

## Have little fingers help you make lunch specials.

- **Fruity pikelets** – spread pikelets with cream cheese and top with chopped fruit
- **Lettuce cups**- Make up a salad mix of cold rice, capsicum, carrot, cucumber, sultanas, cheese cubes, sliced ham etc and serve in a lettuce leaf. Roll up to eat.
- **Something From Nothing Muffins**- cut an English muffin in halves and top with cream cheese and grated carrot, vegemite and sultanas, grated apple and chopped dates, peanut butter and honey.
- **Roll-ups**- Spread flat bread with hummus, avocado, grated carrot, cucumber slices, sultanas, shaved ham, olives, tomatoes, cheese. Roll up tightly and slice diagonally.
- **Bruschetta**- Use French loaf and cut thin rounds. Toast one side and spread the following mixture on the other. Mix finely chopped tomato, basil, avocado, chives and 1 tsp balsamic vinegar.
- **Cucumber crispies**- Top rings of cucumber with cream cheese spread or dip and top with tomato, grated beetroot, sliced fetta, salmon or tuna.
- **Pumpkin dampers** Mix 2cups SR flour with 2 Tbsp sugar, ½ tsp nutmeg and 1c grated pumpkin. Add 1 Tbsp melted butter and ¼ to ½ c milk. Mix well and form into balls. Place on a baking tray. Bake 12-15 minutes. Serve with shredded ham and chive butter.
- **Corn Fritters**- Whisk 2 eggs with 1 cup corn, ¼ c self raising flour and 2 Tbsp milk. Drop in spoonfuls into grease pan. Cook on both sides about 3 minutes each. Serve with tomato relish.
- **Minestrone Soup**- put lots of cut-up vegetables in a saucepan with 2 cup stock and 1 cup pasta. Add some seasonings. Cook until tender.
- **2 Minute Noodle Soup (throw away the included sachet)** - Cook up noodles then add a can of creamed corn, some cold leftover chicken meat and 2 cups water. Cook.
- **Pumpkin Soup**- Cook up ¼ pumpkin, chopped, and 1 large chopped potato in 2 c chicken stock.. Add some bacon or ginger for flavour. Blend everything together. Serve with a swirl of evaporated milk. and whole meal toast.
- **Salmon Dip**- Blend a can of salmon with a hard boiled egg and 1 tbsp mayonnaise. Use logs of carrot, zucchini, celery or cucumber to dip into individual bowls.
- **Special Sandwiches**-Spread your favourite sandwich spread and use your cookie cutters to cut out sandwich shapes.
- **Window Sandwiches**-using your cookie cutters, cut out the shape on the top only slice of bread and not the bottom. Fillings will be placed on the bottom and you can look through the window.
- **Meat Roll Ups**- Take a slice of corned beef, a slice of cheese and some cucumber logs or grated carrot Roll up and secure with a toothpick