

FOR THE LOVE OF  
**BREAD**



...DELIVERING BETTER CANCER SUPPORT FOR  
CHILDREN, ONE SANDWICH AT A TIME

**THIS BOOK IS DEDICATED TO THE  
THOUSANDS OF FAMILIES ACROSS  
AUSTRALIA WHO ARE IMPACTED BY  
CHILDHOOD CANCER.**

Thank you to the following people and organisations who made this book possible:

Our families, supporters and ambassadors who shared their story.

Coles and Coles Express for their ongoing support, and their passionate team members who do so much to support Redkite.

Shelley Liana Jelonek for creative concept and design.

Kristie Murphy - Freya's Nourishment for photography.

Finally, thank you to everyone who has chosen to buy a loaf of Coles Own Brand bread to help a family facing their child's cancer.



Redkite acknowledges the Traditional Owners of the land throughout Australia, and their connections to land, waters and community. We acknowledge their stories, traditions and living cultures, and we pay our respect to Elders past, present and emerging.

Redkite is committed to ongoing learning about the individual needs of our families. We strive to create a respectful and inclusive space for people of all cultures and identities.



# PREFACE

The Redkite and Coles partnership came from a shared belief that no family should face their child's cancer alone, and this enduring partnership has helped to shape cancer support across Australia.

Since 2013, the Coles community has raised more than \$45 million to provide practical, financial, emotional and mental health support to thousands of families facing childhood cancer.

Coles Own Brand bread has been the cornerstone of this unique partnership, with five cents from the sale of specially marked loaves going to help children with cancer and their families.

This second edition of *For the love of bread* celebrates the resilience of families whose lives have been impacted by childhood cancer. From the friends of Redkite to the families Redkite has supported, our thanks to everyone who has shared stories and recipes.

We hope you find a favourite recipe in these pages for your lunchbox or family.



**STEVEN CAIN**  
Coles CEO



**MONIQUE KEIGHERY**  
Redkite CEO



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# TAMLIN & HER MUM, KERRILLEE ROLLED SANDWICHES

## TAMLIN'S STORY

When Tamlin was just 13, a bruise with a lump under it appeared on her leg. It didn't go away for 14 months. We were told it wasn't cancer and not to worry about it. That was until Tamlin bumped the lump, and it ruptured. A few weeks later, she became one of only three children in Australia to be diagnosed with Blastic Plasmacytoid Dendritic Cell Neoplasm – an exceptionally rare and aggressive form of blood cancer.

To be honest... having a child with a rare cancer is extremely confusing and isolating. It's really confronting when a doctor doesn't know how to help your child. Luckily, we were introduced to Redkite. They've always been there for us, even now that Tamlin is in remission. No matter is ever too big or too small for them to tackle. I'm in awe of the way that the community supports Redkite through campaigns like this. It makes me feel better to know that we have people behind us. A heartfelt thank you is the only thing I can say. Their support leaves me lost for words.



## INGREDIENTS

2 slices Coles Own Brand bread

Cream cheese

Lettuce, ham, grated carrot

(or any other fillings that you prefer)

## ASSEMBLE

1. Take 2 slices of bread and cut the crusts off (tip: freeze the crusts and use for breadcrumbs).
2. Spread each slice of bread with cream cheese.
3. At the end of the slices of bread closest to you, layer the lettuce, ham and carrot.
4. Roll the slice of bread up from the edge nearest to you to the edge farthest from you as you would with sushi. You may need to use some extra cream cheese to seal the sandwich sushi.
5. Cut each roll into thirds and enjoy.





# HAYDEN & HIS MUM, SIMONE SPAGHETTI BOLOGNESE SANDWICH

## HAYDEN'S STORY

Our son Hayden was diagnosed with a brain tumour back in 2015 when he was five. Looking back on our cancer journey, the one thing that stands out is Redkite. With every roadblock we hit and every victory we celebrated, Redkite were walking right beside us. Unless you've lived the experience, it's difficult to understand the extent to which childhood cancer impacts a family. Children fall behind on weeks, months and even years' worth of education to make way for cancer treatment; parents are forced to cut back on work hours – or resign – to take care of their child; and families often skip meals or sell items to afford petrol or pay a household bill. Redkite were with us through all those struggles. They really did help us stay afloat. I want other families that are facing a childhood cancer diagnosis to know that they don't have to face it alone, despite what they may feel. There is a whole community out there that wants to show their support in any way they can, and this initiative is a clear symbol of that.



## INGREDIENTS

Coles Own Brand bread of your choice

Leftover spaghetti bolognese

## ASSEMBLE

1. Spoon your leftover spaghetti bolognese onto your bread.
2. Top with a little grated cheese.







# STEPH DE SOUSA (EX MASTERCHEF) CHICKEN SCHNITZEL SANDWICH

## STEPH'S STORY

I've lost both my father and nanna to cancer, so I've seen first-hand how incredibly tough it can be on all aspects of life. The most difficult part would have to be the mental and emotional toll – not just on the person diagnosed, but the entire family. No one prepares for cancer, so you start that journey with no idea what you're doing. A lot of the stress stems from the unknowns of having a love one diagnosed, like how long will they spend in hospital? What treatment do they need? When will they get better? It's overwhelming, and I can imagine only amplified when a child lies at the centre of it. The only guarantee is that at each step of the way, there is a community of people around for comfort and encouragement. Whether it be friends and family, colleagues and neighbours, or organisations like Redkite – no child and their parent has to navigate the cancer maze on their own. So, if I could say only one thing to those families battling childhood cancer – or any life-threatening illness – it would be to reach out and ask for help. Don't feel afraid or embarrassed. You don't need to do this on your own, because we have your back.



## INGREDIENTS

1 loaf Coles Own Brand bread  
10 skinless chicken thighs  
1 carton of buttermilk  
4 cups bread crumbs  
Zest of 3 lemons (optional)  
1 tablespoon each of fresh thyme and rosemary leaves (optional)  
2 cups plain flour  
Shredded iceberg lettuce  
Salt  
Olive oil

## ASSEMBLE

1. Place chicken thighs between 2 pieces of baking paper and bash with a rolling pin to flatten slightly.
2. Pour buttermilk into a bowl with salt and mix.
3. Add the chicken thighs to the buttermilk, cover and pop in the fridge for at least 1 hour.
4. Place the flour and heaped teaspoon of salt on a plate and mix.
5. Combine the bread crumbs, lemon zest, herbs and heaped teaspoon of salt in a large bowl.
6. Take each thigh out of the buttermilk and roll in flour.
7. Then, one at a time, dip the flour covered thigh back in the buttermilk. Make sure it is fully covered.
8. Dip thighs into the bread crumb mixture, give it a good press to ensure the crumbs are stuck to the chicken.
9. Place flat on a tray and stack them with a piece of baking paper between each layer.



10. Chill for 1 hour.

11. In a frying pan, pour enough olive oil to cover the base, heat until the oil starts to shimmer.

12. Place 2 to 3 schnitzels in the pan at a time. After 1 minute, reduce the heat to medium and cook until nice and brown on both sides.

## KEWPIE MAYONNAISE INGREDIENTS

1 egg and 1 egg yolk

1 small clove of garlic

1 teaspoon Dijon mustard

1/2 teaspoon of Dashi powder

2 tablespoons rice vinegar

350ml olive oil

## ASSEMBLE

1. Crack eggs into the base of a stick blender canister. Add the Dijon mustard, Dashi powder, garlic and vinegar.
2. Add the oil. Blend for a few seconds and slowly raise the blender up through the oil, allowing it to blend as it moves. Keep going until the oil is combined and the mix is creamy.
4. Toast bread, spread with mayonnaise, place a schnitzel on 1 slice, add lettuce and add a slice of bread on top.

# VIENNA & HER MUM, FIONA TUNA MIX SANDWICH

## VIENNA'S STORY

Vienna was diagnosed with a rare type of blood cancer when she was 11. After many rounds of chemotherapy in 2018, she relapsed after her first treatment and had to have a bone marrow transplant in 2019. Her passion for cooking helped her through the long days of isolation following her transplant. When she was on treatment, everything she loved doing was taken away. She couldn't play netball, go to school or be with her friends. Vienna's passion for cooking is amazing and she lights up when she is baking and sharing her food with friends and family.



## INGREDIENTS

2 slices of Coles Own Brand white bread  
Small tin of tuna  
1 stick of celery diced finely  
1 teaspoon of capers (if desired)  
Squeeze of mayonnaise  
1 tablespoon finely chopped flat leaf parsley (if desired)  
Cucumber – sliced  
Iceberg lettuce – shredded

## ASSEMBLE

1. Stir together in bowl the tuna, celery, capers, mayonnaise and flat leaf parsley.
2. Place this onto your bread.
3. Add sliced cucumbers on top and finish off with a bit of crunchy iceberg lettuce.





# YVIE JONES (MEDIA PERSONALITY) CHICKEN LETTUCE EXTRAVAGANZA

## YVIE'S STORY

Unfortunately, cancer has taken the lives of many of my family members – my eight-year-old cousin and my mum included. I know just how tough those days can be when you're sitting in the oncology ward wondering what happens next. But I want those families that are in that situation to remember there are also wonderful days just in reach. Take each day at a time and be grateful for every moment together. This book is so important to keeping the cancer dialogue open... People need to be made aware of the everyday struggles that families face when their child has cancer, not just so they can donate, but so they can also know how to support their friends or family who are going through their own cancer journey. This Redkite and Coles initiative is just one of the many ways you can show your support. Don't be afraid to reach out to a family that you know is going through a rough patch, because even the smallest of acts can make their day a little brighter.



## INGREDIENTS

2 slices Coles Own Brand bread  
BBQ chicken (thighs or underside preferred) in shredded pieces  
Iceberg lettuce – shredded  
2 tablespoons mayonnaise  
1 stem of shallot  
Salt and pepper  
Butter  
1/2 a lemon

## ASSEMBLE

1. Take 2 slices of bread and butter both (don't use margarine! Has to be real butter, you won't regret it).
2. Put shredded chicken into a bowl, add 2 big tablespoons of mayo, cut up shallots, salt and pepper and the juice of 1/2 a lemon.
3. Mix really well in the bowl.
4. Spread onto one slice of bread.
5. Place the shredded lettuce on top.
6. Place other buttered slice on top and push down gently.





# PATRICK & HIS DAD, SHAUN THE FAMILY'S FAVOURITE

## PATRICK'S STORY

Patrick had been having migraines and vomiting before Christmas 2020. They got so bad he would fall to the floor and couldn't move. I knew something wasn't right and I insisted on an MRI. On 21 August, his dad took him in for his MRI, but within half an hour of getting home, we were called back to the hospital because Patrick needed surgery. They'd found a tumour and two huge fluid sacs putting pressure on his brain. He was admitted on the spot and five days later went through seven hours of surgery to remove the tumour. He was in hospital for five weeks straight. He now wears the scar from the surgery on his brain like a badge of honour and he loves to show it off. Right now, he can't do lots of things that might cause him to hurt his head, like playing on the playground equipment, and he gets exhausted easily, but here's here with us and every day is a bonus.



## INGREDIENTS

Coles Own Brand bread of your choice  
Brie cheese  
Ham off the bone – finely sliced or shaved  
Cos lettuce  
Tomato  
1/2 red onion  
Balsamic vinegar  
Tomato chutney

## ASSEMBLE

1. Finely slice the red onion and put into a shallow bowl.
2. Pour on enough balsamic vinegar to cover the onions and leave them to soak for at least 30 minutes.
3. Spread the chutney on the bread.
4. Slice the brie into 1/2cm slices.
5. Drain your onions, which should now be lightly pickled.
6. Layer the ingredients in the following order: ham, cheese, tomato lettuce, and finally the onion.





# BYRON COOKE (BROADCASTER & PODCASTER)

# ZEPHYR'S TUNA SANDWICH

## BYRON'S STORY

Over the years in my role as a Sydney Swans ambassador and on-ground master of ceremonies, I've had the pleasure of working with Redkite at their Swans Red Day fundraisers at the Sydney Cricket Ground. It's always been a special day where I've heard first-hand the deepest, heartfelt appreciation for Redkite's work from families affected by cancer. It is so powerful. I recently collaborated with Redkite and Uncle Jack Watches for a limited edition release watch which is also still available and we contribute \$100 from every sale directly to Redkite. Anything I can do to fly the flag for this amazing organisation, I always will. My American son Zephyr is quite the well travelled foodie! I have been all over the world with him, and guarantee you he has taught me more about food than I've ever taught him! This recipe is one of his personal favourites and one that became a staple for him during the pandemic. Zephyr insists you must include the slices of celery for that extra crunch!



## INGREDIENTS

2 slices of Coles Own Brand white bread

Small tin of tuna

1 stick of celery – diced finely

1 teaspoon of capers (if desired)

1/4 cup of mayonnaise

Generous tablespoon of Dijon mustard

## ASSEMBLE

1. Stir together in bowl the tuna, celery, mustard and mayonnaise.
2. Place this onto your bread.





ZEPHYR'S LUNCH ♡



# BROOKE & HER PARENTS, KARL & OLIVIA BROOKEY'S CLUB SANDWICH

## BROOKE'S STORY

Brooke was diagnosed with a brain tumour when she was two years old. After three years of treatments, scans and surgeries, our life had just begun to settle when Brooke's tumour reappeared. There is nothing in this world that can prepare you for a cancer diagnosis, let alone two. Our Redkite Social Worker was with us throughout our entire journey. They were a shoulder to lean on when we needed someone to talk to, and a helping hand through the rollercoaster of everyday life. At 14 years of age, nine years later, Brooke was diagnosed with a brain tumour for a third time - it was just like the day when she was two years old. Brooke lost her battle at just 15 years old. Again, Redkite were there by our side. Contributing to this book is medicine for us. By sharing Brooke's story, we keep her memory alive. Brooke never gave up hope, and neither will we. As your kids go to school, we ask that you try making one of Brooke's special sandwiches for lunch in celebration of Redkite and the work they do to support families just like ours.



## INGREDIENTS

12 slices of Coles Own Brand bread  
4 slices of streaky bacon  
1/2 an avocado  
2 teaspoons lime juice  
1/2 cup mayonnaise  
12 iceberg lettuce leaves  
3 small tomatoes – thinly sliced  
150 grams shaved turkey breast

## ASSEMBLE

1. Place bacon in a frypan cook until crispy.
2. Put avocado and lime juice in a small bowl and combine until smooth.
3. Spread the mayonnaise over 1 side of all the bread. Take 4 slices of bread and spread 1/2 the avocado mixture on them, top with half of the lettuce, tomato, turkey and bacon.

Put 1 slice of bread with mayonnaise on the top of each sandwich. Spread the top side of bread with a little mayonnaise. Then repeat the avocado, lettuce, tomato, turkey and bacon.

Place the last 4 slices of bread spread with the mayonnaise side down on the top of the filling.

4. Use a serrated bread knife to cut the club sandwich in half.

jean



# GEORGE GEORGIJEVSKI (CHILDREN'S FOOD BLOGGER) NACHO SANDWICH

## GEORGE'S STORY

When I was on the verge of adulthood, my dad passed away from lung cancer. Losing my father taught me so many lessons that have made me truly appreciate the life I have now. The number one lesson? Family is everything. As a dad of two beautiful daughters, I cannot stress enough how important it is for parents to treasure the moments they have with their children, because these are the years they will remember forever. It's heartbreaking to know that not all families have the luxury of spending quality time with their kids; there are thousands of families stuck in oncology wards right now, dreaming of better days and struggling to meet the financial strain placed on them through the commitments associated with cancer. That's why it's so important that as a community we are aware of childhood cancer and the effect it can have on those around us. I urge everyone to donate as much as they can afford, even if it is through something as simple as your everyday bread purchase, to help Redkite help others, so that these families can spend less time focusing on hefty hospital bills and more time treasuring the moments with their children.



## INGREDIENTS

Coles Own Brand white bread  
2 generous handfuls corn chips  
1/2 avocado  
1 tablespoon sour cream  
1/4 cup cheddar cheese – shredded  
1 tomato – thinly sliced  
1 small handful coriander  
1 egg  
1/2 lime

## ASSEMBLE

1. Roughly crush corn chips (not into a fine crumb – leave them a little chunky for crunch).
2. Beat the egg.
3. Dip bread in egg wash, then press it into the corn chips.
4. Bake in air fryer at 180 for 5 minutes.
5. Spread sour cream over both slices.
6. Add mashed avocado (mash with a squeeze of lime to stop it from browning) to both slices.
7. To one slice, add sliced tomato, shredded cheese and coriander.
8. Top with the second slice of bread and cut on the diagonal.



gall





# TASIA & GRACIA (EX MY KITCHEN RULES & COLES AMBASSADORS) CHICKEN KATSU SANDO

## TASIA'S AND GRACIA'S STORY

When we think of the ultimate sandwich, we find that our Chicken Katsu Sandwich is the winning dish. It is what defines comfort food! It is both tasty and affordable and it takes no time to make. We love the texture in the sandwich and it is one of the dishes that gets our nieces and nephews excited and happy when they see it in their lunch boxes.

We really stand behind Redkite and all the work that they do for families of children with cancer. The both of us have lost family members to the same battle and understand how important support is for and that no one should face cancer alone. Every purchase of the specially-marked Coles Own Brand bread counts towards making a difference to families whose children are being treated for this disease. All it takes to make a difference is a small act of kindness from individuals. Every small contribution adds up to a have a great impact.



## INGREDIENTS

8 slices of Coles Own Brand white sandwich bread  
3 tablespoons plain flour  
500 grams Coles skinless chicken thigh fillets, pounded with a rolling pin / mallet until even in thickness (1/2 inch)  
60 grams panko crumbs  
2 eggs mixed with 1 tablespoon oil, lightly beaten  
2 tablespoons Dijon mustard  
80 grams cabbage – finely shredded  
2 tablespoons butter  
Salt and pepper to season  
Kewpie mayonnaise or whole egg mayonnaise  
Vegetable or canola oil for shallow frying

## TONKATSU SAUCE

1 cup tomato sauce  
5 tablespoons Worcestershire sauce  
2 tablespoons soy sauce  
1/2 teaspoon Dijon mustard  
Pinch of salt

## ASSEMBLE

1. To make the Tonkatsu sauce, mix all ingredients together in a bowl. Set aside.
2. Season the chicken with salt and pepper on both sides. Place the beaten egg, flour and panko crumbs into individual shallow dishes. Coat the chicken in flour, shaking off any excess. Dip into egg mixture, then press into the panko crumbs until well coated on both sides. Repeat with the remaining chicken.





3. Heat enough oil to cover just over half the chicken in a large skillet over medium-high heat. Place chicken in the hot oil and cook 3 to 4 minutes per side or until golden brown. If the size of the chicken is too big, cut into two.
4. To assemble, spread one side of two slices of bread with butter. (Butter acts as a waterproof guard so the sandwich doesn't get soggy.)
5. Spread mustard on top of the butter on one slice. Spread the Tonkatsu sauce on the other slice.
6. Put the finely shredded cabbage evenly on the mustard side, then drizzle Tonkatsu sauce over the cabbage.
7. Place the crispy panko chicken on top of the cabbage and drizzle with Kewpie mayonnaise.
8. Top with the other slice of bread.
9. Place the sandwich between two plates for five minutes, then cut in half and serve with extra mayonnaise.

# SOPHIE & HER MUM, CHRISTINE

# SOPHIE'S SPECIAL STEAK SANDWICH

**This is Sophie's preferred version, but adding lettuce, tomato, beetroot and grated carrot gives a colourful twist to this protein-packed sandwich.**

## SOPHIE'S STORY

When our daughter Sophie was just six, she was sadly diagnosed with acute lymphoblastic leukaemia. We had no idea what lay ahead of us, or how close we would come to losing our little girl. It was very tough juggling the emotional impact of Sophie's diagnosis with the practical challenges of long hospital stays and other family and work commitments. When it felt like life couldn't get any harder, a Redkite Social Worker reached out. Redkite were like our security blanket that helped us feel at home away from home; that help didn't stop when we left the hospital. They helped ease the pain of a cancer diagnosis and helped keep life as "normal" as possible during such an abnormal time. There is no greater gift we could have received from Redkite than their ongoing comfort and support – all of which wouldn't be possible without the generosity of the community.



## INGREDIENTS

2 slices of Coles Own Brand bread  
1 slice of steak  
Tomato sauce

## ASSEMBLE

1. Take two slices of Coles Own Brand multigrain bread (Sophie's favourite for this recipe).
2. Grill, BBQ or pan fry a piece of steak (thin cuts work better in a sandwich) to your preference – well-done, medium or rare.
3. Transfer the steak straight to the bread, add a generous squeeze of tomato sauce, top with the other slice.





# KYLIE FRASER (BLOGGER)

# CHICKEN FINGER SANDWICH

## KYLIE'S STORY

Within just four months of each other, my little family lost two very special members of ours to cancer – Nanny Pam and Poppy Brian. Those few months really opened my eyes to just how precious life is, and how we should appreciate every moment we have with our friends and family while we've got the chance. Cancer is such a horrible disease for anyone but thinking about a child with cancer is indescribable. As a mum of two, it's heartbreaking to know that there are kids all around the world who spend their days fighting for their life rather than living it – cancer doesn't discriminate. I give thanks that through organisations like Redkite and initiatives like this, those children and their parents are able to receive all the love and support they need to pull through to a brighter day. Whether it be a little extra financial assistance, or a whole lot of group support, any help that we can extend to these families makes a world of difference.



## INGREDIENTS

- 1 loaf of Coles Own Brand bread
  - 3 cup cooked chicken, finely chopped, I usually buy a BBQ chicken from the supermarket, and I also mix the stuffing in.
  - 4 green onions (scallions), finely chopped
  - 1/2 cup roasted walnuts, finely chopped
  - 3 stalks celery, leafy ends cut off, and stalks finely chopped
  - 1/2 cup mayonnaise
  - 1/3 cup sour cream
- ALLERGY WARNING: If you're making this for the school lunchbox, leave out the walnuts.

## ASSEMBLE

1. Put chicken, stuffing, onion, walnuts, celery, mayonnaise and sour cream into a large bowl, mix the ingredients together with a spoon.
2. Butter bread and spread half the chicken mixture on bread, then top with another slice of bread.





# KRISTIE MURPHY (AUTHOR & FOOD LOVER) EAT THE RAINBOW

## KRISTIE'S STORY

Cancer certainly has touched my family in too many ways. I have loved ones and friends who have beaten cancer, and sadly there are others who haven't – my step mum, aunty and cousin to name a few. The one thing I have realised through each of these passings is that there is always hope and people out there that are willing to be there for you. It's comforting to know that organisations like Redkite provide that same support I received to the young children and their families that are bearing the burden of a cancer diagnosis. It's something that no one should have to face alone. I am so proud to be a part of this book. It's like a clap back to a disease that has taken so many loved ones away from me, and a way of showing cancer that it doesn't have the upper hand. It's good to know that these children and families have so much love and support to be able to pull them through to brighter days.



## INGREDIENTS

1 loaf Coles Own Brand bread  
1 large portobello mushroom per sandwich  
Pesto  
Olive oil  
Hummus  
Cos lettuce  
Alfalfa sprouts  
Carrot – grated  
Tomato – sliced  
Avocado – thinly sliced  
Red cabbage – shredded

## ASSEMBLE

1. Drizzle the mushroom with pesto thinned slightly with a little olive oil.
2. Panfry or grill the mushroom for a few minutes on either side, remove from the heat while assembling the sandwich.
3. It's all about the layering now! Have all your vegetables shredded, grated and sliced.
4. Spread the hummus over the bread.
5. Start with the lettuce. Lay over the hummus lathered bread. Then layer on sliced avocado, followed by the alfalfa. Top this with the grated carrot, then the cabbage and tomato.
6. Place the mushroom on top of the tomato, top with more avocado and sprouts before adding the top slice of bread and tucking in.








# WAYNE MOTT & THOMAS WALSH (MEDIA PERSONALITIES)

## BUMPED UP B.L.T

### TOM AND WAYNE'S STORY

A few years ago, Wayne found a pea-sized lump under his arm. Three months later it turned into the size of a grapefruit. When he eventually got it checked out, a biopsy found that the lump had stolen an artery. He was immediately rushed into surgery and thankfully had the lymphoma removed before it had a chance to develop into anything further. Our story is one of luck... Sadly, not all families facing a diagnosis can say the same. As fathers of three children who have ridden the cancer wave ourselves, we want to do anything we can to help other families with children in a time of need, even if it is through something as simple as looking for  on our next bread run. For those that are bearing the burden of childhood cancer, our advice would be to find your support network and reach out to them. Don't ever feel like you're alone. There are always people who are willing to listen and help – this book is living proof!



### INGREDIENTS

2 slices multigrain Coles Own Brand bread  
4 strips smoky or naturally cured bacon  
2 tablespoons mayonnaise  
1 teaspoon Dijon mustard  
3 - 4 basil leaves  
2 - 3 leaves baby cos lettuce  
2 - 4 thick slices ripe tomato  
Salt and ground black pepper

### ASSEMBLE

1. Place your BBQ or frying pan over medium-low heat. Add bacon, flattening it as it cooks. Cook until lightly browned, then flip. Continue cooking until bacon is browned on both sides and fat has rendered. Transfer bacon to a paper towel-lined plate.
2. Smear a thin layer of Dijon-laced mayonnaise on each slice of bread, then sear them on only 1 side in bacon fat over medium-low heat, until evenly browned on first side.
3. Lay toasted bread on a work surface. Divide lettuce leaves evenly between pieces of bread.
4. Layer tomato slices on 1 piece of bread, add basil leaves and sprinkle with salt and pepper.
5. Break bacon slices in half and layer them onto the sandwich in 2 layers of 3 half slices each, alternating the orientation of bacon for more structural stability. Close sandwich and cut in half diagonally.



Co



**BRENT DRAPER**  
(EX MASTERCHEF & COLES AMBASSADOR)

# TASTY CHICKEN DELIGHT

## BRENT'S STORY

This recipe is a true family classic in our household, and it also reminds me of long summer days at the beach as a kid. Whipping out this delicious sandwich on the beach, with plenty of salt and pepper, it brings back really good memories for me and makes me feel grateful to have gotten through my own childhood free of cancer. I think we sometimes forget how lucky we truly are to be healthy. I feel very blessed to have a beautiful, healthy three-year-old son, and I can't even begin to imagine how tough and heartbreaking it would be to have a child with cancer. Redkite is an amazing charity who offer practical and financial support which is obviously really needed when you're caring for a child with cancer, but they also provide emotional support which is just as important. Redkite has been supporting families as really, a lifeline for them, in incredibly tough times. I love that Redkite focuses not only on the child, but on the entire family, making sure mum, dad and the siblings are being looked after as well - after all, they are the backbone, and they need their strength. Redkite helps carry this load in so many ways for these families. I'm really proud and grateful to be able to contribute to this recipe book, in hope that together we can support more children and their families who are impacted by childhood cancer.



## INGREDIENTS

Coles Own Brand bread of choice

Butter

Shredded roast chicken

Sliced Lebanese cucumber

Sliced grape or cherry tomatoes

Kewpie mayonnaise

Salt and pepper to taste

## ASSEMBLE

1. Spread the butter on two slices of bread.
2. Add the shredded roast chicken, add the Lebanese cucumber, add the sliced tomatoes, squirt of Kewpie mayonnaise, salt and pepper to taste!





ADAM SPENCER & His WIFE, LEAH  
(MEDIA PERSONALITY & REDKITE AMBASSADOR)

# SMOKED SALMON SANDWICH

## ADAM'S AND LEAH'S STORY

Leah is pescetarian and while I don't mind a good veggie and a bit of seafood, she has taught me so much. At the same time she is not a big bread eater so I've shown her some of my favourite breads. This is our favorite sandwich. Leah and I are getting married, and with our four kids, become a new family. We send our best wishes to all the families touched by Redkite's wonderful support and services.



## INGREDIENTS

2 slices of Coles Own Brand multigrain bread

3 slices avocado – sliced about 3mm thick  
rather than spread like butter

2 slices smoked salmon

1 slice grilled eggplant (a bit fancy  
I know but it rocks!)

2 slices of tomato

1 leaf of cos lettuce

Sliced bird's eye chillies to taste

## ASSEMBLE

1. Serve as open sandwiches so one slice of bread per serve.
2. Layer all the ingredients in the following order: avocado, smoked salmon, eggplant, tomatoes, lettuce.
3. Scatter your chillies.

This can get a bit messy to eat... and that's half the fun!





JASON ROBERTS (CHEF)

# MNJ'S TURKEY, CHERRY TOMATO JAM AND CHEESE TOASTIE

## JASON'S STORY

The need to look out for our neighbours and support and care for each other is at the forefront of my understanding of being a human, a sentiment that my good friend Mayjer and I share. That's what makes this sandwich so special; it's come from our collaboration. We like that we can share moments with each other, converse, share a story and end up with something we both like! I guess we would consider it the collective energy... that's the one message Mayjer and I would like to convey, that community spirit and the energy derived from staying creative is a place to heal and evolve .... To be kind is in essence what is to be human.



## INGREDIENTS

4 slices Coles Own Brand bread  
500 grams cherry tomatoes  
(try to get a mix of yellow and red)  
1 large eschalot peeled and finely diced  
2 tablespoons brown sugar  
1/2 teaspoon paprika  
3 tablespoons cider vinegar  
1 cinnamon quill  
6 pieces of sliced turkey meat  
Sliced cheddar cheese  
Sliced Swiss cheese  
Mayonnaise  
Basil leaves for garnish

## ASSEMBLE

### (CHERRY TOMATO JAM)

1. Place the cherry tomatoes, diced eschalot, sugar, paprika, cider vinegar, cinnamon quill and 1/4 cup of water into a medium sized saucepan and bring to a boil.
2. Reduce heat to a medium-low heat and simmer, stirring often, until the tomatoes burst and thicken, approximately 10-15 minutes. If at any time the pan seems a little dry, add a splash more water and reduce the heat further.
3. Once the jam forms a skin when a drop is put on a cold plate, remove from heat and season with additional salt and pepper, to taste.
4. Cool completely before storing in a sterilised jar.





## ASSEMBLE

1. Lay out 4 slices of bread, very lightly spread mayonnaise on all four slices.
2. Top 2 of the slices with Swiss cheese, followed by the sliced turkey (3 pieces on each).
3. Spread over a good tablespoon of the cherry tomato jam, top with the cheddar cheese and the remaining piece of bread.
4. Lightly spread either side of the sandwich with mayonnaise (yes, more mayonnaise).
5. Heat a medium sized skillet over moderate heat, add in the sandwiches and toast on either side for a few minutes until golden.
6. Remove from pan and serve with a few fresh basil leaves scattered over top.

# MONIQUE KEIGHERY (REDKITE CEO) CHICKPEA SALAD SANDWICH

## MONIQUE'S STORY

I see the heartbreaking impacts of cancer every day in my work, and like so many people, I personally know the devastation of cancer and its lifelong impacts. My life was put on hold for a year and a half as I cared for my beloved Mum when she was diagnosed with terminal cancer in her 50s. Through Redkite I have met hundreds of families over the years who have shared their stories of childhood cancer, making me determined to increase funds and awareness of Redkite so we can do more to support them. I think it's so special that anyone can support a family facing cancer, simply by enjoying their favourite sandwich on fresh Coles Own Brand bread. My daughters especially love that they are helping kids with cancer every day by eating "Redkite bread" – whether it's toast for breakfast or a sandwich in their school lunchbox. For other families out there, I urge you to use this initiative as an opportunity to start a dialogue with your children around generosity, kindness and gratitude.

This salad mix is light and zesty. Any leftovers can be eaten as a salad with chopped lettuce mixed through, even adding some cherry tomatoes.



## INGREDIENTS

2 slices Coles Own Brand bread  
1/2 avocado – thinly sliced  
2 lettuce leaves  
Alfalfa sprouts  
Hummus (optional)

## SALAD MIX

425g tin of chickpeas  
2 sticks of celery – thinly sliced  
2 tablespoons coconut yoghurt – you can also use mayonnaise or aioli but the yoghurt keeps it light  
Squeeze of lime juice  
Celery powder or celery salt to taste  
Salt to taste – I use organic no added salt chickpeas, but some brands have salt added so you will have to taste test for salt  
Cracked pepper





## METHOD

1. Drain and rinse the chickpeas.
2. In a medium bowl, add the chickpeas celery, yoghurt and lime juice.
3. With the back of a fork, slightly mash the chickpeas. You want them still chunky but splitting them a bit they will absorb more flavour and also the liquid from the yoghurt and lime juice, so the mix will not be too wet.
4. Season to taste.

## ASSEMBLE

1. Spread both slices of bread with hummus, this is not essential but utterly delicious.
2. Layer on the lettuce followed by the sliced avocado. Top with the chickpea salad and finally alfalfa.

# KATE KORBER (BLOGGER)

# MY CHICKEN AVO

## KATE'S STORY

Almost everyone knows someone who has been touched by cancer. Personally, I've lost many to the disease; my grandmother when I was just 16 years old and more recently my uncle and my father-in-law. Cancer unfortunately knows no barrier to age, gender, race or religion. As a mum of two and a primary school teacher of 17 years, I want to do anything that I can to help families through each terrifying stage of a childhood cancer diagnosis. I know it's common for people to wonder how they can help a family that's doing it tough, but it's important to know that gestures don't have to be grand. Even the smallest actions matter. It's incredible that just by using Coles Own Brand bread for school lunches or summer picnics, we can help provide critical assistance to the families doing it tough. Our weekly bread run isn't something we usually put much thought into, but for a family whose child has cancer, that shopping trip can be truly life changing.



## INGREDIENTS

- 1 loaf Coles Own Brand white bread
- 1 shredded roast chicken
- 5 tablespoons of mayonnaise (Thomy is my favourite)
- 1 tablespoon of sour cream
- 2 avocados – diced
- 2 celery sticks – diced
- 1 small packet of pistachio nuts finely chopped

ALLERGY WARNING: If you're making this for the school lunchbox, leave out the pistachios.

## ASSEMBLE

1. Mix until combined.
2. Spoon onto white bread.
3. Cut into lovely ribbon sandwiches, or simply have it on two slices. Delicious.





# COLBY & HIS MUM, KIM COLBY'S CHICKEN SANDWICH

## COLBY'S STORY

Back in 2010, our seven-year-old son Colby was diagnosed with acute lymphoblastic leukaemia. He endured 505 straight days in hospital before he was finally discharged. From that very first day, Redkite were there for our family with emotional, financial and essential support. Redkite helped navigate us through that very first night and many more to follow. They supported us through all the highs, lows and never-ending treatments that are part of a cancer journey. After 20 long months in hospital, Colby was finally well enough to return home. Redkite really helped us ease back into a "normal" life, with education support for Colby who missed three full years of school, and emotional support for the entire family. Nearly ten years later, we still feel the love from Redkite and are eternally grateful. None of this would have been possible if it weren't for the generosity of the community. I am forever thankful that Redkite, the Coles team and their customers have banded together in support of families just like mine. It truly has changed our lives and those of so many other families just like ours.



## INGREDIENTS

Coles Own Brand white bread (Colby's favourite)

Shredded chicken

Slice of Colby cheese

Avocado

Tomato – sliced

Aioli

Salt pepper

## ASSEMBLE

1. Spread avocado on both slices of bread.
2. To one slice, add the Colby cheese.
3. Add slice of tomato.
4. Top with shredded chicken.
5. Generous dollop of aioli.
6. Salt and pepper to taste.





**COURTNEY ROULSTON**  
(EX MASTERCHEF & COLES AMBASSADOR)

# LUNCHBOX SANDWICH SUSHI

## COURTNEY'S STORY

I think everybody has been touched by cancer in one way or another - whether it's somebody in their family or a close friend. During my early twenties, one of my soccer teammates - who was also my housemate - was diagnosed with cancer at just 31 years of age. I was there with her for three years during this time and got to see first-hand just how cruel cancer can be. By the age of 34, it had unfortunately spread to her bones and she lost her battle not long after. Cancer doesn't discriminate and is ruthless regardless of age, gender and race. For me, it was a 'no-brainer' to contribute to this book as I feel it's a simple yet fun way to try and raise awareness and some much needed funds for such an important charity. Even the smallest contribution through submitting a recipe to this book can make a difference. This recipe book is a practical and hopefully inspiring way for parents to access fun and healthy back-to-school lunchbox ideas for the new year. It also has the added bonus of raising awareness and much needed funds for Redkite to continue with emotional and financial support for families dealing with childhood cancer. I've tried to do something a little bit out of the box and something which kids might think is fun and appealing to have in their lunchbox and a little bit different. The bonus with this recipe is that it's also healthy and encourages kids to try something new!



## INGREDIENTS

2 slices Coles Own Brand sandwich bread, crusts removed  
190 gram can tuna, drained  
2 tablespoons Kewpie mayonnaise  
Zest and juice of 1/4 of a lemon  
1/4 Lebanese cucumber – julienne  
1/4 carrot – julienne  
1/4 cup fresh beetroot – grated  
1 teaspoon sesame seeds  
ALLERGY WARNING: If you're making this for the school lunchbox, leave out the sesame seeds.

## ASSEMBLE

1. Place the bread onto a clean board, and roll with a rolling pin to flatten into a thin square around 2mm in thick.
2. Place the tuna into a bowl and mix with 1 tablespoon of mayonnaise and the lemon zest and juice.
3. Spread the tuna onto half of each piece of bread. Arrange the cucumber, carrot and beetroot in the centre of the tuna.
4. Spread the remaining mayonnaise onto the end of the bread that has no toppings to create something for the bread to stick to when rolled up.
5. Roll the bread up starting from the tuna end and press the edge with the mayonnaise to seal.
6. Cut each bread sushi into 3 rolls and serve with sesame seeds on the top.





# HARRY CUNNINGHAM

(SYDNEY SWANS PLAYER & REDKITE AMBASSADOR)

# CARROT CHICKEN

## HARRY'S STORY

I've lost both my grandfather and uncle to cancer. While I was lucky enough to share many years and memories with them before their passing, it's sad to think that not all families facing cancer can say the same. My career at the Sydney Swans and my work with Redkite has really opened my eyes to the harsh reality that the thousands of children and their families face each year when trying to navigate their way through the cancer maze. But with all the kids and parents I've met, the one thing that has stuck out to me is their strength and bravery despite their adversity. I am always left in awe by their spirit. It makes me truly appreciate life and every moment I have with my loved ones. Through this initiative, I hope that we can start much-needed conversations about the impact of childhood cancer on those around us. By simply talking to friends or colleagues about this book, we can open up the dialogue and raise awareness of this hideous disease to help families during what is, without a doubt, the worst time of their lives.



## INGREDIENTS

Coles Own Brand bread of your choice  
BBQ chicken – shredded  
Carrot – grated  
Lettuce – shredded  
Salt and pepper salt and pepper to taste

## ASSEMBLE

1. Butter two slices of bread.
2. Put a generous amount of shredded chicken on one slice.
3. Add the shredded lettuce then top with grated carrot.
4. Add salt and pepper to taste.
5. Pop on the second slice of bread, press down gently and either cut to fit the lunchbox or leave whole.





**GEORGIE GARDNER**  
(NEWS PRESENTER & REDKITE BOARD MEMBER)

# BBQ JACKFRUIT SANDWICH

## GEORGIE'S STORY

I've had a personal experience of childhood cancer when my niece Zoe was diagnosed with leukaemia at the age of two. What her family went through has fired my passion for bringing awareness to the challenges that children and their families face through cancer. I've now been involved with Redkite for more than 20 years. More than ever, we need to amplify the voices of families and bring greater awareness of the challenges they face, to make sure that nobody goes through that experience alone. Every family whose child receives a cancer diagnosis needs to know about Redkite and the incredible support they offer during a family's darkest days.



I chose this recipe because jackfruit is a deliciously versatile fruit. In tinned form, it doesn't taste of much so it lends itself to all flavours. It is all about the texture, and plant-based eaters love it for the "pulled pork" texture. It is easily turned into the most delicious Asian, Mexican or BBQ meal. It takes only 10 minutes to put together, as it doesn't actually need cooking, just time for the flavours to develop. Leftovers will keep really well in the fridge for 3-5 days, and jackfruit also freezes really well.

## INGREDIENTS

Coles Own Brand bread  
400 gram tin of jackfruit in water or brine  
(found in the health food aisle of the supermarket)  
1 medium onion – finely diced  
3/4 cup organic ketchup – even better if it's a homemade smokey one  
1 tablespoon soy sauce  
1/4 cup chipotle sauce  
1 tablespoon smoked paprika  
2 cloves of garlic finely chopped or crushed  
Salt and pepper to taste  
Pickles

## SLAW

Red cabbage – thinly sliced  
Chopped parsley or coriander  
Lime juice  
Olive oil  
Salt and pepper to taste

## METHOD

1. Saute the onion until golden.
2. In the meantime drain and rinse the jackfruit. You will see it comes in wedges. Squish it between your fingers so that it starts to separate and fall apart into a "pulled" meat texture. You will see it happen immediately.
3. When the onions are starting to caramelize, add the jackfruit to the pan so it starts to take on the flavour.





4. Add in the garlic. Then add in the spices.
5. If you don't want to use the ketchup and chipotle, you can cheat with a BBQ sauce. There are so many choices available now that will give that homemade feel.
6. Taste for seasoning and adjust as needed.
7. Add a little water and allow to simmer for a few minutes until the water is absorbed and the flavours develop.
8. While this is simmering, mix together the slaw ingredients and toast your bread.

## ASSEMBLE

1. Pile the jackfruit high on toasted bread.
2. Top with slaw, pickles and another slice of toast.





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Shaving  
Medicine  
Nappies

1/2  
PRICE

HIGH  
FIBRE  
WHOLEMEAL  
SANDWICH LOAF

SOFT  
WHOLEMEAL  
SANDWICH LOAF

SOFT  
WHOLEMEAL  
SANDWICH LOAF


TRADITIONAL  
WHOLEMEAL

HIGH  
FIBRE  
MULTI-GRAIN





**WE HOPE THESE STORIES HAVE MOVED YOU, AND THAT THE RECIPES HAVE MADE YOU HUNGRY.**

If you want to show your support for a family facing their child's cancer, please visit your local Coles or Coles Express and buy a loaf of bread featuring the little  **redkite** on its packet. Five cents from the sale will go to Redkite, enabling us to continue providing the essential services families across the country rely on as they face their child's cancer.

And you can make a donation or find out more by visiting **[WWW.REDKITE.ORG.AU](http://WWW.REDKITE.ORG.AU)**





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