



the  
lunchbox recipes  
10 delicious options for kids



Ruby Roundabout

healthy kids, happy family

For the amazing women who work tirelessly each day to provide the absolute best for their partners and children!

My hope is that this book takes care of you too!

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Ruby Roundabout



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# packing your lunchbox

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Living in Australia, our weather can be dramatically different from one end of the country to the other. Lunchboxes can be left out in intense heat for hours so it is important to consider the foods you pack for your kids each day.

Make sure you use ice packs to keep the food at a low temperature until it is eaten. Test it! Pack a lunchbox and leave it in similar conditions to those it will be in at school. Open it throughout the day to test the temperature of the food.

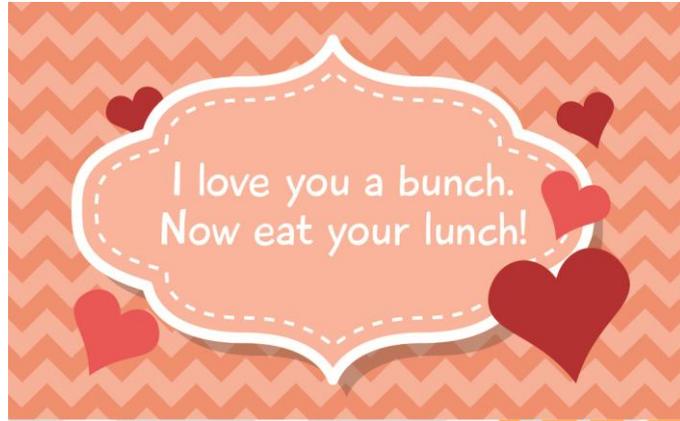
I love to add cute and colourful *Lunchbox Love Letters* that contain a healthy eating message. I also like to write my own message to each of my kids to let them know how special they are to me. (I often write them in advance and leave them in a pile so I can grab them quickly when I'm packing the lunches.) I notice my girls finding each other at school to show each other the *Lunchbox Love Letters* they received that day. As silly as it may sound, that alone puts a gigantic smile on my face!

*"I love to add cute and colourful  
Lunchbox Love Letters..."*

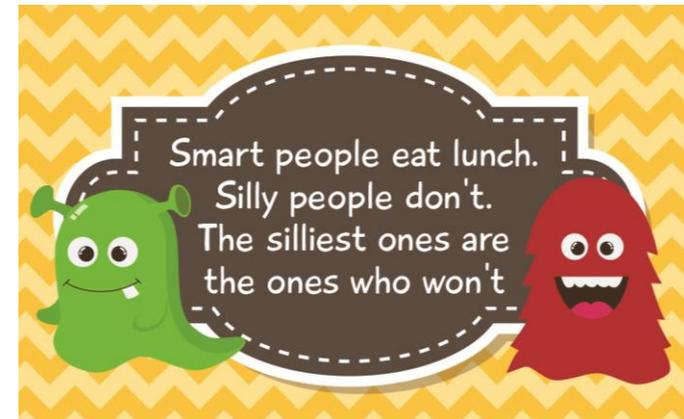
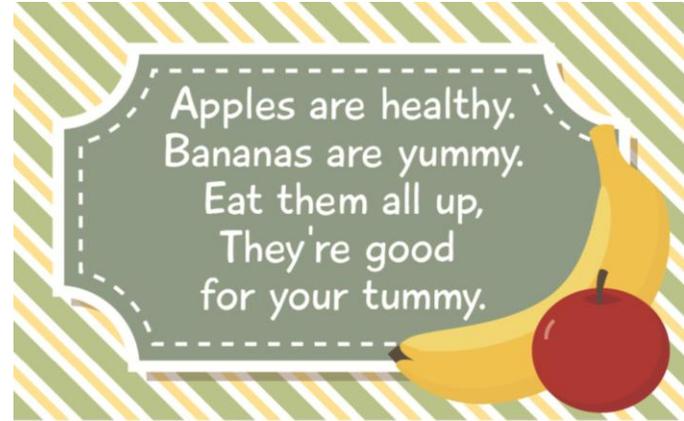
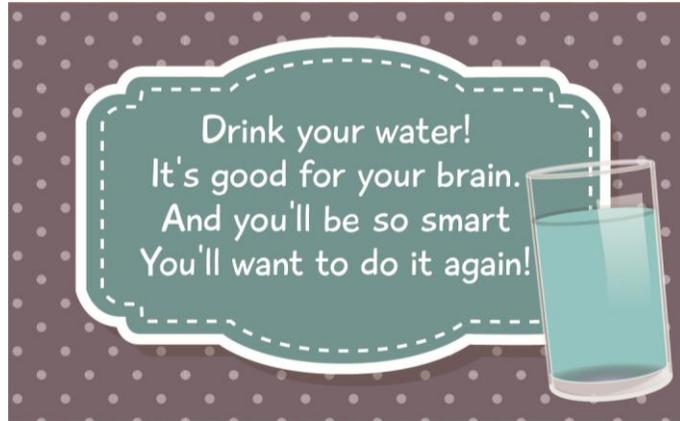
Sometimes I quickly scribble a message on the side of a noodle box or write a message on the aluminium foil wrapped around a tasty treat. It's a private note from me to each of my daughters and I've found that they love to read the note but rarely share it with each other. They will always comment on it though when they return home from school. I am often privileged to a huge hug as they snuggle in close to whisper in my ear that they got my message and they know how special they are to me!

These are memorable moments I will forever treasure!

Add *Lunchbox Love Letters* to your child's lunchbox to show them they are always in your heart.



Add *Lunchbox Love Letters* to your child's lunchbox to show them they are always in your heart.



# how to use the recipes

[rubyroundabout.com](http://rubyroundabout.com)

My intention in providing this collection of simple recipes is not to give you a hard and fast rigid rule book, but rather to give you a basis from which to start personalising the recipes to suit your family's needs.

Kids tend to be willing to try new foods and new food combinations when they feel safe and are allowed to decide whether they do or do not like particular foods. The idea here is to put combinations together that they will like.

In our family, the *Sardine & Tomato Whirls* are a huge hit! Our kids have also created their own fillings.

For example, *Apple and Cheese* or *Avocado and Tuna*. Whatever they decide to combine, I encourage it! If they are happy to eat the food, then it's a win!

*Don't be afraid to customise these recipes and make them your own.*

In truth, I enjoy the recipes as much as the kids do. I will often make extra and keep it stored in the fridge until the middle of the day when we'll gobble up all those leftovers in the office. They're always devoured in an instant and any scraps are happily consumed by our pet pig, Nellie who eagerly waits outside the office door!

Enjoy the recipes. I hope they inspire some fabulous lunchbox creations your family will embrace for years to come.

*Trish xx*



the  
recipies



Ruby Roundabout



ham & peach bundles



Savoury and sweet, these little bundles are easily picked up. You can use either Parma or ham for these tasty bites. Try substituting the peaches for any other soft fruit, such as pears or nectarines, even melon slices.

# ham & peach bundles

serves 2

*1 reasonably soft peach, but not overripe, stone removed  
and quartered  
2 slices of ham  
lemon juice (just a squeeze or 2)*

1. If your children do not like the skin, gently remove from the peach.
2. Squeeze lemon juice, very gently over the peaches, to prevent discolouration.
3. Wrap half a strip off the ham around each quarter of peach.
4. Store in a container in the fridge.

**TIP:** If you use pears, they are better made on the day, but peaches or nectarines or melon can be prepared the day before.



potato & cheese patties

Try making these for lunch or dinner in batches, and then they can be served in lunchboxes the next day, or frozen for later use.

# potato & cheese patties

serves 12

1.5kg/3lbs potatoes (preferably waxy ones),

peeled and cut ready for mashing

400g/14oz cheddar cheese, grated

1 sweet red onion, chopped

salt and pepper

2 tbs olive oil

1. Boil potatoes until just tender. When cool enough, grate into a bowl.
2. Stir in the onion and cheddar cheese, season according to taste.
3. Shape into patties.
4. Heat olive oil in a heavy-based pan; fry the patties on each side until golden brown, a few at a time and drain on kitchen paper.
5. Leave until cool, then place in an airtight container. The patties will keep up to 3 days in the fridge, or alternatively freeze them for later use.

TIP: Add a few chopped chives or herbs to give the patties a little more flavour. If used for adults, mix in some mustard for even more flavour.



vegetable crisps

Though no crisps will ever top the list of super foods, making them yourself ensures that you know that there are no nasty artificial flavourings in them, and provides a tasty snack with less salt than the shop-bought version. We use our airfryer to make these but I've provided the method for regular frying below.

# vegetable crisps

serves 4

1 potato, peeled

1 parsnip, peeled

1 carrot peeled

1 beetroot peeled

vegetable oil

salt

1/2 small pumpkin peeled

1. Pour the vegetable oil into a frying pan until at least an inch from the bottom.
2. Turn on the gas and allow the oil to heat up until the oil bubbles when a piece of vegetable is put in it.
3. Slice all vegetables as thinly as possible, or use a vegetable peeler, experimenting with sizes and shapes.
4. Spread the sliced vegetables on a tea towel and rub them dry.
5. Batch by batch, fry the vegetables until they start creasing and become golden (or in the case of beetroot and squash, a shade darker).
6. Lift the coloured crisps out of the oil and dry with kitchen towel.
7. Sprinkle with salt and store in an airtight container.

*chorizo & melon bites*

Just very simple, use leftover melon, or use some melon and the leftovers the next day! We find this really tasty and refreshing, but added protein with the meat and a bit more substance. You will need cocktail sticks or small bamboo skewers for this. My kids like to use a variety of salami and chorizo.

# chorizo & melon bites

serves 2

*1/2 small melon such as rockmelon or honeydew.*

*cut into cubes or small chunks*

*3 or 4 large strawberries*

*50g/2oz sliced cooked chorizo*

1. Slice the strawberries into pieces lengthwise, after removing the stalk.
2. Thread the chorizo, then melon, then another piece of chorizo, followed by the strawberry slice. Repeat until the stick is full.
3. Fill up as many of the sticks as possible, repeating the process, and depending whether you use cocktail sticks or skewers.



*italian happy sticks*

Very simple and the kind of thing you can keep in your store cupboard. Simple breadsticks or 'grissini' can be wrapped in all kinds of coverings and make a quick and tasty snack.

## italian happy sticks

1 stick per person

*pack of breadsticks*

*cream cheese or tomato paste*

*1 slice of ham or prosciutto*

*a few cherry tomatoes to accompany,*

*or a dip of your choice*

1. Simply coat the breadsticks with a little cream cheese or tomato paste.
2. Wrap the ham around the stick - easy!

sardine & tomato whirls



These whirls can be made with various fillings but we have picked tinned sardines due to their durability in hot climates. You can use tuna, or alternatively a smoked meat such as salami, Parma or ham. By rolling these 'sandwiches' it makes it more interesting for the children as opposed to the normal shape.

# sardine & tomato whirls

serves 2

*2 tbsp low fat cream cheese*

*1 can of sardines in tomato sauce, mashed*

*2 slices of bread, square as possible*

*2 cucumber sticks (approximately 5-6 cm/2-2 1/2 inch in length)*

1. Flatten the bread with a rolling pin, and if required, gently remove a little of the crusts.
2. Spread with the cream cheese and top with the mashed sardines.
3. Lay 2 cucumber sticks along one end of the bread.
4. Starting at one end, firmly roll the bread up so that you have one long pinwheel.
5. Wrap in film and store in the refrigerator.

**TIP:** These can be made the day before, wrapped in film and stored. Cut into slices in the morning.

peanut butter, date &  
cream cheese roll



This roll is packed full of vitamins and a real change from a boring filling! The combination of the three flavours really is a winner. Another option is to use rice crackers instead of bread rolls and replace the dates with sultanas.

# peanut butter, date & cream cheese roll

serves 4

*4 wholemeal or granary rolls*

*12 ready-to-eat dates*

*3-4 tbsp of low fat cream cheese*

*3 tbsp of peanut butter*

1. Use scissors to cut the dates into small pieces.
2. Mix the cream cheese and peanut butter together until combined, and then add the dates. Mix until even.
3. Cut the rolls in half and spread the mix. You can be generous with the quantity.

**TIP:** You can make the rolls the day before, but they are better made on the same day.



turkey croquettes

These can be made with turkey or chicken or minced beef, whichever you have. You will love them whatever the ingredients are! You can also use good quality sausage meat.

# turkey croquettes

serves 12

- 450grams/1lb of turkey mince (or beef, chicken, lamb)
- 1 large sweet potato, peeled and chopped into small pieces
- 1 large potato, peeled and chopped into small pieces
- teaspoon of chopped parsley or mint
- 1 teaspoon of olive oil

1. Dry fry the turkey mince in a frying pan. If needs be, add a little olive oil.
2. Cook and mash the potatoes together, mix in the herbs.
3. Mix together the turkey and the potato mix, making sure they are evenly combined. Add a little olive oil and mix again.
4. Lightly flour a board or your work surface. Take a small handful of the mix, roll into a ball and then into 'sausage shapes'.
5. Place on a greased baking sheet and bake in the oven for 25 minutes. Remove and allow to cool.
6. Can be frozen for up to one month, or served as soon as cool.



kiwi & cheese pancakes

These can be made by using ready made shop bought pancakes or you can make your own. Pancakes can be kept, separated by greaseproof paper, in the freezer for up to one month.

# kiwi & cheese pancakes

serves 2

*4 ready made sweet pancakes*

*4 kiwifruit, peeled and cut into slices*

*125g/4oz cream cheese (such as Philadelphia)*

*1 tbsp icing sugar*

1. Mix icing sugar and cream cheese together thoroughly.
2. Mix the sliced kiwifruit into the cream cheese mix.
3. Place the mix on one side of the pancake, a little way from the edge and the length of the pancake, and roll up to the other side, tucking the edges in as you go.
4. Cut each pancake in half and serve.

fruity nutty  
honey yoghurt



This yoghurt is absolutely heavenly. The healthiness and tastiness of plain yoghurt is often overpowered by the piles of flavoured yoghurt pots made available in the supermarket. For a home-made touch, save up old jam jars and send your child to school with a jam jar of yummy yoghurt and a napkin fastened around the lid with an elastic band.

# fruity nutty honey yoghurt

serves 1

*good quality plain Greek yoghurt*

*honey*

*seeds and nuts (pumpkin seeds, pistachios, hazel nuts)*

*dried fruits (cherries, raisins, dates, strawberries)*

1. Put about 1cm of yoghurt in the pot.
2. Drizzle honey over the yoghurt and a tablespoonful of dried fruits and nuts.
3. Layer another layer of yoghurt over this.
4. Repeat until the pot is full.
5. Ensure to cover the top layer of yoghurt and honey with seeds or nuts to avoid a messy top.

**TIP:** We grab a bag of Dried Berry Mix at the supermarket which makes this snack so quick to make. It's divine!

# all about ruby roundabout



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I'm Trish Morgan and I am 'mum' to four gorgeous girls who each love good food! My teenage daughter has autism and can be a little picky about her food choices while my younger triplets can sway in and out of picky choices and grand food adventures.

I began my online business when my triplets had just turned 1-year old. Work was busy and, as you can imagine, taking care of 3 babies along with a child who required a lot of additional support was tough!

My work kept me incredibly busy. I didn't begrudge it because I loved my work but there were side effects! I would often find myself grabbing takeout food to feed our family at night and lunches were thrown together in a hurry each morning. Those choices were not good for my kids or myself.

Lunchbox contents tended to be a headache until I decided to organise and simplify my lifestyle.

I enjoy preparing healthy, tasty food and, just as importantly, I love knowing what is in my food!

My girls truly love to help prepare their meals and have a big input into what goes into their lunchbox each day. I put together some very simple recipes that allow our kids to help prepare and customise their meals to suit their own tastes. We love trying new things and we have built up quite an impressive list of recipes that work for our family.

For me this book is about rejuvenating a tired lunchbox in a simple way that is super easy, completely stress free and allows the whole family to be involved in a fun and productive way.

My girls have grown up in a family that works with websites every day and for a long while they've been asking me to create a site where we can contribute as a family. My daughter, Ella, came up with the name Ruby Roundabout one afternoon and the idea grew from there.

Ruby Roundabout is a place where I share the recipes, crafts and other useful tips and ideas that allow me to run a business, give my kids healthy homemade meals, keep our household organised and yet still lead the relaxed lifestyle I choose for myself and my family.

Feel free to share this this eCookbook with your family and friends. You can visit us at [www.rubyroundabout.com](http://www.rubyroundabout.com)

Trish xx