

Nutrition for Outside School Hours Care • another NAQ Nutrition program

Whether you have a flat sandwich press or jaffle maker there are loads of options for toasted sandwiches! They are great as a nutritious snack or light meal.

Top Tips for Toasties:

- Use multi-grain, wholemeal, Turkish or Lebanese bread for savoury toasties and raisin or fruit breads for sweet toasties.
- Use an olive oil spray to lightly grease the outside of the bread before toasting. This prevents bread from sticking and is healthier than butter or margarine.
- When using fruit breads, a sheet of baking paper or greaseproof paper can be used between the bread and sandwich press to prevent fruit sticking.



Tasty Filling Ideas:

Savoury

- Pizza – pizza sauce, lean ham, pineapple, capsicum, mushrooms and cheese
- Mexican – tomato salsa, tinned or baked beans, avocado and cheese
- Chicken, pesto, tomato and mozzarella
- Baby spinach leaves, crumbled feta and a sprinkle of grated cheese
- Roast beef, cream cheese and tomato chutney
- Mashed egg and cottage cheese
- Savoury mince and cheese

Sweet

- Ricotta and sliced strawberries on raisin bread
- Chopped banana and a drizzle of honey on raisin bread
- Tinned apple and cinnamon
- Berries and cream cheese