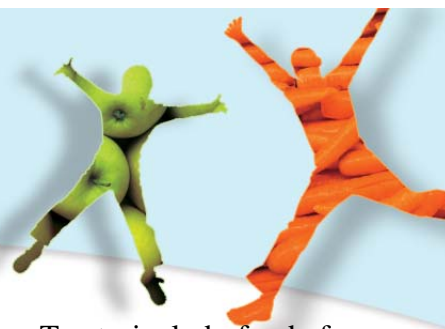


Great Lunch Ideas



Sometimes it can be hard to think about what to make for lunch. Try to include foods from as many of the food groups as you can.

The food groups are breads and cereals, fruit, vegetables, dairy and meat and meat alternatives (e.g. eggs, baked beans, chickpeas, lentils, nuts and seeds).

Here are some ideas to get you started...

1. Lunch at home

- Soup with vegetables and beans. Add a bread roll.
- Toasted sandwiches or jaffles. Try these fillings: mild Mexican beans and cheese, tuna and creamed corn or asparagus, ham and cheese or creamed corn, pineapple and cheese.
- 2 minute noodles. Cook with an egg or left over meat or chicken. Add cooked vegetables.
- Pasta with tomato and beef sauce and grated cheese.
- Home made burger containing a lean meat pattie and salad.



2. Lunch box ideas

- Chicken and chopped vegetables in pita bread.
- Smooth peanut butter and banana on raisin bread.
- Vegemite, cheese and chopped celery on a bagel.
- Fill the lunchbox with cherry tomatoes, lettuce, cucumber, green beans, egg, cheese cubes and a small bread roll.
- Leftover homemade pizza.
- Lean roast beef, grainy mustard and lettuce on rye bread.
- Boiled egg and cheese, with lightly steamed cooked vegetables.
- Chicken, tomato wedges, lettuce and cucumber on focacia bread.
- Pasta with chicken, 3 bean mix and mixed vegetables.
- To keep food safe, keep food cool. Use a frozen ice brick or drink, insulated lunch box or freeze sandwiches the night before. Check out the Food Safety for Lunchboxes handout for more information.

Continued over page



3. Great sandwich ideas

To make sandwiches more interesting, vary the breads and fillings. Try these ideas:

- Use different types of bread. Try wholemeal, wholegrain, high fibre white, pita, foccacia, sourdough, rye, lavash or wrap breads, turkish bread, bagels.
- Try crackers and crispbreads for a change.
- Add different vegetables in different ways. Grated carrot, finely sliced cucumber, different types of lettuce and green leaves, grilled eggplant or roasted capsicum, cooked sweet potato or pumpkin (leftover from dinner), sliced mushrooms, tinned asparagus...
- Use different protein fillings instead of just cold meats and chicken. Try things like baked beans, tinned fish, peanut or cashew nut paste, hummous, egg.
- Add different flavours. Try mustard, small amounts of Vegemite™ or Promite®, mayonnaise, salt reduced tomato sauce, chutney and hummous. You can also add herbs and spices such as chopped up parsley and chives or curry powder. Don't add salt!



4. Quick lunch ideas

If time is short, try these for a healthy lunch in a flash.

- A tin of reduced salt soup or homemade soup with a roll.
- Savoury muffin and yoghurt.
- Plain or flavoured tin of fish with a bread roll, tomato and grated carrot.
- Cheese slices or sticks, baby carrots, crackers and a small tub of hummous.
- A bread roll, boiled egg, sliced cucumber and snow peas.
- Slices of cold meat such as lean ham or turkey with salad and crackers.

5. Don't forget to add fruit and a drink

To make lunch complete add fruit and a drink (water and milk are the best drinks)

- A piece of whole fruit or a container of smaller fruit such as grapes, berries or fruit salad.
- Tinned fruit or snack packs of fruit in natural juice.

