

An egg is quick to cook, either boiled, poached or scrambled.

Welsh rarebit, cheese toast or savoury grated cheese and tomato are appetising and simple to make.

Left-over casseroled meat or savoury dish can be re-heated and eaten for lunch.

SANDWICH FILLINGS

Cheese

Sliced or grated cheese with chopped celery, chives, parsley, onion, tomato or finely shredded lettuce.

Grated cheese and grated carrot mixed with mayonnaise.

Cheese and thinly sliced pineapple or chopped dates.

Eggs

Scrambled or hard cooked in the shell then mashed, moistened with a little milk and flavoured with chopped celery, parsley, mint, chives or minced onion, shredded lettuce, grated raw carrot, vegemite or marmite, tomato puree or tomato juice.

Egg and crisp cooked bacon.

Curried eggs.

Meat

Sliced or minced cooked meat (beef, lamb, mutton, veal, corned beef, rabbit, liver) or prepared meats with chopped parsley, chives, cooked green peas, shredded lettuce or tomato sauce or puree.

Liver sausage and chives.

Finely chopped brains or rabbit with parsley sauce.

Fish

Flaked steamed fish or mashed tinned fish cutlets, flavoured with a little lemon juice, vinegar or mayonnaise and mixed with chopped celery or cucumber.

Vegetables

Any combination of salad vegetables which may include—

Sliced tomato.

Sliced cucumber.

Sliced cooked beetroot.

Shredded lettuce.

Shredded tender cabbage leaves.

Chopped celery.

Chopped chives.

Chopped onion.

Chopped parsley.

Grated carrot.

Grated young raw beetroot.

Sweet Fillings

Peanut butter and sliced banana.

Sliced or mashed banana and chopped raisins, prunes or dates.

Sliced banana and sliced pineapple.

Chopped nuts and dried fruit.

Chopped raisins or other dried fruits and chopped apple or shredded pineapple.

Note—Banana or apple should have a little lemon or orange juice squeezed over them to prevent discolouration.

Miscellaneous

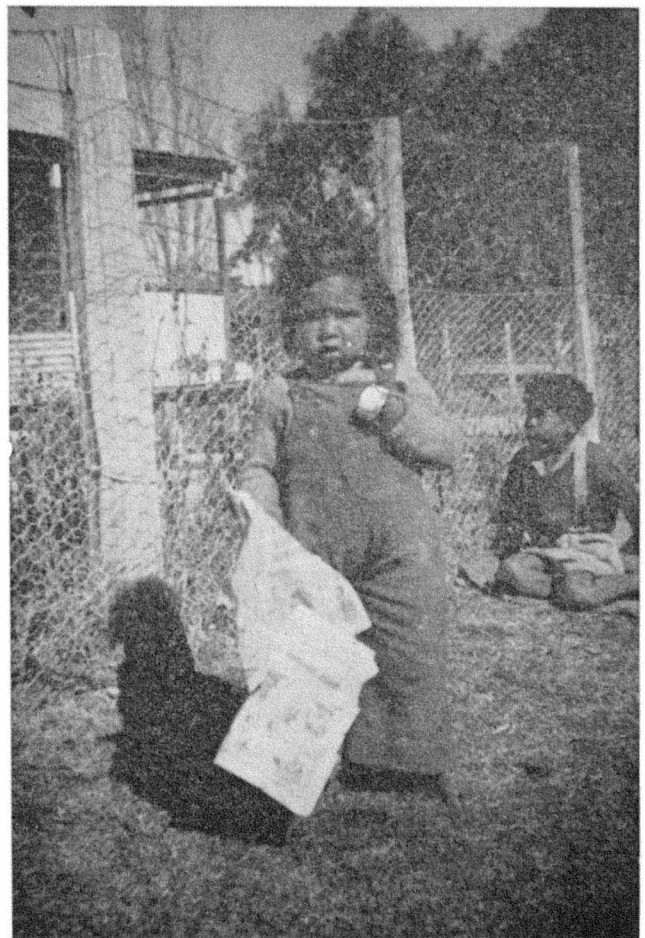
Baked beans, plain or with a little shredded lettuce.

Peanut butter, plain or with any of the salad vegetables or dried fruits or banana, or a little honey to flavour.

Chopped nuts, with dried fruits, salad vegetables or a little honey.

Yeast or vegetable extract with any of the salad vegetables, or sliced or grated cheese, or egg.

A special pamphlet, "Lunch at School", may be obtained from the Publicity Officer, Health Department, 52 Bridge Street, Sydney.



Little Priscilla Wightman, of Tingha