Great ideas for tasty sandwich fillings

Choose your bread
- Wholemeal
- Multigrain
- Rye
- English muffins
- Wraps
- Lebanese bread
- Turkish
- Pita bread
- Raisin loaf

Choose your spread
- Avocado
- Hommus
- Reduced fat cream cheese
- Mashed banana
- Pesto
- Salsa
- Reduced fat cottage cheese or ricotta
- Tahini
- Margarine

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

Tasty combinations for young children
- Tomato, lean ham and reduced fat cheese
- Hard-boiled egg (mashed) with lettuce
- Tinned tuna with lettuce and grated carrot
- Turkey slices, cranberry sauce and lettuce
- Chicken, avocado and carrot
- Roast vegetables with hommus
- Tinned salmon, reduced fat cream cheese, lettuce and grated carrot
- Raisin bread with honey and ricotta
- Mashed banana with some sultanas
- Tuna, reduced fat cheese, tomato and cucumber
- Lean roast meat, chutney, lettuce and tomato

Tips for preparing sandwiches for school
Placing items like lean meats, reduced fat cheese and lettuce leaves next to bread can make an excellent barrier to stop more moist ingredients making the bread soggy by lunchtime.

Make sure any containers or packaging for sandwiches and wraps are easy to undo for young children.