

Lunchbox Laughter Fantastic Fillings



Step 1 – Choose your bread ...

With so many different kinds of bread out there you need never settle for a plain white slice again! Why not try some of the following breads:

- Flour Tortilla wraps
- Pita bread
- Bagels: plain, cheese & onion, sesame, poppy seed
- Granary and wholemeal rolls
- Seeded rolls
- Cheese topped rolls
- Crusty baguettes
- Italian Breads: Ciabatta, Focaccia, Panini
- Flavoured breads: tomato, olive, rosemary or herb



Step 2 – Choose your Fabulous Filling...

Steak Sandwich – for an extra special sandwich BBQ or fry a steak fillet. Thinly slice and pile into a crusty baguette. Fill baguette with watercress and enjoy!

Banna and peanut delight – thinly slice banana. Spread a generous amount of peanut butter onto a roll and top with sliced banana.

Turkey, Avocado and Pesto – spread your roll with pesto and top with grilled turkey breast, avocado and cherry tomatoes.

Special Tuna and Sweetcorn – combine a tin of tuna with a tin of sweetcorn and a generous splash of your favourite low-fat dressing. Serve in a crusty brown bap with lots of green leaves.

BLT – grill some bacon and cool on kitchen paper to drain excess fat. Thickly slice tomatoes and tear lettuce leaves. Thinly spread light mayo and pile in the fillings. Tip: Grilled chicken also works well!

Fancy Cheese and Tomato – thickly slice halloumi cheese and grill or griddle over a medium heat until golden brown. Thickly slice plum tomato. Spread bread with red pesto and stuff with cheese and tomato.

Cheese and Bean Toastie – place grated cheese and a tablespoon of baked beans in between two slices of bread and place in a toastie maker. Cool and wrap up.

Sauces and spreads liven up any sandwich – try 1 today!

Classy Crab – drain tinned or fresh crab meat; add finely chopped spring onions and celery, dollop of mayo and a handful of fresh dill.

Coloured lunchbox days – why not pick a different colour for each day of the week and pack your child a single coloured lunch! E.g. for a yellow day: cheese sandwich, yellow pepper dip sticks, homemade banana smoothie and lemon cake.

Fabulous Fajita – thinly spread a flour tortilla with BBQ sauce; add sliced peppers, mushrooms, avocado and grilled chicken.

Cheats tomato hummus – combine a pot of hummus with chopped sundried tomatoes and smother on a bagel. Add crunchy veg.