

EVERYDAY SANDWICHES FOR YOUR CHILD'S LUNCHBOX

Sandwiches, wraps and rolls are a great way to include vegetables and wholegrains in your child's lunchbox.

Here are our top tips to make a healthy sandwich full of everyday ingredients.

BREADS, WRAPS AND ROLLS

When choosing your bread, we recommend a wholemeal or wholegrain variety as they contain more fibre, vitamins and minerals than white bread. If your child will only eat white bread, choose a variety with added fibre.

Raisin bread also makes for a healthy alternative. Try adding cream cheese or banana for a yummy sandwich.

PROTEIN FILLING

Choose lean, unprocessed protein fillings. These will be lower in saturated fat and salt.

Our favourites include:

- Leftover lean rissoles or hamburger patties, roast meat e.g. chicken, beef or lamb
- Boiled egg
- Barbeque chicken (skin removed)
- Falafel
- Ham
- Grilled or steamed chicken breast
- Canned tuna or salmon
- Turkey
- Tofu
- Cheese

SALAD FILLING

Aim for the salad to make up the bulk of the sandwich. It's a great way to add vegetables into your child's lunchbox.

Our favourites include:

- Grated carrot
- Shredded lettuce
- Avocado
- Cucumber
- Sliced tomato
- Baby spinach
- Beetroot (fresh or canned)
- Pineapple



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EVERYDAY ADDITIONS

Instead of adding butter or margarine why not try some healthier alternatives? We suggest cream cheese, cottage cheese, avocado, hummus or tzatziki.

SWAP IT'S FAVOURITE SANDWICHES

- Roast beef, tomato, carrot and lettuce
- Boiled egg and lettuce
- Tuna, cheese and lettuce
- Turkey, avocado and cucumber
- Tofu, avocado, carrot and cucumber
- Ham, cheese and tomato
- Raisin bread with cream cheese
- Baked beans and cheese
- Barbeque chicken (skin removed), pineapple, cheese and baby spinach
- Roast beef, tzatziki, carrot, beetroot and baby spinach
- Boiled egg, avocado and baby spinach
- Salmon, cream cheese and cucumber
- Falafel, hummus, tomato and lettuce
- Cheese, pineapple, beetroot and baby spinach
- Ham, carrot, cucumber, avocado and lettuce
- Raisin bread with banana
- Barbeque chicken (skin removed), lettuce and cucumber

