

# A CHEAPER CHOICE

Healthy Tummies

Which lunch fills us up the most?



**TUMMIES FEEL HUNGRY SOONER AND ENERGY DOESN'T LAST**



**Only have these foods occasionally and in small amounts**

**TUMMIES FEEL FULL FOR LONGER GIVING LASTING ENERGY**



**Have these foods everyday!**

For more information visit:

[www.healthylunchbox.com.au](http://www.healthylunchbox.com.au)

[www.canterbury.govt.nz](http://www.canterbury.govt.nz)

Canterbury

Community &

# BREAD CASES

## Ingredients

Wholemeal sliced bread

Fillings - options include:

- Creamed corn
- Spaghetti
- Baked beans
- Left over mince
- Cheese
- Finely sliced vegetables such as tomato, onion, mushrooms, capsicum and celery
- Shaved ham
- Canned pineapple

## Method

1. Preheat oven to 180 degrees bake
2. Lightly grease muffin tins
3. Press slices of bread into muffin tins (some crusts may need to be cut off to make this easier)
4. Mix together fillings in a bowl and spoon tablespoons of mixture into bread
5. Bake until golden brown and fillings cooked/melted



## MENU ONE:

Pasta	= 79c per 500g packet 10 serves for a little person	} 8c / serve
Carrot Sticks	= \$2.39 for 8 carrots (kg) 16 serves	
Bobby banana	= \$3.49 for 7 bananas	} 50c / banana
Fruit/Plain Yoghurt	= \$3.79 per 6 pack or 1L Plain 6 serves	
Kiwifruit	= \$1.89 for 7 kiwifruit 7 serves	} 27c
<b>Total for this lunchbox</b>		



If you were to add a little grated cheese and some tinned tomatoes, this would make the pasta more interesting.

**MAKE THIS GLUTEN FREE BY USING GF PASTA**

