



Lunchbox Ideas

Your Lunchbox Tips & Recipes

Tried and tested favourites sent in to Mykidstime
by families from around the country



Lunchbox Ideas

Vegetable Crisps: 2 large carrots, 2 large parsnips, 1 small turnip and a large sweet potatoe. 4 tablespoons of rapeseed oil. Peel all the vegetables and slice wafer thin with a shape knife into circles. Sprinkle one tablespoon of oil on a baking sheet and place vegetables on the tray. Drizzle the remaining oil over them and cook at 180c for 12 minutes until they curl and go brown. Cool on a wire rack and store in tupperware. Kids love crisps and it's a great way to eat vegetables.

Grainne Halligan, Dublin

Left-over homemade quiche - it's yummy served cold for lunch: - shortcrust pastry (shop bought) - 3 eggs - 250ml of cream - 200 ml of milk - lardons, or ham, or streaky bacon cut in pieces - peppers or courgettes (or any veg the kids will eat - cheese Put the pastry in a tart tin, fry the meat/veg, beat the eggs with cream & milk in a bowl. Spread the meat / veg on the pastry & pour the liquid mix- cover with cheese & bake for around 45mn. We eat that warm for dinner with a salad &/or chips & I keep slices for the lunch box- it's lovely cold too.

Christelle, Wicklow



When making salad sandwiches for lunch use mayonnaise instead of butter as it will stop the bread going soggy

Annette Delahunty Wexford

My kids eat healthy all the time but I did find it hard to make something different everyday, so I sat down and made out a 2 week plan so I could play around with it! Their favorite was cold pasta with sliced hotdog meat (just a little) I'd also make a salad, fill a lunch box give them dressing in a separate container with a roll, I found they picked at salad for small lunch and made a salad roll for second lunch!! Also lots of water :)

Dawn, Cork

I make a yummy tuna pasta salad for my kids lunches, you could add anything to it you like, my kids like olives, peppers, spring onions, pickles and tuna with an Italian dressing!

Sarah Callinan, Galway

Pasta and pesto salad, julien carrot strips and slices of cucumber, rice cakes

Caroline Milward, Cork

I use small lunch box with 3 sections that I bought in Cleary's department store. In one section I put in a sandwich, the next either carrot sticks, celery, cherry tomatoes or cucumber and the next section fruit pieces or berries. The box is small and neat and stops foods mixing together.

Linda Collins, Dublin

Mackerel fillets (in tomato sauce) tinned variety in sandwiches makes change from tuna/mayo for kids who like them!

Lyndzie Oregan, Cork

Wraps ! Our kids love Tuna and sweet-corn and cheese wraps. I also give them brown soda bread with butter and grapes and cheese on the side. Pasta and chicken goes down well. I freeze juices as they act like an ice block and keep everything cold. They also love Pitta bread with anything in it but again Tuna and cheese with mayo is a bit hit.

Ciara De Burca Putt, Dublin

My **Kidstime**.ie

To avoid putting ham in sandwiches, which is just full of water and salt... Buy a free range chicken roast it, carve it... And you have fresh, healthy chicken for sandwiches and salads for lunches for the whole family for a fraction of the price of buying packeted meat.

Iseult, Dublin

Wrap with grated cheese toasted
Anne Brennan, Cork

Buy a pack of strawberries and blueberries for €6, wash and chop them up, mix a few together and put in plastic container. It's 2 of your 5-a-day, and colourful for lunchboxes!

Leanne , Dublin

Always pack stuff that the kids can manage e.g. some fruit; banana/sliced apple/melon chicken wrap cheese & crackers water

Tara Shanahan Joyce, Galway

Homemade pizza. It's the favourite dinner of the week and we always make sure to make it on a schoolnight, so there's pizza for lunch too the next day. Delicious cold and easy to cut into lunchbox-friendly shapes.

Verena Commins, Galway

•Peanut Butter (sugar and salt-free) on Wholegrain Brown Bread. •Banana Bread made with Natural Yoghurt and Prunes (moist and SO YUMMY!). • Oatmeal, Granny Smith Apple and cinnamon muffins (milled flax, sesame and sunflower seeds incorporated).

Brenda Campbell, Galway

Nutritious and delicious and kid-tested: I always put a little container with berries into my son's lunch box: raspberries/strawberries or blueberries; grapes can be a good substitute when I run out of berries.

Irina Dundon, Tipperary



Morning Break: Fresh fruit salad Big lunch: Salad with chicken in a nice dressing A bottle of water/a fresh orange juice

Seamus Gallagher, Galway

Fresh apple juice for small break. Brown bread with fresh lettuce and fresh turkey with a slice of tomato for big lunch. Treat: homemade flapjack Drink: Bottle of water

Anthony Gallagher, Galway

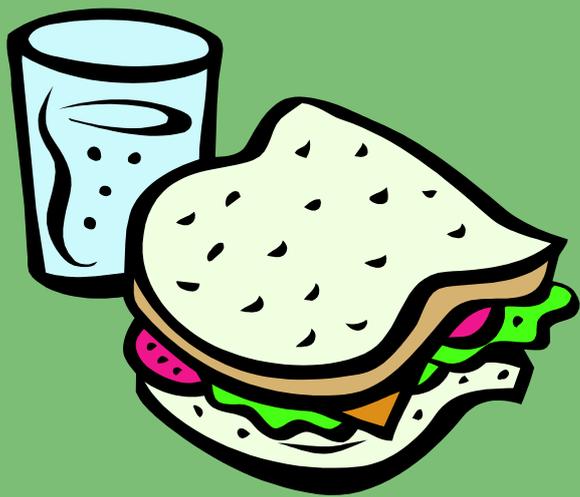
Freeze Frubes in the freezer and put in lunchbox in the morning. The frozen frubes are a novelty and they aren't as messy as yogurts.

Edel Dunican, Galway

Pasta with italian tomato sauce or wraps filled with tuna & sweetcorn which is mixed together with small amount of mayo chicken (chopped and small amount of mayo to mix) wrap, cheese can be added too. A tub with chopped mixed peppers & cherry tomatoes cheese triangles with crackers

Karina Healy, Wicklow





Wholewheat pasta 100g, Sweetcorn 1 small tin 4 slices of ham chopped 2 table-spoons mayonnaise approx. Cook pasta as instructed and drain. Drain tinned sweetcorn and add sweetcorn, ham and mayonnaise to pasta. My kids love this in their lunch box.

Angela Cotter, Westmeath

Rolling ham and cheese slices together into long sausage shapes looks really appetizing and fun! Kids can even have the fun making them for their lunch!

Una Kennedy, Wexford

Fav lunch for my two - carrots cut into batons, dunk in water just before putting into airtight container. Cherry tomatoes or small cubes of cheddar. Tuna/sweetcorn/mayo mixed & in wrap or ciabatta. Banana.

Sandra Mee, Galway

Kee your frubes in the freezer and each morning when you're making up your child's lunch box for school put one frozen frube in with it - it'll be defrosted, but still nicely chilled, by lunchtime and it also serves to keep the other items in the lunchbox cool and fresh!

Orla Kavanagh, Dublin

My two kids aged 6 and 5 absolutely love these sandwich mixtures every single time I make them ... Lightly toast a wholemeal pita bread - cut it in half on the short side to make two deep pockets. I like to place a fork inside the open pocket and lay the fork and pita on a chopping board for a minute while I make up the fillings - the fork helps the pocket to cool quickly and it 'dries' it in an open position so it's easier to fill and not soggy! When the pita is cooled a little, spread a triangle of cheese on the entire inside. Fill these two cheesy pockets with the following mixture = Mix some tinned Tuna with some Mayo - mix in 1 washed and chopped cherry tomato + 3 chopped and washed grapes + 2 chopped and washed sugar snap peas. Also try the warmed pita pocket spread with Philly cheese and add a mixture of chopped cooked Chicken + Mayo + 3 chopped and washed grapes + 2 chopped and washed sugar snap peas + 1 cherry tomato. You can make these mixtures the night before if you like and keep them tightly covered in the fridge overnight. These easy and very tasty fillings can be put into wholemeal wraps too that are spread with spreadable cheese also. Delicious for adults and kids! You can add a little chopped and washed scallion or onion if you are going to eat them straight away - but don't put onion in if it's for the lunchbox - it's overpowering after a short while and the whole lunch and box stinks of onion!! I tried it in my son's lunchbox once but he complained that the whole class gave out to him about the smell. When I opened his lunchbox at home later I nearly passed out with the stink! Lesson learned. Thank you - good luck to me, I hope I win!!

Anne Daly, Laois

My **Kidstime**.ie

Suggestion 1 – Sliced bagel, separately in a tub put in cream cheese, cling film chicken or smoked salmon and a plastic knife. Bit of fun for the child assembling their own lunch. Will get the other kids looking and asking 'what have you for lunch today?' Suggestion 2 – If you only have a sandwich to offer, try cutting it into large cookie cutter shapes. Suggestion 3 – Colourful lunch boxes: buy a few different colours. Suggestion 4 – 'Friday Special' – have this day a little different and more exciting, add a chocolate flapjack, carrot cake muffin or a bakewell bar as a treat. Wrap it in cling film, and a colourful bow. Suggestion 5 – Put in little 'love' note from Mom or Dad – saying 'have a great day, or say a well done for an achievement that week – or just a 'simple thank you for being you'. Note could also say as you have been so good, we will go for a picnic in the woods on the weekend, or go swimming in Leisueland. Do this on a colourful card with a love heart shape. Suggestion 6 – Encourage the kids to help make pastry and mini quiches. Let them assemble their own fillings. Suggestion 7 – Getting back to basics, encourage the kids to get involved in grown own lettuce/tomatoes. I did this with my own daughter. We put up a vegetable tunnel. As a result each morning before school, we pick our lettuce and tomatoes each morning. Assemble the tomatoes and lettuce in a bowl, in a separate small container she brings her salad dressing, and mixes it at her lunch break, so it does not get soggy. The taste is pure home grown, and loves it. We have grown different kinds of tomatoes yellow ones and red one (different kinds, the best were the beef tomatoes).

Alma Farrell, Galway

Cream cheese and egg salad sandwich. simple and easy, hard boiled egg mashed with Philly cream cheese, spread on your child's favourite bread. Just say egg cheese sandwich and watch them smile.

Jeff Seibert, Sligo

When making pasta for dinner keep a little for the next day as an alternative to the traditional sandwich, make as normal (for example, pasta, tomato based sauce, cheese, chicken, onions, mushrooms and spices) and just let cool, kids love it the next day and saves the hassle of making lunch. Alternatively boil pasta leave to cool and mix with sweet chili sauce very tasty if kids like peppers the add crunch and can be very tasty mixed in. Also make sugar free jelly in the plastic shot glasses kids love these always a winner at parties or in lunch boxes Strawberries sliced with sweetner instead of sugar very healthy and enjoyed more than with sugar Mix fresh fruit into sugar free jelly and pour into separate moulds/glasses

Sinead Canning, Sligo

2 tortilla wraps with grated cheese tomato and ham. Place one tortilla wrap on a heated empty/ plain pan (no oil butter) add the grated cheese chopped ham and chopped tomato place second tortilla wrap on top when bottom side is toasted turn over and toast other side all bits inside are melted and hold the wrap together cut into quarters and place in the lunch box mmm yum my kids adore these for lunch enjoy xxx

Debra Pikul, Sligo

I've a good few, but favourites in our daughter's (7 years) lunchbox are: – pita bread with hummous, falafel, cheese and cucumber (toast pita and cut open to make a pocket. Spread hummous into it, fill with sliced cheese, sliced cucumber and falafel ball) I use ready made Falafel from Cauldron Foods (available in fridge section in Tesco for example, but you can make your own falafel also!) – mini quiches I use ready rolled shortcrust pastry to save time. Cut out pastry so it fits paper cupcake forms, fill each of these forms with a teaspoon of your favourite veg (in our house, it's peppers, olives, sweetcorn and tomato) and then add a mixture of egg and milk (for 6 quiches, 3 eggs beaten with a little milk usually is enough) to fill up the cupcake forms. Top off with a little bit of grated cheese. Into the oven for 20–25 minutes at 200C until the cheese is nicely browned and the egg cooked through. Take out to cool and keep in fridge. Taste great warm or cold (also handy for picnics!)

Ramona Parkes, Wicklow



My daughter loves pitta bread with a filling of tuna fish, corn and a little mayonnaise as a gorgeous lunchtime snack!

Aileen O'dwyer-Papp, Dublin

Breadsticks (celery sticks too) and hummus are a great alternative to sandwiches and go down a treat.

Eimear Bermingham, Meath

My kids love left over chicken and mushroom vol au vents for their school lunch. Also if I make bolognese for dinner, the next morning I spread some on bread and grate on cheese, toast it under the grill, they love it for their school lunch too! Leftovers for lunches has saved my day. They also like yorkshire puddings stuffed with mixed up sunday lunch leftovers. I fork mash meat, stuffing, gravy and veg together, fill a yorkshire pudding, et voila.

Emma Dunne, Wexford

Red leicester cheese, spanish onion chopped thinly and mayo mixed together. Yum yum! Suits brown or white rolls or bread with lettuce, I just love it

Amanda Monahan, Offaly

Smoked salmon on brown bread with a mixed salad, lettuce red peppers grated carrots spring onion, cucumber and tomatoes.. who wouldn't want to eat that!

Amanda Monahan, Offaly

Chorizo and butter bean soup in a flask. One sausage of chorizo cut into slices. Tin of butter beans Tin of plum tomatoes 2 cloves of garlic one onion 300mls of stock. Fry the chorizo to release the oil for about 5 mins (in a dry saucepan) Remove and set aside. Fry the finely chopped onion and garlic in the chorizo oil. Add the tomatoes and simmer for about 10 mins. Add the stock and blend with a hand blender. Add the chorizo and butter beans. Soup is done. Add to the flask for lunch. This can also be microwaved, or frozen. Add chicken and pasta for a family evening meal.

Ellen O'Neill, Cork

Freeze Frubes and put them in the lunchbox. They melt by lunch time and keep everything in the lunchbox cool :)

Jennie Redmond, Dublin

My daughter loves cream cracker, rice cakes and sliced cucumbers (she will eat them all day), but won't eat sandwiches. Seeing as children are so individual when it comes to food, I doubt you'll find something to suit the masses but best of luck!!

Niamh Mc Donnell, Louth

My **KidTime**.ie

Seeds

Jackie Walsh, Galway

A slice of Bacon and Leek Quiche (be sure to chop up the leek really small and cook until soft- gives great flavour and they don't notice it!).

Zoe Fitzgerald, Galway

My kids get sick of sandwiches so we do a few different dips. One is hummus with carrot sticks, celery sticks and cucumber sticks. Another is puree of carrots, tomato and squash, with pita pieces to dip.

Elaine Odonoghue, Cork

For picky eaters I suggest a Bagel with butter, cream cheese, peanut butter or nutella. My kids don't like slices of turkey, ham or chicken. But a bagel is still filling for a long school day. You can also get them with sesame or poppy seeds or even raisin bagels. Also smoothie drinks are a great way to sneak fruit into their diet. They are also very filling.

Jennifer Mcguire, Wexford

I've found that changing the bread can totally transform my daughter's lunches. Try using a pita, tortilla/wrap, brown soda bread, or even a hamburger/hot dog bun! Also, you can use cookie cutters to cut the sandwich into fun shapes.

Jessica Woods, Louth

Pitta with ham & cheese

Norma Pentony, Westmeath

Mini wraps or pitta breads perfect for little hands stuffed with crispy lettuce, chicken, mayo and chilli dip (or a splash of tomato ketchup



if chilli dip is not their taste) but my little girl absolutely loves it

Mariam Havlin, Donegal

With my 3 kids tabbouleh is a big winner and is so healthy and inexpensive. Just combine cous-cous or fine bulgar with a combination of fresh veg, fruits, herbs that your child prefers, olive oil, lemon juice, salt and pepper to season. Chop the raw veg tiny and fussy eaters might just enjoy the different colours and give it a go! Examples; cucumber, spring onions, peppers, raisins, olives, gherkins, tomatoes, parsley, mint, coriander... endless options really. small tub, plastic fork or spoon and some wholemeal pitta bread. Nutritious and delicious! :)

Jenni Mcginley, Galway

Here is an idea that was posted on my website <http://www.sunmoonandpotatoes.com/kids-menu/pinwheel-bites>

Geetha Nair, Dublin



For water, put the water in the freezer the night before and give it your child when they are going to school. This keeps the water nice and cool for them all day.

Amy Bennett, Dublin

For junior infants it's a good idea to have the main lunch in the lunch box and the little break either separated in the lunch bag by putting that bit into a sandwich bag or if the child has a lunch bag put the lunch box and sandwich bag in there. Reminds them that there's 2 different lunches there and only to eat what's in the sandwich bag for the 1st break time.

Kerri Culhane, Wicklow

Pasta with pesto and grated cheese, ricecakes with humous dip, some gerkins and cucumber on the side, some fruit and a yogurt, my son loves this

Fin, Wexford

Pitta bread cut into strips with cheese slices

Lisa Wells, Dublin

Tuna mayo spring onion and lettuce straight from the garden my little girl's favourite

Helen Hanley, Limerick

My son loves homemade scones. I make up a batch every sunday. Then I bag them up and put them in the freezer, then in the morning i just take one out and put it in the lunch box then it's defrosted by the time lunch time comes around

Katriona Murphy, Kilkenny



We hope you have enjoyed our Lunchbox Ideas Guide.
We'd love to know what you thought, so please email us at info@mykidstime.ie

Follow Us!



Are you interested in being included in our next Family Guide? Email us at advertising@mykidstime.ie for details