

HAPPY SANDWICH DAY!

Start making healthy sandwiches for school lunches.

Bread 2 Slices/squares	Healthy Fats Select one	Protein Select one	Vegetable Select two or more
<ul style="list-style-type: none"> • Brown bread • Wholewheat bread • Duo bread • Multi-seed oat bread squares 	<ul style="list-style-type: none"> • A teaspoon of low-oil mayonnaise • Sliced avocado • Nut butter 	<ul style="list-style-type: none"> • Tuna • Chicken • Beef • Cheese • Cottage cheese • Boiled egg • Hummus • Ham • Back bacon 	<ul style="list-style-type: none"> • Lettuce • Cucumber • Tomatoes • Spinach • Onion • Bell peppers • Spring onion • Celery • Gherkins • Grated carrot 

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