

# Nutrition Snippet

ENJOY WINTER VEG & FRUIT.



**Try this winter warming meal!**

- Chicken & veg lasagne - 2.5 serves of veg per portion
- Stewed apples and sultanas - 1 serve of fruit per portion

**For these recipes and more visit:**

**[healthylunchbox.com.au](http://healthylunchbox.com.au)**



**Cancer Council**  
Healthy Lunch Box