

With a bit of creativity you can make the sandwiches in your canteen interesting and enticing for students.

We 'buy with our eyes' so creative presentation of healthy sandwiches is important.

Healthier spreads to vary your sandwiches

- Hummus (chickpeas, lemon juice, olive oil, garlic, pepper and tahini), reduced fat tzatziki (reduced fat yoghurt, cucumber and garlic), vegetable based dips, salsa.
- Low fat mayonnaise, mono- and poly-unsaturated spreads and margarine.
- Low fat cream cheese, cottage cheese, ricotta.
- Creamed corn, mashed avocado.

Healthier filling ideas

- Reduced fat cheese, tomato and salsa.
- Roast chicken (skin removed) and coleslaw (with reduced fat dressing).
- Roast chicken (skin removed), cucumber, lettuce and reduced fat tzatziki or avocado.
- Roast chicken (skin removed), avocado, lettuce and alfalfa.
- Tuna (in spring water), corn kernels, grated vegetables and low fat mayonnaise.
- Tuna (in spring water), salad, and reduced fat cheese.
- Roast beef, salad (lettuce, tomato, grated carrot, cucumber) and mustard.
- Turkey, spinach, tomato and low fat mayonnaise.
- Roasted chicken (skin removed), pesto and char-grilled capsicum.
- Salmon (in spring water), spinach, spring onion, low fat mayonnaise and reduced fat Swiss cheese.

Healthy vegetarian sandwich fillings

- Mashed egg, salad and low fat mayonnaise.
- Baked beans and grated reduced fat cheese (toasted).
- Reduced fat cheese, salad and hummus.
- Grated reduced fat cheese, avocado and lettuce.
- Ricotta, banana, currents and cinnamon.
- Reduced fat cheese/ricotta, grated carrot and sultanas.
- Banana, tahini and honey or cinnamon.

Remember

We 'buy with our eyes' so creative presentation is important. If sandwiches are presented in an attractive way, students will be more likely to make a healthy choice, which will increase sales of healthy options in your food service.



Themed sandwich fillings

- **Tropicana:** Lean, reduced salt ham, reduced fat cheese, tomato and crushed pineapple (drain well).
- **Mexicana:** Baked beans, grated reduced fat cheese (toasted) and salsa.
- **Meatball Lovers:** Sliced meatballs, reduced fat cheese and spinach.
- **Souvlaki:** Lean chicken/mince patties or lamb, salad and reduced fat tzatziki served in pita bread.
- **Falafel Wraps** (falafel mix can be purchased commercially and is quick and inexpensive to prepare): Falafel balls, salad and reduced fat tzatziki or hummus served in a wrap.
- **Christmas Lovers:** Lean, reduced salt ham or turkey, roast vegetables and cranberry sauce.
- **The Aussie:** Roast beef, beetroot, reduced fat cheese, pineapple and salad.
- **Italian Veggie Patch:** Pesto, char-grilled zucchini, char-grilled eggplant, reduced fat feta and spinach.

Creative sandwich designs

- **Zebra sanga:** Use 1 slice of white bread with 2 slices of wholemeal, rye or grainy bread with different fillings. This is a great way to increase consumption of wholemeal/grainy bread.
- **Pinwheel or sushi sandwich:** Spread a slice of wholemeal flatbread with filling (e.g. avocado), roll up, cut in half and display with the filling showing.

Top tips for sandwiches

- Try different types of bread, such as wholemeal, grainy, seeded, rye, sour dough, fruit bread, rolls and mini rolls, wraps, pita, Turkish, Lebanese and lavash breads.
- Use poly- or mono-unsaturated margarine instead of butter and spread sparingly.
- Always try to include a protein source such as egg, lean meats, fish, reduced fat cheese or legumes (hummus dip, lentil patties, Mexican style kidney beans).
- Use lean meats and reduced fat cheeses.
- Always try to include at least one vegetable or fruit filling.
- Pat dry moist ingredients, such as tomato or pineapple, and place between dry ingredients/spreads to help stop the bread turning soggy.
- Vary sandwiches, fillings and spreads to give more food variety and choice. For example, offer toasted sandwiches and wraps, or hot rolls
- Cut sandwiches into different shapes and sizes, e.g. four triangles for smaller appetites or 'triple decker' for older students.
- Keep in mind that younger students only have little hands. Mini dinner rolls may be a good alternative.
- Use leftover bread to make toasties.
- Wrap sandwiches immediately after being made to stop the bread drying out.
- Name healthy sandwiches with catchy titles, like 'Chomping Chicken Burger' to help make them more popular.

Important information for menu planning

- Where possible, choose products that are labelled 'reduced fat', 'reduced salt' and 'no added sugar'.
- When choosing commercial products, check nutrition information panels against the nutrient criteria tables in the *School Canteens and Other School Food Services Policy*. For more information about the *School Canteens and Other School Food Services Policy* visit www.heas.health.vic.gov.au

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