

# Lunchbox Recipes

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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**

- 10 cup warm water
- 1/2 sachet (1 teaspoon) dried yeast
- 1/4 teaspoon sugar
- 1/2 cup flour
- 1/2 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, mix 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 smooth.

**3 KNEAD**  
Place dough onto a floured surface and knead until smooth.

**4 REST**  
Place dough back in the bowl, cover with tea towel and leave to rise for 10-15 minutes until the dough almost doubles in size.

**5 ROLL**  
Return the dough to the floured surface and roll into a large rectangle.

**6 SPREAD**  
Spread tomato paste evenly over the dough.

**7 TOP**  
Sprinkle preferred fillings over the dough. Starting from the long edge, roll the dough into a log shape.

**8 BAKE**  
Slice into 10 equal 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
- 1/2 cup flour
- 2 cups rice puff cereal
- 1/2 cup cocoa
- 1/2 cup ground cinnamon
- 1/2 cup honey
- 2 tablespoons margarine
- 2 tablespoons water
- 1/2 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 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 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 slices cheese
- 2 tablespoons dip or spread (e.g. hummus, beetroot, pun总局, avocado, egg or tuna)
- 1 small carrot
- 1 baby cucumber
- 1 slice cheese

**Serves 1**

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

**1 PREPARE**  
Prepare the cheese, dip or spread (e.g. hummus, beetroot, pun总局, avocado, egg or tuna). Cut the ends off the bread and flatten the vegetables and cheese into strips.

**2 FLATTEN**  
Cut the ends 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 strips.

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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 paper cases.

**2 COMBINE**  
Add flour, 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**  
Pour mixture into the centre of the muffin tray. Pour in wet ingredients. Mix until combined.

**7 SPOON**  
Spoon mixture into muffin tray.

**8 BAKE**  
Bake for 20-25 minutes, or until lightly browned.

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## Corn Fritters

**Ingredients**

- 2 spring onions
- 100g feta
- 1 cup 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 with oil 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
- 1/2 cup grated cheese
- 100g feta cheese
- 1 egg
- 1/4 cup self-raising flour
- Spray oil

**Serves 4**

**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
- 1/2 cup flour
- 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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