



THE ULTIMATE

MUM'S GUIDE TO KID-FRIENDLY SANDWICH FILLINGS

The Classics

- JAM
 - PEANUT BUTTER
 - HONEY
 - VEGEMITE
 - CHEESE
- MIX 'EM UP:
- JAM AND PEANUT BUTTER
 - VEGEMITE AND CHEESE

Something Sweet

- NUTELLA
- SPRINKLES/100S AND 1000S
- NUTELLA AND BANANA
- PEANUT BUTTER AND BANANA
- PEANUT BUTTER AND JAM
- HONEY AND PEANUT BUTTER
- NUTELLA, HONEY AND BANANA

A Little Cheesy

- CHEESE AND SPRINKLES
- COTTAGE CHEESE AND VEGEMITE
- CHEESE AND AIOLI
- CHEESE, CAPSICUM AND LETTUCE
- CREAM CHEESE AND BABY SPINACH
- CREAM CHEESE AND AVOCADO
- CREAM CHEESE AND SULTANAS
- CHEESE, EGG AND MAYO
- CHEESE AND TOMATO
- CHEESE AND LETTUCE
- CREAM CHEESE, CUCUMBER AND CARROT
- CHEESE AND CUCUMBER
- CHEESE AND SAUCE

A Little Fishy

- TUNA AND AVOCADO
- TUNA AND CHEESE
- SALMON AND CREAM CHEESE
- TUNA
- TUNA, MAYO AND COLESLAW
- TUNA AND MAYO
- SALMON, SPINACH AND MAYO

Salad Fillings

- AVOCADO AND CHEESE
- HUMMUS AND AVOCADO
- CHEESE, GHERKIN AND MAYO
- MASHED EGGS AND HUMMUS
- MASHED EGGS AND AVOCADO
- CURRIED EGGS
- LETTUCE AND MASHED EGGS
- MASHED EGG AND WHOLE EGG MAYO
- GRATED CARROT, CHEESE AND SULTANAS
- SPINACH, CUCUMBER, GRATED CARROT AND SWEET CHILLI SAUCE
- LETTUCE, CHEESE AND CHUTNEY
- LETTUCE, TOMATO, CUCUMBER AND CARROT
- GRATED CHEESE, CARROT, MAYO AND SPRING ONION
- TOMATO AND CUCUMBER
- CUCUMBER AND CARROT
- CHEESE, CARROT, LETTUCE AND MAYO
- EGG, LETTUCE AND MAYO
- FETA, CUCUMBER AND EGG

A Bit Meaty

- HAM AND CHEESE
- CHICKEN, CHEESE AND MAYO
- CHICKEN LOAF, LETTUCE, TOMATO AND CHEESE
- CHICKEN, LETTUCE AND MAYO
- SALAMI, TOMATO AND CHEESE
- BBQ CHICKEN, CHEESE AND BBQ SAUCE
- PULLED PORK
- HAM AND MASHED EGG
- HAM AND HUMMUS
- CHICKEN, CREAM CHEESE AND LETTUCE
- CHICKEN, SWEET CHILLI SAUCE AND SOUR CREAM
- CHICKEN MIXED WITH GREEK YOGHURT AND AVOCADO
- HAM, CHEESE AND SPINACH
- HAM, CHEESE AND TOMATO
- CHICKEN, CHEESE AND AVOCADO
- BBQ SAUCE, CHEESE AND PULLED PORK
- CHICKEN, MAYO, SPINACH AND SPRING ONIONS
- HAM, CHEESE, LETTUCE AND MAYO
- CORNED BEEF, CHEESE AND SPINACH
- DEVON AND CHEESE
- DEVON AND SAUCE
- CHICKEN, LETTUCE AND MAYO
- HAM, CREAM CHEESE AND SPINACH
- CHICKEN, LETTUCE, CARROT AND AVOCADO
- HAM, CHEESE AND LETTUCE
- TURKEY, CRANBERRY SAUCE, LETTUCE AND AVOCADO
- TURKEY AND CHEESE
- SALAMI, CHEESE AND SPINACH
- CORNED BEEF AND CHUTNEY
- ROAST PORK, CHEESE AND CRANBERRY SAUCE
- DEVON, SAUCE AND CHEESE
- TURKEY, CHEESE AND AVOCADO
- CHICKEN, CHEESE, CUCUMBER AND LETTUCE
- BACON, LETTUCE, TOMATO
- CUCUMBER, BACON, CHEESE AND AIOLI
- CHICKEN, EGG, LETTUCE, CHEESE AND MAYO
- CHICKEN AND SPINACH
- CHICKEN, CHEESE, MAYO AND AVOCADO
- CHICKEN SCHNITZEL AND AIOLI
- ROAST CHICKEN AND LETTUCE
- CHICKEN, GRATED CARROT, CHOPPED CELERY AND MAYO
- PULLED PORK AND COLESLAW
- ROAST CHICKEN AND COLESLAW
- PASTRAMI, CHEESE AND TOMATO
- HAM, CHEESE, LETTUCE AND MAYO
- SLICED TURKEY AND CUCUMBER
- CHICKEN STRIPS, LETTUCE AND CHEESE
- HAM, CHEESE AND PINEAPPLE
- BBQ CHICKEN, CELERY AND MAYO
- SILVERSIDE AND CHEESE
- HAM, LETTUCE AND TOMATO

