

MAIN MEAL IDEAS

- ❖ **Lamb and tzatziki hotdogs** Fill the inside of wholewheat hotdog rolls with cooked lamb boerewors and top with a sprinkling of feta.
- ❖ **Beef burgers** Stuff a low-GI bun with lettuce, beef patty, Cheddar and a sauce made by frying halved cherry tomatoes until soft. Add preferred seasoning.
- ❖ **Smoked chicken and avo wraps** Mash avocado with lots of lemon juice (this will prevent discolouration) and spread inside wholewheat wraps. Top with cucumber sticks and sliced smoked chicken, and roll up.
- ❖ **Creamy chicken sandwiches** Combine finely shredded roast chicken with smooth cottage cheese and chopped basil, and sandwich together on low-GI bread. Cut into a fun shape like a star or dinosaur using a sandwich cutter.
- ❖ **Bacon and peppadew jaffles** Make sandwiches on low-GI bread with crispy bacon, peppadews and mozzarella. Toast in a jaffle pan or snackwich. Cool before packing into a lunchbox.
- ❖ **Mini egg frittatas** Bake egg custard in paper or silicone cups with grated baby marrow, chopped ham and grated Cheddar.
- ❖ **Tuna pancakes** Combine tinned tuna with light mayonnaise and chopped gherkins. Spread onto pancakes and roll up with baby leaves.
- ❖ **Scrambled egg pitas** Stuff low-GI pita pockets with scrambled egg mixed with chunky cottage cheese and chopped chives.
- ❖ **Mini mince empanadas** Fill 10cm store-bought shortcrust pastry circles with savoury mince (great for hiding veggies like grated carrots, celery, onion, peas and corn). Fold closed, egg wash and bake for about 30 minutes at 200°C or until golden.
- ❖ **Mini margarita pizzas** Spread wholewheat wraps with tomato paste and sprinkle with mozzarella and sliced cherry tomatoes. Bake at 200°C for about 20 minutes or until golden.
- ❖ **Sweet potato toast** Cut a sweet potato lengthways (with or without the skin) into 7mm thick slices. Toast about three times on the highest setting of your toaster or until cooked through when pricked with a fork. Mash together peanut butter and banana and serve with the 'toast'.

FRUIT

- Naartjie
- Strawberries
- Blueberries
- Grapes
- Banana (unsliced)
- Apple (unsliced)
- Pineapple chunks
- Peach

VEGETABLES

- Baby carrot balls
- Cherry tomatoes
- Cucumber wheels
- Sweetcorn
- Sugar snap peas
- Peas

SNACK

- Nuts and raisins
- Pretzels
- Dried fruit
- Popcorn
- Mini oat cookies
- Biltong
- Seed bars
- Hummus or tzatziki and veggie chips
- Melrose cheese portions or Cheddar sticks

DRINK

- Cold milk
- Water
- Drinking yoghurt (watch out for too much sugar, or make your own by blitzing together their favourite fruit and plain yoghurt. Thin out with milk to their liking and add honey to taste).

Mix up options to make lunchboxes exciting

TIPS

- ❖ Always cool food before packing it into a lunchbox.
- ❖ A lunchbox with separate compartments divides the food and prevents it from going soggy or mixing flavours.
- ❖ Ice packs will help keep food cold and fresher for longer. Freeze a water-soaked sponge overnight in the fridge, put it in a zip-lock bag and place in the lunch bag. Freezing drinks will also keep lunchboxes cold and ensure a refreshing drink at lunchtime.
- ❖ Use tinfoil, cling wrap, sandwich/wax paper, sandwich bags, or mini plastic containers with lids to prevent food from drying out.