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/cream corn, pineapple and cheese
- Noodles cooked with a variety of vegies and an egg or leftover 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