

# Chicken Burger Wrap



## INGREDIENTS

## QUANTITIES

	Yrs 0-3	Yrs 4-8	Yrs 9+
Crumbed chicken tender	425 g	850 g	850 g
Tomatoes	50 g	100 g	100 g
10" wholemeal wrap (approx 70g)	5 wraps	10 wraps	10 wraps
Burger sauce	50 g	100 g	100 g
Carrot, grated	75 g	150 g	150 g
Lettuce, whole (approx 570g)	¼ lettuce	½ lettuce	½ lettuce
Edam cheese, grated	100 g	200 g	200 g
Mandarin (approx 90g)	10 pieces	10 pieces	10 pieces

## DIRECTIONS

1. Preheat oven to 180 degrees Celsius.
2. Lay chicken tenders on a baking tray and bake according to instructions.
3. Prepare other filling ingredients.
4. Remove chicken tenders from oven and cut into 65-70g portions for each wrap.
5. Lay out wraps on bench and spread evenly with burger sauce (10g is approx 2 tsp).
6. Add fillings, roll up wraps and slice in half, diagonally.
7. Serve with seasonal fruit of at least 90g.

**SERVES 10  
FOR EACH YEAR GROUP**

\$

### COST PER SERVE

YRS 0-3: \$1.40

YRS 4-8: \$2.40

YRS 9+: \$2.40



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Healthy School Lunches Programme

Recipe Version 3.2  
Published 19/02/26

# Chicken Burger Wrap continued...

## GILMOURS PRODUCT INFO

**\*\*products & pricing valid as at 19/2/26 and subject to change\*\***

PRODUCT DESCRIPTION	PACK SIZE	PRICE
PAMS FROZEN CHICKEN TENDERS	1 KG	\$9.90
TOMATOES RED LOOSE	PER KG	\$7.28
FARRAHS 10IN WHOLEMEAL WRAPS	12 PACK	\$5.25
LOFT BURGER SAUCE	1 KG	\$10.51
FRESH CONNECTION CARROT GRATED	1 KG	\$5.49
LETTUCE	EACH	\$3.08
ALPINE CHEESE EDAM GRATED	5 KG	\$74.16
MANDARIN	PER KG	\$4.45

## NUTRITION STANDARDS SUMMARY

	YRS 0-3	YRS 4-8	YRS 9+
<b>Total Meal Weight (g)</b>	<b>199</b>	<b>308</b>	<b>308</b>
Vegetables (g)	25	50	50
Protein Food (g)	34	68	68
Grain Food & Starchy Veg (g)	45	90	90

## RECIPE TIPS

- Save money by buying whole vegetables and using a food processor to grate and chop.

## PORTIONING GUIDANCE

Weigh out ingredients for a 'reference' wrap to visually guide portioning:

- 20g cheese
- 25g lettuce
- 10g tomato
- 15g carrot
- 65-70g chicken

**YRS 0-3:** One half wrap served with at least 90g of fruit

**YRS 4-8:** Two halves served with at least 90g of seasonal fruit.

**YRS 9+:** Two halves served with at least 90g of seasonal fruit.

## SPECIAL DIET SUBSTITUTION IDEAS

- Vegetarian:** Plant-based tender
- Vegan:** Plant-based tender and cheese
- Gluten-free:** GF chicken tender and wrap
- Dairy-free:** Dairy-free chicken tender and cheese
- Halal:** Halal-certified tender