and blitz for 1 minute or until finely chopped.
- 2 ADD**
Add rolled oats, cereal, cocoa and cinnamon to the food processor.
- 3 BLITZ**
Turn on food processor and blitz until mixture is blended through.
- 4 ADD**
Add honey, margarine and water to the mixture and blitz further until mixture comes together.
- 5 POUR**
Pour coconut onto a plate ready for rolling.
- 6 ROLL**
Using wet hands, roll spoonfuls of mixture into balls. Coat in coconut, store in fridge.

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Sandwich Sushi

Ingredients

- 2 slices wholemeal bread
- 2 tablespoons dip or spread (e.g. hummus, beetroot, pumpkin, avocado, egg or tuna)
- 1 small carrot
- 1 baby cucumber
- 1 slice cheese

Serve 1

Tip: Save water! Bake the crusts to make bread sticks.

- 1 PREPARE**
Prepare the vegetable fillings. Cut or peel the vegetables and cheese into strips.
- 2 FLATTEN**
Cut the crusts off the bread and flatten the bread using your fingers or a rolling pin.
- 3 SPREAD**
Spread your dip or spread over each slice of bread.
- 4 TOP**
Top with prepared cheese, cucumber and carrot at one end.
- 5 ROLL**
Roll up firmly to enclose filling.
- 6 CUT**
Cut each sandwich sushi into 3 rounds.

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Apple Cinnamon Muffins

Ingredients

- 1 cup self-raising flour
- 1 cup wholemeal self-raising flour
- 1/2 cup brown sugar
- 2 teaspoons cinnamon
- 2 apples
- 1 egg
- 1/4 cup milk
- 2 tablespoons canola oil

Makes 12

- 1 PREHEAT**
Preheat oven to 180°C and line a muffin tray with patty cases.
- 2 COMBINE**
Add flours, sugar and cinnamon to a large bowl and mix until combined.
- 3 GRATE**
Wash and grate the apples.
- 4 ADD**
Add grated apple to the flour mixture and mix through.
- 5 MIX**
In a small bowl, mix together egg, milk and oil.
- 6 POUR**
Make a well in the centre of the flour mixture. Pour in wet ingredients. Mix until just combined.
- 7 SPOON**
Spoon mixture into muffin tray.
- 8 BAKE**
Bake for 20 minutes, or until lightly browned.

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Corn Fritters

Ingredients

- 2 spring onions
- 100g feta
- 2 x 400g can of corn
- 1 cup self-raising flour
- 2 eggs
- 1/4 cup milk
- Olive oil spray

Makes 12

- 1 SLICE**
Wash and finely slice spring onions.
- 2 CHOP**
Roughly chop feta with a sharp knife.
- 3 DRAIN**
Using a colander, drain the corn.
- 4 WHISK**
In a small bowl, whisk eggs and milk until well combined.
- 5 ADD**
In a separate mixing bowl, add flour and create a well in the centre.
- 6 MIX**
Add the egg mixture to the flour and mix well.
- 7 STIR**
Add the prepared spring onion, feta and corn to the flour mixture and stir through.
- 8 COOK**
Heat frypan and spray with oil. Place spoonfuls of mixture onto frypan. Cook until golden brown on each side.

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Zucchini Slice

Ingredients

- 4 spring onions
- 2 medium zucchini
- 1 carrot
- 1/2 cup grated cheese
- 100g feta cheese
- 6 eggs
- 1/4 cup self-raising flour
- Spray oil

Serve 6

- 1 SLICE**
Wash the spring onions and slice finely.
- 2 GRATE**
Grate the zucchini and carrot.
- 3 CRUMBLE**
Crumble the feta cheese.
- 4 WHISK**
In a large bowl lightly whisk the eggs and milk until combined.
- 5 ADD**
Add the grated vegetables, cheese, feta and flour to the egg mixture.
- 6 MIX**
Mix until all ingredients are well combined.
- 7 SPREAD**
Lightly spray baking dish with spray oil. Transfer mixture into the baking dish.
- 8 BAKE**
Bake in oven for 40-45 minutes or until browned.

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Apricot Bites

Ingredients

- 2 cups rolled oats
- 2 cups dried apricot
- 2 cups rice puff cereal
- 1/4 cup honey
- 2 tablespoons monounsaturated margarine
- 1 teaspoon vanilla extract
- Desiccated coconut for coating

Makes 30

- 1 BLEND**
Place all ingredients into a food processor, blend until well combined.
- 2 ROLL**
Using clean wet hands roll teaspoons of the mixture into ball shapes.
- 3 TOSS**
Toss in desiccated coconut.

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