

This project was funded by the Community Support Levy through the
Tasmanian Government

traffic light sandwiches

ingredients

- 4 slices of whole meal sliced bread
- 1 teaspoon margarine
- 1 tomato
- 1 dessertspoon corn relish
- 1 washed lettuce leaf
- 1 slice ham

method

On a white chopping board spread 2 slices of bread with margarine. Set aside.

Take the other 2 slices of bread and with a small top cut out 3 small holes downwards directly under each other keeping it to the left side then repeat process on the right side of the slice of bread. Now spread this slice of bread with margarine.

Take the 2 slices of bread that you set aside and cover the top third of the bread with tomato. The next third spread with corn relish

And the last third a piece of ham cut to fit and top the ham with lettuce leaf cut to just cover the ham. Place the slice of bread with the 6 holes on top and cut in half length wise.



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fruit kebabs

ingredients

Small cubes of your favourite fruits

method

Select your favourite pieces of fruit and thread them alternately onto a skewer until skewer is full.

Eat and enjoy or in place of the skewer an ice cream cone could be filled with the fresh fruit and it can all be eaten.

For school lunch cover the top with cling wrap.

