



Back to School Shopping Guide

Lunch... it's in the bag

by Shirley Vanek

Bread

All kinds of bread are made into sandwiches, and sometimes two or more are used together. Here's a variety of breads for you to choose from.

Plain breads - enriched white, whole wheat, cracked wheat, rye.

French loaves - good with most every kind of filling.

Specialty breads - fruit loaves, onion, cheese, oatmeal, raisin - generally used with sweet type fillings or savory butter spreads.

Rolls and buns - hamburger, weiner, crusty, Kaiser, Italian, onion - mostly used with hearty protein fillings of meat, eggs or cheese.

Muffins and tea biscuits - used with either sweet or savory fillings. Pita/"Pocket"/"Middle East" bread - used with a protein source such as meat, cheese or egg plus salad-type ingredients like sprouts, shredded carrots, coleslaw, lettuce, tomatoes, spinach and salad dressing added to it.

Fillings

Sandwich fillings range from simple slices of meat to elaborate combinations of ingredients. There are satisfying protein fillings of meat, poultry, fish, cheese or peanut butter, often combined with lettuce or pickles in sandwiches that are eaten to replace a meal. There are vegetable or relish fillings, which make a nice change for between-meal snacks but at mealtime should be accompanied by a protein food. And there are sweet fillings of fruit, jam, jelly and honey, which may be used alone but sometimes are combined with cheese, nuts or peanut butter.

Preparation Tips

* Taste as you go. Try the filling with bread to be sure it has sufficient seasonings and flavour interest.

* Make sure that the filling is sufficiently moist to prevent dryness in the sandwich, but not so moist that it will seep into the bread. To moisten sandwich fillings, choose whatever will best complement the flavour, for example: salad dressing, mayonnaise, milk, cream, catsup, chili sauce or fruit juice.

* Pep up fillings that taste flat, by adding salt and pepper, a few drops of lemon juice, vinegar, pepper sauce or Worcestershire sauce, prepared or dry mustard, chopped pickles or olives or horseradish - whatever seems most suitable. Add only a little at a time.

* Have something crisp or crunchy in the filling, such as lettuce, cucumber, pickle, nuts, celery, green pepper or cabbage.

* Give fillings a touch of originality by adding a trace of suitable herb or spice; try mustard with cheese, basil with tomatoes, curry or savory with chicken, oregano with lamb or pork, majoram with onion and cayenne with egg.

* Slice meat very thin for sandwiches and use several slices instead of one thick one.

Most cold sandwiches with the exception of those containing lettuce and tomato, can be made in advance and stored in a cool place. If possible, leave the sandwiches whole, wrap in plastic film and store them in the refrigerator. They will stay fresh up to 24 hours. Freshly made sandwiches can be chill-

ed by packing the lunch bag with a frozen carton of yogurt, applesauce, fruit or vegetable juice.

Freezing

For longer storage, most sandwiches may be frozen. Sunday evening is a good time to prepare the week's lunches because they can be mass produced and frozen. Listed below are fillings that freeze well and those that don't. In general, the "drier" the filling the better it freezes.

Freeze-able Fillings

Keep two to six weeks at most in freezer:

- peanut butter, ham, meat loaf, roast beef, turkey/chicken, salmon/tuna, hard-cooked egg yolks.

Freeze these fillings for only one week:

- cheese, bologna, salami, liverwurst, mayonnaise mixtures.

Don't Freeze These Fillings

- lettuce, tomatoes, cucumbers, celery, sprouts, jam/jelly, hard-cooked egg whites.

You should not freeze hard-cooked egg whites because they become tough and dry. Lettuce, cucumbers, celery and other greens lose their crispness. Tomatoes, jam and jelly tend to soak into bread during thawing. Luncheon meat is frozen for a short period of time only because it becomes overly salty. Salad dressings tend to separate on freezing but this is not generally considered a problem in frozen sandwiches.

To freeze: wrap sandwiches in plastic bags, squeezing out as much air as possible. Packed frozen in a lunch bag, they will be thawed but still cool at noon.

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25 x 91 grams Sizzler beef burger **8.99**

44 x 113 grams Chieftain beef burger **18.98**

10 kg Heyho all-purpose flour **6.29**

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BACK TO SCHOOL SAVINGS

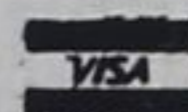
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