

Make Ahead Picnic Lunch

www.menuinabox.com/blog

RECIPES

Salad Tortillas

Arugula & Semi Dried Tomato Salad

Mint Fruit Salad & Honeycomb Yogurt

Buttermilk & Raisin Muffins

Basic & Dry

- o tortillas
- o penne pasta
- o purpose flour,
- o wholemeal flour
- o bran
- o caster sugar
- o baking powder
- o grape seed oil

Cans & Jars

- o semi dried tomatoes
- o olives

Flavor

- o chilli flakes
- o mixed spice
- o honey with honeycomb
- o olive oil

Cold Box

- o dip
- o fetta
- o tubs of plain yogurt
- o egg
- o buttermilk

Fresh Box

- o arugula
- o strawberries
- o raspberries
- o blueberries
- o mint
- o raisins
- o avocado
- o english spinach,
- o carrot
- o bell peppers
- o tomatoes
- o sprouts.
- o raspberries
- o blueberries
- o mint
- o raisins

Other Box

- o patty pans
- o foil or plastic wrap

