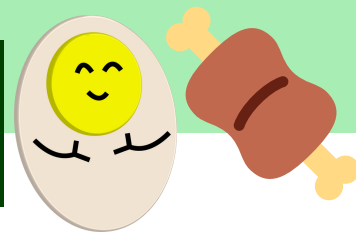


Meat/non-meat snacks



Fresh ideas

Mini meatballs

Choose from pork, beef or chicken mince. Add shredded or grated vegetables to increase the nutritional value.

Mini quiches

Choose from a variety of flavours with egg as the main ingredient. Consider spinach, cheese, capsicum, pumpkin, mushroom and tomatoes. You can use rolled-out bread as the base.

Egg slice

There are many flavour options. Try zucchini, carrot, corn and cheese or spinach and cheese.



Wholemeal jaffles with baked beans

Baked beans are a great source of protein and fibre. Fill wholemeal bread with baked beans and grill in the sandwich press. Alternatively, serve baked beans on their own, with bread dippers to dunk with.

Cheese toastie

A hot melted cheese toastie made on wholemeal bread is a source of fibre, iron and calcium. Serve cut into triangles.

Bubble and squeak

Replace bacon with lean ham and add extra veggies along with potato and cabbage.



Mini falafel balls

Mini falafels made with chickpeas are a great source of protein, fibre and iron.

Loaded spuds with baked beans

Load pre-baked or steamed spuds with toppings of choice, such as baked beans, corn and beans, pineapple and ham, and top with cheese or natural yoghurt.

Hearty soup

Perfect on colder days. Try pea and ham, chicken and corn, minestrone, lentil or bean soup.

Mince rolls made with mountain bread

Make sausage rolls using lean mince (chicken, beef or pork) with mixed grated veggies. For the base, replace pastry with mountain bread or rolled-out wholemeal bread with crusts removed.

Baked beans bread cups

Use wholemeal bread rolled out as the base, moulded in a muffin pan. Fill with baked beans, cheese and egg and bake in the oven. (See [*Baked Beans Bread Cups*](#) recipe).

Frittata/lentil patties

There are lots of options to choose from. Lentils, corn and peas, broccoli, cabbage and carrot, pumpkin.

Illawarra Shoalhaven Local Health District, 2023.



Munch & Move

