

Table of Plenty...

Date: 3rd August, 2008

Reading: Matthew 14: 13-21

Feeding 5000 people

Bread Fish

A little boy's lunch of bread and fish fed a multitude. Children can use bread and fish to create a snack to share with a friend.

Ingredients: for 2 fish per child

- 2 slices of thick toasting bread
- 1 tablespoon of melted butter
- 70g - 90g of canned tuna fish
- 1 egg, lightly beaten (*children can do this*)
- 2 slices processed cheddar cheese
- 2 slices tomato
- 1 stuffed olive cut in half

Preparation:

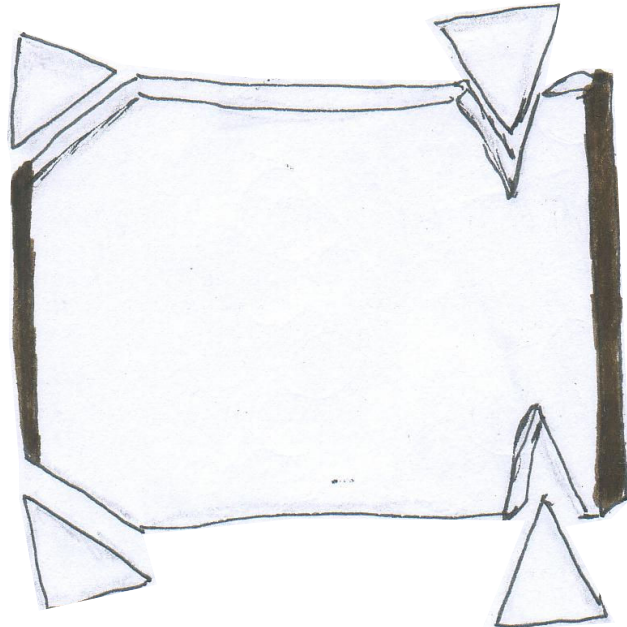
Heat oven to 200° C

Tools:

- small bowl and microwave to melt butter (or small pot and stovetop)
- cup & fork to beat egg
- pastry brush
- knife, spoon
- second mixing bowl
- oven trays

Method:

- Cut 4 wedges from the bread to make the fish shape, as in diagram.
- Brush half the melted butter over one side of each fish shape.
- Place the bread buttered side down on a baking tray.
- Brush the rest of the butter over the top of the bread.
- Mix the egg and tuna together and spoon the mixture over both slices of bread. Press the mixture down with spoon or fork.
- Cook for about 10 minutes.
- While the fish are cooking, cut the cheese slices into 4 triangles and the tomato slices in half.
- Cut two of the cheese triangles in half again.
- Use the tomato and the three large cheese triangles to decorate the body of the fish.
- Use the smaller triangles to decorate the tail.
- Use the olive halves for the eyes.
- Cook for another 5 minutes or until crisp and golden brown.



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