



HEALTHY LUNCH IDEAS FOR UNDER 5s

A healthy and nourishing lunch is important to help kids stay alert and active throughout the day. If your kids are tired of the same old sandwich, why not mix and match some of the following more exciting options?

There are so many different types of breads to choose from! Try some of the following:

Wholemeal, white, multigrain, rye and hi-fibre breads or rolls including burritos, English muffins, focaccia, lavash, pita, raisin or fruit loaf, tortillas and Turkish bread, rice and corn cakes and plain or fruity scones.

Put together a scrumptious sandwich or wrap:

- Egg and shredded lettuce
- Lean roast meat, avocado & tomato
- Hummus and salad
- Baked beans
- Cheese, shredded lettuce and vegemite
- Mashed sardines, salmon or tuna mixed with chutney, avocado or ricotta cheese
- Chicken, chopped tomato and capsicum
- Cream cheese, turkey or chicken and cranberry sauce
- Cottage cheese, tuna and sprouts
- Cheese, chicken and avocado
- Cheese, ham and tomato
- Mashed banana and ricotta cheese

Make a marvellous mini pizza with a base of English muffin, pita bread, lavash bread or focaccia, topped with:

- Ham, cheese and pineapple
- Chicken, capsicum and cheese
- Mushroom, onion, capsicum and cheese
- Chicken, avocado, tomato and cheese

The great thing about rice, pasta and noodle dishes is that they make a delicious HOT or COLD lunch. Get creative with some of the following ideas:

- Fried rice made with rice, egg, chicken or ham, peas, corn, spring onions, bean shoots and salt reduced-soy sauce
- Chicken Noodles made with noodles, chicken (or lean beef/lamb) carrots, capsicum, onion, broccoli and salt-reduced soy sauce

- Sushi with tuna and avocado
- Sushi with grated carrot, cucumber and lean meat
- Salmon, avocado and tomato pasta
- Zucchini Noodle Cake with low fat noodles, eggs, grated mozzarella cheese and grated zucchinis. [Click here](#) for our delicious recipe
- Hawaiian rice with rice, corn kernels, celery, pineapple pieces, spring onions and lean ham

Visit our Recipes page (<http://www.nutritionaustralia.org/national/recipes>) for more fantastic lunch ideas!