

Make a Better Choice for your

## Picnic



## TASTY SANDWICH FILLERS

Variety is key! Varying the types of sandwiches for your picnic can help ensure its nutritionally balanced and interesting!

Why not try double decking healthy brown bread to make sandwiches more exciting?

**Choose from one of the following breads:**

- Triple Grain Demi Baguette
- Multiseed Baguette
- High Fibre Demi Baguette
- Hi Fibre Petit Pain
- Wheaten Loaf
- Small Brown Bread Roll
- Brown Slider Rolls
- Brown Pitta Bread
- Wholemeal Wraps

**Choose from one of the fillings:**

- Cream cheese such as Light Philadelphia Cheese or Extra Light Laughing Cow mixed with tinned tuna and baby spinach leaves
- Cream cheese with sliced strawberries
- Sliced cucumber topped with tuna mixed with light or extra light mayonnaise
- Salmon, avocado and cream cheese
- Cucumber, turkey and hummus
- Mashed banana
- Low Low red or white cheese with tomato
- Low Low red or white cheese with sliced apple
- Pulled or sliced chicken and avocado – check out the SPAR range of sliced turkey and chicken
- Turkey / chicken with lettuce and tomato