

Move Well Eat Well

Warming lunch box ideas

Using an insulated container (like a Thermos) is a great way to send leftovers or other hot food to school. Try some of these ideas. Remember to pack a spoon or fork.



Dhal and rice



Noodle dish



Risotto



Stir fry



Spaghetti bolognaise



Soup



Curry and rice



Baked beans



Fried rice

For instructions on how to use an insulated container to keep food warm, go to www.health.tas.gov.au/mwew/families/plant_fruit_and_veg_in_your_lunchbox