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cookbook of your choice Pack yourself a lunch box to look forward to – use up leftovers from the night before, simmer up some soup, or whip up a quick salad before work ... Give kids two of their five-a-day and a dose of vitamin C with these colourful rainbow pots of tuna ...

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Butternut salad with pea and goat's cheese dip. The key to a good lunchbox salad is having a variety of tastes and textures. This easy vegetarian salad has the perfect balance of soft and smoky roasted squash, sweet, lightly pickled red onion, aromatic fresh mint and crunchy seeds. Serve it with a creamy pea and goat's cheese dip for crisp breadsticks.

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