



40 weeks
of lunchbox
recipes, tips &
menus!



complete

The [^]vegie smugglers lunchbox planner

Seasonal recipes and easy menu plans to
inspire you throughout the school year.

by Wendy Blume

SAMPLE

Within six months of my daughter starting school I was in a lunchbox rut.

The thought of spending the next 10 years making the same sandwich every morning filled me with enough fear to set me off on a journey to find some serious lunchbox inspiration!

Realistically, modern life leaves us little time to put towards this tedious (but important) part of parenting. So my aim with these planners was to create simple menus, with food the kids will eat, supplemented with seasonal produce and an easy weekly recipe that helps to break the monotony.

Enjoy your year!

Wendy



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TERM 1

Summer – January • February • March

TERM 1 week 3

Carrot & muesli muffins are a healthier idea for a lunchbox treat.

SAMPLE



This mix also makes 24 mini-muffins

1½ cups self raising flour
¼ cup brown sugar
1 carrot, grated
1 cup muesli
¼ cup grapeseed oil
1 cup milk
1 egg, lightly beaten
1 overripe banana, mashed

Preheat oven to 180C. Grease/line a 12 hole muffin tray.

Sift flour into a large bowl. Mix in the sugar, carrot and muesli.

In another bowl, whisk together the oil, milk, egg and banana. Pour wet ingredients into dry and mix until just combined.

Divide out into muffin tray. Bake for 25 minutes until golden and a skewer comes out clean. MAKES 12.

Mini muffins cook in 15-20 minutes



OTHER MUFFIN COMBINATIONS

This recipe is really flexible. Try replacing the carrot and muesli with grated apple and cinnamon, extra mashed banana and oatbran or raspberries, coconut and walnuts

TERM 1 week 3



Monday

Tuesday

Wednesday

Thursday

Friday

Shopping list this week...

Fresh: avocado, bananas, cucumber, honeydew melon, grapes

For the muffins: carrots, muesli

	Grapes Muffin	Banana Muffin	Melon Muffin	Apricot Muffin	Banana Sultanas
	Sandwich with avocado & chutney Melon	Sandwich with avocado & cheese Grapes	Sandwich with Vegemite Cucumber sticks	Rice cakes with cheese Cucumber sticks Grapes	Rice cakes with vegemite Melon Grapes

*MID-WEEK GRAB
Rice cakes*



KEEPING LUNCHBOXES 'SAFE'

Baked items are great for the early hot weeks of Term 1. Always have a coolie brick or pouch to keep things cold and leave eggs, chicken & meats for colder days



TERM 1 week 10

With the weather cooler, meatballs are a delicious lunch option.



DELICIOUS FOR DINNER TOO

These meatballs can be served on rice with chutney and a salad made of two grated carrots, the juice of one lemon, half a tsp of sugar and a sprinkling of salt.



Beef or chicken
mince is also great
in this recipe

500g lamb mince

2 slices wholemeal bread

1 small red onion

1 zucchini

1 carrot

1 tsp each cumin & coriander powder

2 cloves garlic, minced

1 egg, lightly beaten

Add the lamb to a large mixing bowl. Use a food processor to blitz the bread into crumbs. Add to the bowl. Chop the onion with a pulse function, add to the bowl. Repeat with zucchini and carrot. Add the spices and egg.

Mix well. Wear kitchen gloves and roll into 28 meatballs. Refrigerate for 30 minutes.

Heat oil in a large frying pan over medium heat, cook meatballs on all sides for a total of about 20 minutes until golden and cooked through. MAKES 28.



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<i>Week 3</i> – Tuna & vegie fritters	32
<i>Week 4</i> – Banana, oat & sultana muffins	34
<i>Week 5</i> – Egg salad	36
<i>Week 6</i> – Perfect roast chicken	38
<i>Week 7</i> – Pumpkin dip (plus nuggets)	40
<i>Week 8</i> – Rice, bean & carrot balls	42
<i>Week 9</i> – Coleslaw	44
<i>Week 10</i> – Coconut macaroons	46

TERM 2

April • May • June

TERM 2 week 1

The best mix of patriotism and deliciousness, Anzac biscuits.



IN SEASON RIGHT NOW...

- apples (all varieties)
- avocados
- bananas
- carrots
- cauliflower
- celery
- eggplant
- kiwifruit
- lemons
- mandarins
- oranges
- pears
- persimmons
- passionfruit



Golden syrup is the traditional ingredient, but try treacle, it's yum!

1 cup plain flour

1 cup traditional oats

¾ cup brown sugar

¾ cup desiccated coconut

125g butter

2 tbsp treacle (or golden syrup)

1 tsp bicarb soda + 1 tbsp water

Preheat oven to 170C. Line two biscuits trays with baking paper.

In a large bowl sift the flour and mix in the oats, sugar and coconut.

In a small saucepan melt the butter and stir in the treacle. Mix in the combined bicarb & water. Stir well (mix might froth slightly). Pour into the dry ingredients. Combine well, roll into balls, place on trays and bake for 12-15 minutes until as chewy or crunchy as you like.

MAKES 32ish.

TERM 2 week 1



Monday

Tuesday

Wednesday

Thursday

Friday

Shopping list this week...

Fresh: apples, avocado, carrots, celery, bananas, oranges

Fridge: ham

For the Anzac biscuits: oats, brown sugar, coconut, treacle

Anzac biscuit

Apple

Anzac biscuit

Celery & carrot sticks

Orange

Cheese stick, crackers

Banana

Anzac biscuit

Apple

Sultanas

Sandwich with ham & avocado

Cheese stick

Orange

Sandwich with cheese, avocado & chutney

Banana

Sultanas

Wholemeal roll with ham & mustard

Anzac biscuit

Wholemeal roll with cream cheese & avocado

Celery & carrot sticks

Crispbread biscuits with vegemite

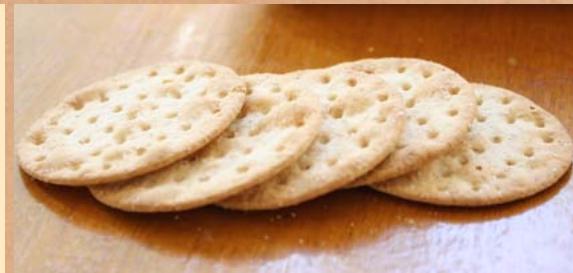
Banana

Almonds

MID-WEEK GRAB
Wholemeal rolls

THIS TERM STOCK UP ON THESE...

- tomato chutney
- pickles
- dijon mustard
- almonds
- cream cheese
- cheese sticks
- crackers
- crispbreads
- plain biscuits
- dried fruit & sultanas



TERM 2 week 6

Roast a chook & you've got a cheap, delicious sandwich filler.

SAMPLE



Marked down
organic chooks are
great value.

1.8kg chicken (organic is good)

1 lemon

Salt & pepper

Olive oil

Preheat the oven to 180C. Place chicken (breast side down) on a rack over a sturdy baking dish.

Pour in $\frac{1}{2}$ cup water and juice from $\frac{1}{2}$ lemon into dish. Push both the squeezed and full halves of lemon inside cavity. Cover with oil, season well.

Bake 40 minutes, remove from the oven, turn over, season more and either baste with pan juices or pour over more oil. Bake for a further 40 minutes until the juices run clear (push a skewer in behind the drumstick to test).

DELICIOUS HOME-MADE MAYONNAISE

Place two egg yolks, pinch salt, 1 tsp dijon mustard & 2 tsp lemon juice into a food processor. Blend till starting to thicken. Gradually stream in 1 cup oil until pale & creamy.





<i>Week 1</i> - Little mandarin cakes	50
<i>Week 2</i> - Sumac roast lamb	52
<i>Week 3</i> - Roast beetroot dip	54
<i>Week 4</i> - Spinach pikelets	56
<i>Week 5</i> - Citrus pasta salad	58
<i>Week 6</i> - Rhubarb slice	60
<i>Week 7</i> - Potato salad	62
<i>Week 8</i> - Tandoori chicken	64
<i>Week 9</i> - Guacamole	66
<i>Week 10</i> - Strawberry muffins	68

TERM 3

July • August • September

TERM 3 week 3

This beetroot dip can be dipped into and dolloped onto anything!

SAMPLE



BE PREPARED

Many people avoid cooking with beetroot because of mess. Keep disposable kitchen gloves handy and you can easily rub off the skin without leaving stains anywhere!



From ugly to gorgeous in 1 hour!

2 medium beetroots

125g low-fat cream cheese

2 tsp red wine vinegar

1 tsp caster sugar

Preheat oven to 180C. Wash beetroot gently. Trim stems leaving about 3cm. Wrap each one in foil. Place on tray and bake for 1 hour until skewer can easily slide through.

Unwrap, cool slightly then peel and roughly chop. Pop into a stick blender (or food processor). Blitz. Add rest of ingredients and blitz until smooth and well combined.

TERM 3 week 3



Monday

Tuesday

Wednesday

Thursday

Friday

Shopping list this week...

Fresh: Apple, oranges, mandarins, carrot, cucumber

Fridge: ham

For the dip: beetroot, low-fat cream cheese

Extra: muesli bars

Beetroot dip with carrot & cucumber sticks

Apple Sultanas

Orange Muesli bar

Mandarin Plain biscuit

Apple Muesli bar

Sandwich with ham, cheese and pickles

Sandwich with cheese and beetroot dip

Sandwich with ham and cheese

Sandwich with cheese and avocado

Crispbread biscuits with Avocado

Muesli bar

Mandarin

Cucumber sticks

Dried apricots

Orange
Dried pear

*MID-WEEK GRAB
Avocado*



MORE BEETROOT IDEAS...

Roast as described on the previous page and stir through home-made (or store bought) humous. Or grate it and add to chocolate cake or brownies!





Week 1 - Apricot muesli bars	72
Week 2 - Tzatziki dip	74
Week 3 - Perfect poached chicken	76
Week 4 - Pasta salad with peas & bacon	78
Week 5 - Lebanese bread crisps	80
Week 6 - Cheese puffs	82
Week 7 - Sausage & cous cous salad	84
Week 8 - Fruit salad	86
Week 9 - Cherry pikelets	88
Week 10 - Coconut ice	90

TERM 4
October • November • December

TERM 4 week 1

Home-made muesli bars can easily be adapted for your kids.



Slice small squares as this is a treat!



IN SEASON RIGHT NOW...

- blueberries • grapefruit • oranges • passionfruit • pineapples
- strawberries • tangelos • asparagus • avocado (hass)
- broadbeans • green beans • peas • sugar snap peas



For extra fibre replace some of the cornflakes with branflakes

1½ cups cornflakes

1½ cups rolled oats

½ cup Allbran

1 cup shredded coconut

¼ cup dried apricots

125g unsalted butter

½ cup firmly packed brown sugar

3 tbsp honey

Preheat oven to 180C. Line a lamington tray with baking paper.

In a large bowl mix together the cornflakes, oats, Allbran, coconut and apricots.

Melt the butter in a small saucepan over low heat. Mix in the sugar and honey and stir to combine well. Pour into dry ingredients. Press firmly into the tray and bake for 20 minutes. Cool in the tin before cutting.

MAKES 24.

TERM 4 week 6

My favourite lunchbox recipe of all time! Cheese puffs.



WHY ARE THESE MY FAVOURITE?

Not many recipes are easy to make, easy to store, great for lunchboxes and also good as a side dish at dinnertime. Oh, and, they're YUMMY.



*Before cooking,
this mix is almost
a paste!*

1/2 cup milk (soy is fine)

1 egg

1/2 tsp smoked paprika

1 zucchini, grated (peeled first if your kids hate green)

2 spring onions, finely chopped

2 cups grated cheese (cheddar is best)

1 cup self-raising flour

Preheat the oven to 190C. Line a baking tray.

In a large bowl, whisk together the milk and egg. Add the paprika, zucchini, spring onions and cheese.

Sift over the flour. Mix well. Dollop out portions. Bake for 20-25 minutes until deep golden brown and cooked through.

Store in the fridge in an airtight container for several days. MAKES 16

Buy the complete lunchbox planner at...
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