

## Alternative Food Ideas

### Snack Ideas:

- Fruit
- Vegetables (carrot sticks, cucumber, sliced pepper, snow peas)
- Dried Fruit (raisins, sultanas, apricots, cranberries)
- Nachos/Tortillas
- Popcorn
- Pretzels
- Cheese (Sticks, cubes....)
- Salami sticks
- Olives
- Rice crackers

### Sandwich ideas.....

- Ham and Cheese (and mustard/aioli/mayo)
- Cream cheese and Jam/Honey
- Pizza spread and grated cheese
- Roasted Vegetables with cream cheese
- Ham, pineapple slices, and cream cheese
- Cucumber, and cream cheese
- Turkey, cheese, and cucumber
- Turkey, cheese, and apple slices (nice on a cinnamon raisin bagel)
- Ham, Swiss cheese, and honey mustard
- Turkey, feta, and sprouts/dried cranberries
- Tomato, basil, and fresh mozzarella
- Brie, pear slices, and honey
- Turkey and mashed sweet potatoes
- Apple butter and cheddar cheese (yummy on raisin bread)
- Chicken, avocado slices, and Cheese
- Smoked salmon, cream cheese (and cucumber slices)
- Sliced hard-boiled egg, cheddar cheese, and sliced tomato
- Shredded chicken, and mayonnaise
- Banana, and shredded coconut
- Sliced chicken, avocado, shredded and lettuce
- Turkey bacon, lettuce, and tomato with guacamole spread
  - USING A VARIETY OF BAGELS, WRAPS and BREADS lends to Variety



The only NUT FREE Muesli bars available seem to be these 'freedom food' ones at some Countdown stores....