

# Packed with Goodness.

## Sandwich Builder

Make delicious and healthy sandwiches to go in the lunchbox!

### Choose most

#### Vegetables

Have them raw, cooked or canned, and aim for a variety of colours and textures.



Tomato



Celery



Cucumber



Carrot



Pumpkin



Beetroot



Corn



Spinach



Capsicum



Mixed greens



Snow peas



Alfalfa sprouts



Mushroom



Avocado



Onion

### Choose some

#### Breads

Wholegrain, wholemeal and high-fibre white varieties are the best choice. Try something different each time!

#### Meat and meat alternatives

Choose lean and reduced-fat options. Protein is an important part of your child's sandwich.



Bread roll



Bread



Wrap



Rice cakes



Crackers



Chicken



Lean meat



Egg



Reduced-fat cheese



Fish

### Add a little

#### Tasty spreads

These yummy spreads add excitement to a healthy sandwich.



Hummus



Reduced-fat mayonnaise



Guacamole



Reduced-fat cottage or ricotta cheese



Chutney or salsa

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Crunch&Sip®

# Lunchbox Favourites

## Crunchy Tuna Sandwich

**Prep** 10 mins

### Ingredients

- 95g can tuna in spring water, drained
- ½ stick of celery, diced
- 2 tsp low-fat mayonnaise
- 1 cos lettuce leaf
- A squeeze of lemon
- 1 tbs sliced spring onion (optional)
- 2 slices wholegrain bread

### Method

In a medium sized bowl break up tuna with a fork. Stir in the celery, spring onion (optional) and lemon, then mix in the mayonnaise. Spread tuna mixture over one slice of bread, season with pepper then top with a lettuce leaf and the remaining slice of bread.



## Egg and Avocado Sandwich

**Prep** 5 mins

### Ingredients

- 2 slices wholegrain bread
- ½ cup baby spinach leaves
- 1 egg, hard boiled and de-shelled
- 2 tbs avocado
- 1 tbs low-fat natural or Greek yoghurt
- ¼ tsp Dijon mustard
- ½ tbs lemon juice

### Method

In a small bowl, mash together egg and avocado. Add yoghurt, mustard and lemon juice and mix well. Spread mixture evenly over one slice of bread, layer over spinach leaves and top with remaining slice.



## Sweet Chilli Chicken Wrap

**Prep** 10 mins

### Ingredients

- 1 sheet wholemeal or wholegrain wrap
- ¼ small avocado, peeled and stoned
- 2 tsp sweet chilli sauce
- 80g skinless cooked chicken breast, shredded
- ½ small red capsicum, thinly sliced
- 1 spring onion (including green top), ends trimmed, chopped
- 1 tbs fresh coriander, chopped

### Method

In a small bowl, mash together avocado and chilli sauce. Place wrap on a flat surface then spread over avocado mix. Layer remaining ingredients along one edge. Roll bread up tightly to enclose filling and cut in half.

