

Ideas for Sandwich Fillings

Food Smart Schools • an naq nutrition program

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Choose Your Bread:

- Wholemeal
- Multigrain
- Rye
- English Muffins
- Wraps
- Lebanese Bread
- Pita Bread
- Raisin Loaf

Choose Your Spread:

- Avocado
- Hommus
- Reduced fat cream cheese
- Mashed banana
- Pesto*
- Salsa
- Cottage cheese or ricotta
- Tahini
- Margarine/ olive oil spread

Fill It Up

- Lean chicken
- Lean ham
- Lean roast meat
- Tuna
- Salmon
- Sardines
- Turkey
- Egg
- Baked beans
- Reduced fat cheese
- Lettuce
- Tomato
- Cucumber
- Alfalfa sprouts
- Asparagus
- Avocado
- Beetroot
- Cabbage (coleslaw)
- Grated carrot
- Pineapple
- Capsicum



Tasty Combinations

- Tomato, ham and low fat cheese
- Hard boiled egg (mashed) with lettuce
- Tinned tuna with lettuce and beetroot
- Low fat turkey slices with cranberry sauce and salad
- Ham, avocado, carrot and pineapple
- Roast vegetables with hummus
- Mashed avocado with lemon juice
- Cheese, tomato and tahini
- Mashed banana with thinly sliced dates or sultanas
- Low fat cheese, lettuce, tomato, beetroot, cucumber, ham, alfalfa sprouts, pineapple and grated carrot
- Baked beans and cheese
- Lean roast meat, chutney, lettuce and tomato
- Chicken, grated apple and celery and ricotta
- Ham, grilled eggplant and pesto*
- Grated carrot, sultanas and cream cheese
- Tinned salmon, cream cheese, lettuce and grated carrot
- Raisin bread with peanut paste* and banana
- Raisin bread with honey and ricotta
- Grated carrot, finely sliced cabbage, and bean shoots

*Contains nuts