

## Grade 4: Lunch Boxes

### SUSHI SANDWICHES AND A GLASS OF MILK



*In your sushi sandwich you need to have:*

- *2 slices Wholemeal bread*
- *One protein source*
- *One spread*
- *One green vegetable*
- *Option: one other vegetable or sultanas*

*Choice of fillings for sandwich:*

<b>Protein source</b>	<b>Spread (glue)</b>	<b>Green Vegetables</b>	<b>Other vegetables/fruit</b>
Egg mayonnaise	Hummus	Avocado	Grated carrot
Ham	Cream Cheese	Lebanese cucumber	Radish
Grated cheese	Beetroot dip	Lettuce	Sultanas

1. Cut crusts off of bread.
2. Place bread onto a flat surface. Use a rolling pin flatten bread slightly.
3. Spread "glue" over bread leaving a 2cm strip free of filling along 1 edge.
4. Top with your fillings. Roll up to enclose filling.
5. Cut each sandwich into 3 rounds.
6. Serve with a glass of milk.