

# Recipe checklist for bread-based items



**Aim to tick all these boxes for a nourishing meal**

<b>Bread base</b>	Use wholemeal or whole grain varieties.	<input type="checkbox"/>
<b>Vegetables</b>	Include at least one non-tuber vegetable or salad.	<input type="checkbox"/>
<b>Protein</b>	<p>Use lean meat, poultry or fish, e.g. mashed egg, shredded/sliced chicken, roast beef, canned tuna or salmon.</p> <p>OR</p> <p>For vegetarian options, use egg, cheese, baked beans, falafel, tofu or bean patties. Choose products with a Health Star Rating of 3.5 or above.</p> <p>OR</p> <p>If using processed products such as ham, crumbed chicken or fish, plant-based alternatives, choose products with a Health Star Rating of 3.5 or above. Instead of deep-frying, oven-bake crumbed products.</p> <p>Deep-fried food, such as katsu chicken, is not provided.</p>	<input type="checkbox"/>
<b>Milk products</b>	If using cheese, choose low fat or reduced-fat cheese, e.g. cottage cheese, Edam, reduced-fat cheddar, reduced-fat tasty cheese.	<input type="checkbox"/>
<b>Spread</b>	<p>Use margarine or mayonnaise made from healthier fats, such as canola, olive and rice bran oil sparingly. Choose the reduced-salt products where possible.</p> <p>OR</p> <p>Use plant-based spreads such as hummus, avocado or nut/seed butter with no added sugar.</p>	<input type="checkbox"/>