

Some Lunch Ideas

LUNCH AT HOME

- ☺ Soup containing vegetables and beans with small roll
- ☺ Jaffle with mild mexican chilli beans and cheese/ tuna and creamed corn/ asparagus, ham and cheese /creamed corn, pineapple and cheese
- ☺ Noodles cooked with a variety of vegies and an egg or left-over meat/chicken.
- ☺ Pasta with tomato and beef sauce and grated cheese
- ☺ Home made burger with lean pattie and salad
- ☺ Veggie pikelets



LUNCH IN A BOX

- ☺ Tiger sandwiches– layers of different coloured bread with different fillings
- ☺ Chicken + chopped vegetables in pita bread
- ☺ Peanut butter + banana on raisin bread
- ☺ Lean roast beef, grainy mustard + lettuce on rye
- ☺ Curried egg, lettuce, tomato, carrot on a bagel
- ☺ Fill box with cherry tomatoes, lettuce, cucumber, green beans, egg, cheese cubes + small bread roll
- ☺ Wholemeal English muffins + tomato paste, tomato slices, capsicum strips, grated carrot, pineapple + cheese. Grill or bake.
- ☺ Homemade mini quiches (made with wholemeal bread)
- ☺ Chicken, tomato wedges, lettuce, cucumber on foccacia bread
- ☺ Pasta + chicken, 3 bean mix, mixed vegetables.



LUNCH IN A FLASH

- ☺ Tin of low salt soup or homemade soup with a small roll
- ☺ Bread roll & salad Plain or flavoured tin of fish or chicken with a
- ☺ Cheese slices/sticks, baby carrots, crackers and small tub hummus
- ☺ Boiled egg + vegemite roll + side salad
- ☺ Slices of cold meat such as lean ham, turkey + salad + wholegrain crackers eg. Vitaweat
- ☺ Corn thins/cakes with tomato, low fat cheese + ham

