

Chicken Sandwich



INGREDIENTS

QUANTITIES

	Yrs 0-3	Yrs 4-8	Yrs 9+
Wholemeal toast bread (38g/slice)	10 slices	20 slices	20 slices
Catering spread	25 g	50 g	50 g
Mayonnaise	50 g	100 g	100 g
Chicken, shredded	200 g	400 g	400 g
Lettuce (whole - approx 570g)	¼ lettuce	½ lettuce	½ lettuce
Edam cheese, grated	100 g	200 g	200 g
Tomato	150 g	300 g	300 g
Mandarin (approx 80g each)	10 pieces	10 pieces	10 pieces
Shortbread cookie (17g each)	0	0	10 pieces

DIRECTIONS

1. Trim, wash and shred lettuce.
2. Mix shredded chicken with mayonnaise in a bowl.
3. Lay out bread slices and spread one side with catering spread.
4. Assemble sandwich with chicken-mayo mixture, lettuce, sliced tomato and cheese.
5. Finish by adding top slice of bread and cut into halves.

**SERVES 10
FOR EACH YEAR GROUP**



COST PER SERVE

YRS 0-3: \$ 1.34

YRS 4-8: \$2.33

YRS 9+: \$2.50



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Healthy School Lunches Programme

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Chicken Sandwich continued...

GILMOURS PRODUCT INFO

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

PRODUCT DESCRIPTION	PACK SIZE	PRICE
WHOLEMEAL TOAST SLICE BREAD - estimate	LOAF (17 slices)	\$3.69
GILMOURS CANOLA SPREAD	4 KG	\$15.10
GILMOURS MAYONNAISE	5 L	\$17.55
HELLERS CRAFT SHREDDED ROAST CHICKEN	1 KG	\$20.35
LETTUCE	EA	\$3.08
ALPINE CHEESE EDAM GRATED	5 KG	\$74.16
TOMATOES RED LOOSE	PER KG	\$7.28
MANDARINS	PER KG	\$4.45
MRS HIGGINS ESS COOKIES SHORTBREAD	2 KG	\$19.43

NUTRITION STANDARDS SUMMARY

	YRS 0-3	YRS 4-8	YRS 9+
Total Meal Weight (g)	186	286	303
Vegetables (g)	28	55	55
Protein Food (g)	30	60	60
Grain Food & Starchy Veg (g)	38	76	93

RECIPE TIPS

- Year 0-3 portions can be cut into halves again to make small triangles.

PORTIONING GUIDANCE

Measure out filling ingredients for one sandwich to guide your portioning. A full sandwich includes about 1/4 cup of chicken-mayo mix, 25g lettuce, 30g tomato and 2 heaped tablespoons of grated cheese.

YRS 0-3: One half sandwich served with at least 80g of seasonal fruit.

YRS 4-8: One full sandwich served with at least 80g of seasonal fruit.

YRS 9+: One full sandwich served with at least 80g of seasonal fruit and one cookie.

SPECIAL DIET SUBSTITUTION IDEAS

Vegetarian: Replace chicken with egg

Vegan: Replace chicken with plant-based alternative

Gluten-free: GF bread, mayo and cookie

Dairy-free: DF cheese and mayo

Halal: Use Halal-certified chicken