



Five Days of Lunchboxes

activity sheet

Complete shopping list for all 5 lunches:

Watermelon
Bag of grapes
Kiwis
Green apple
Packet of salami slices
Bag of carrots
Packet of popcorn
Puneet of strawberries
Packet of grain waves
Oranges
Packet of salami sticks
Rice Crackers (cheese and salt & vinegar)
Cheerios (Small hot dogs)
Pizza Sauce
Grated cheese
English muffin
Sliced ham
Puff pastry
Self-raising flour
Salt
Pepper
Plain Flour

Caster sugar
Coconut
Rolled oats
Golden syrup
Bicarb Soda
Brown sugar
Vanilla extract
500g unsalted butter
1.8kgs of chicken
5 eggs
Milk
Breadcrumbs (stale bread)
80g parmesan cheese
Dried parsley
Onion flakes
Garlic powder
1 green capsicum
Milk chocolate chips
White chocolate chips
1 bag of smarties
Garlic cloves
1 onion

*Please note, some of these recipes are made with a Thermomix or Air Fryer. If you do not have these kitchen appliances, you can use items such as a food processor, kitchen mixer, oven or even your hands.



LUNCH ONE

Homemade nuggets
Watermelon
Grapes & Kiwi
Salami slices & Carrot sticks
Popcorn
Strawberry

Nugget recipe:

Chicken ingredients:

1.5kg chicken breast, cut up into small pieces
3 eggs
50g milk of choice

Crumb ingredients:

5 slices of day-old bread
50g parmesan cheese
2 Tbsp dried parsley
½ Tbsp onion flakes
½ tsp garlic powder



Method:

1. Preheat oven to 180C. Line a baking tray with baking paper
2. Add all crumb ingredients to bowl. Speed 8 / 10 seconds. Place into a separate bowl
3. Crack eggs and place into another bowl with the milk. Whisk well
4. Place chicken pieces into the egg mixture with one hand, and then move into the breadcrumb bowl
5. and with the other coat in the crumb
6. Place nuggets onto the tray and brush with a little oil. Bake for 20-30 minutes or until cooked through

If you don't have a Thermomix you can use a food processor. Process on a Medium to High speed for Step 2.

Freezer friendly.



LUNCH TWO

Pizza scrolls
Grain waves
Orange slices
Anzac biscuits & grapes
Salami sticks

Pizza scrolls recipe:

Scrolls Ingredients

300g of self-raising flour + extra to dust
90g of butter
 $\frac{1}{2}$ tsp of salt
160g of milk
Pizza sauce
1 $\frac{1}{2}$ cups of grated cheese
150g of sliced ham
Extra milk to brush



Method:

1. Preheat your oven to 210 degrees and line two oven trays with baking paper
2. Place the flour, butter and salt into thermomixer bowl and mix for 10 seconds on speed 9 until mixture is the same consistent as breadcrumbs
3. Add the milk and mix for 7 seconds on speed 4 to combine
4. Use the kneading function to knead the dough for 2 minutes
5. Turn the dough out onto a floured bench and using a rolling pin, roll the dough out until you have 30cm x 40cm rectangle
6. Spread pizza sauce over the dough, leaving a gap around the edges
7. Brush one long edge with a little milk
8. Spread the ham and cheese over the dough
9. Starting at the long side (without milk) carefully roll the dough until enclosed
10. Cut into 2cm thick slices
11. Place on trays and bake in oven for 25 minutes or until golden brown on top and cooked through



Anzac biscuits recipe:

Anzac biscuits Ingredients

150g plain flour
220g caster sugar
90g coconut
110g cup rolled oats
125g butter
1 Tbsp golden syrup
1 tsp bicarbonate soda
2 Tbsp boiling water

Method:

1. Preheat your oven to 180 degrees and line a baking tray with baking paper
2. Mix the plain flour, caster sugar, coconut and rolled oats in a large bowl
3. Melt the butter in the microwave and add the golden syrup and bicarbonate of soda (dissolved in the boiling water)
4. Make a well in the center of the bowl, add the butter mixture and stir through
5. Roll up the Tsp size biscuits and place on the tray and flatten slightly with a fork dipped in flour to avoid the fork sticking to the biscuit
6. Bake for approximately 15 minutes, or until the biscuits are golden
7. Carefully remove the trays from the oven and allow the biscuits to sit for 10-12 minutes before transferring to a wire rack to cool completely



LUNCH THREE

Sausage rolls

Watermelon

Grapes & strawberries

Carrots

Cheese rice crackers

Sausage rolls recipe:

Sausage rolls ingredients:

1 large chicken breast, chopped into chunks

1 carrot, roughly chopped

¼ green capsicum, roughly chopped

2 garlic cloves, peeled

1 small onion, peeled and quartered

½ Tbsp of vegetable stock concentrate or to taste 25g

parmesan cheese

Freshly cracked pepper

2 sheets of puffed pastry, thawed

Method:

1. Preheat oven to 180C degrees
2. Place everything except chicken, pastry and stock into a bowl
3. Blitz on speed 7 for 4-5 seconds or until desired consistency is achieved
4. You want some consistency to the vegetables
5. Add chicken and stock. Blitz on speed 7 for 5 seconds. You want a nice smooth mixture without large chunks. It will be a slightly wet mixture
6. Cut puff pastry in half, place chicken mixture along a long edge and roll.
7. Cut into desired sausage roll size
8. Cut into small bites for the kid's lunchboxes
9. Brush with egg and top with sesame seeds/poppy seeds/herbs etc. of choice
10. Bake for approximately 30 minutes or until golden brown

If you don't have a Thermomix you can use a food processor. Process on a Medium to High speed for Step 2.

Freezer friendly.





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LUNCH FOUR

Puff pastry with ham & cheese

Popcorn

Apple & grapes

Salami stick

Choc chip cookie

Puff pastry palmier recipe:

Puff Pastry ingredients:

125g of sliced ham

½ cup of grated cheese

1 sheet of puff pastry thawed

Method:

1. Preheat oven to 180C. Line a baking tray with baking paper
2. Place 9 slices of ham on puff pastry to cover the while pastry sheet
3. Add grated cheese
4. Fold in half from one side, and then fold the other side. It should look like a book
5. Then fold one side onto the other
6. Cut into 2cm thick slices
7. Place on tray facing up and bake in oven for 25 minutes or until golden brown on top and cooked through





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Choc chip cookie recipe:

Choc chip cookie ingredients:

150g of softened unsalted butter

½ cup brown sugar

½ cup caster sugar

1 egg

1 tsp vanilla extract

1 cup plain flour

¼ of milk chocolate chips

¼ of white chocolate chips Extra

choc chips for decoration

Method:

1. Preheat oven to 180C or 160C fan forced. Line 2 baking trays with baking paper
2. Using an electric mixer or whisking by hand, beat butter and sugars 1-2 minutes or until smooth and well combined. Beat in egg and vanilla until combined
3. Stir in flour. Divide mixture in two
4. Stir in white choc chips in one batch and milk choc chips in the other. Roll Tsp of mixture into balls and place on prepared trays, place apart. Press down slightly
5. Decorate with extra choc chips
6. Bake for 15-18 minutes or until light golden and cooked. Transfer to a wire rack to cool completely



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LUNCH FIVE

English muffin pizza
Watermelon & strawberries
Salt & vinegar rice crackers
Cabanossi & carrots
Smarties biscuits

English muffin recipe:

English muffin ingredients:

English muffins
Grated cheese
Diced bacon
Pizza sauce

Method:

1. Cut the muffin in half
2. Spread pizza sauce on both sides
3. Add bacon and cheese
4. Cook in the air fryer for 10 minutes

Smarties biscuit recipe:

Smarties biscuits ingredients:

100g butter melted
½ cup caster sugar
1 tsp vanilla essence
1 egg lightly beaten
1 ½ cups of self raising flour
1 cup smarties





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Method:

1. Preheat oven to 180C
2. Line baking trays with baking paper
3. Combine butter, sugar, vanilla, and egg in a bowl
4. Add flour and stir until combined
5. Cover and refrigerate for 15 minutes until firm
6. Roll teaspoons of mixture into small balls. Place on tray and press down slightly
7. Top with smarties, sprinkles, or chocolate chips
8. Bake for 10-12 minutes until light golden
9. Stand on tray for 5 minutes then transfer to wire rack to cool